



Physical Examinations Information Sheet

All students in SRO will receive a physical examination *before* beginning the program and the training (runs and workouts at the gym). Use this information sheet as a checklist to make sure you are taking care of your responsibilities so that you can start training and begin a great season with SRO!

Why do I need a physical?

All students playing a sport need to get a physical exam *before* they can be authorized to participate. Whether you participate in a sport or not, it is good to get a physical exam yearly to make sure all is going well with your health. Physical exams are a good habit to get into as a way to practice a healthy and safe lifestyle.

What do I need to do before I get my physical?

- Completely read, fill out, sign and date all forms that are clipped to **YELLOW Physical Information Sheet**
 - o Pre-enrollment Application
 - o Pre-participation Physical Evaluation Form (*Back side of Form is for Doctor to fill out at exam*)
 - o Health Statement/Insurance Verification and Parent Consent to Participate Form
- Have your parent/guardian fill-out, sign and date *all* forms
- Return all forms per school by:
 - CASTLEMONT - SEPT 12th**: To Ms Dodds @ EOSA room 3B in the cubical
 - OAKLAND TECH - SEPT 16th**: To Ms Quinney, PE teacher in the GYM
 - FAR WEST / RUSDALE - SEPT 16th**: To After School Coordinators
- Your physical forms will be provided to an SRO Staff person who will accompany you to your physical exam appointment on your scheduled date. It is very important that you have all forms filled out and signed before you go for your appointment! If you don't have them, you won't be able to get your physical.

When do I get my physical?

- **Wednesday, SEPT 17 - Starting at 1:30pm**: Youth Uprising Teen Clinic at Castlemont campus
CASTLEMONT - LPS students, EOSA students, CBIT's students
- **Tuesday, SEPT 23 - Starting at 3:45pm**: Children's Hospital Teen Clinic
OAKLAND TECH / FAR WEST / RUSDALE - others who can't make it to other clinic date/time
- Clinic doctors at staff will be ready for SRO students to arrive and they are there to help us out!
- Transportation to Children's Hospital Teen Clinic will be provided with an SRO staff member.

Do I have to go to the clinic? What if I have my own doctor?

If you have your own doctor and can get an appointment by **Friday, September 26**, you may see your own doctor. You are responsible for making the appointment, communicating that information to the Student Liaison, and bringing and getting all paperwork signed by your doctor.

What do I need to bring to my physical?

An SRO Staff person will bring your physical forms to your physical exam if they are turned in by the due date above. If you have NOT turned in your forms by your physical exam date, you **MUST** bring your completed forms with you to your physical exam. Also, bring some homework and a little food, as it will take some time to do the physicals.

What do I do with the forms when I am done with my physical?

If you are at the clinic with an SRO staff member, give the forms to him/her. If you went to your own appointment with your doctor, give the forms to Michelle Deiro, Student Liaison.

Who do I need to contact from SRO with questions or other information?

Contact Michelle Deiro, Student Liaison, with any questions or concerns you have. She can be reached at 510-917-0205 or via email at sromichelled@gmail.com. Call her if there are any changes to your schedule, if you need more paperwork or have questions about the process.