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## SPORTS PHYSICAL INFORMATION

Dear Student and Parent,

St. Mary's Health is happy to provide sports physicals for all students interested in playing athletic sports. According to the Idaho High School Activities Association, students entering 7<sup>th</sup>, 9<sup>th</sup> or 11<sup>th</sup> grade and all new students must have a current sports physical form on file with the school prior to participating in any sport or any practice associated with a sport.

The cost of the physical will be **\$25 payable at the time of exam.** SMH will donate **all proceeds** to your student's school for both academic and athletic programs. Insurance will not be billed for these sports physicals. Students unable to attend one of these sports physical clinics may schedule a wellness appointment at any other time, but the regular rate will apply and no donation will return to the school.

***IMPORTANT: Students should fill out the front side of the Idaho Health Examination and Consent Form and bring it to their appointment.*** The forms are available at Cottonwood, Grangeville, and Kamiah clinics. **A parent or guardian and the student must sign the form before a physical can be performed.**

**A parent or guardian must also fill out and sign the Immunization Information sheet.** The student must bring the completed form that evening. Please also bring your immunization records. There will be no charge for the immunizations listed on the sheet. However, ***Hepatitis B*** is a three shot series, and ***Hepatitis A*** is a two shot series. A slight injection fee will be charged for the follow up shots, which can be obtained during our regular clinic hours. No appointment necessary. If you have any questions related to immunizations, please call the clinic you normally use. North Central District health Department also provides immunizations.

Students should wear shorts and a T-shirt or tank top to the sports physical exam. They should also bring or wear their glasses or contacts. Parents are welcome to wait in the reception area while the exams are being conducted.

The students will 'check in' at the clinic entrance and pay their fee. The physical will include a blood pressure check, eye exam, height and weight, physical exam, and necessary immunizations, if they have the signed form. Parents must also sign the **Authorization for Release** form (see attached) to allow us to send the completed sports physical form to the schools.

If you have any questions please feel free to call. We are looking forward to working with the students again this year. We support athletic and academic programs that help prepare our students for a healthy and successful future.

Sincerely,

Your St. Mary's Healthcare Team