



## Physical Examinations Information Sheet

All students in SRO must receive a physical (medical) 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?

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 to get my physical?

Please take time with your parents to completely read, fill out, sign and date the:

**Athletic Pre-participation Screening Exam Form - Part 1** (Part 2, the back of the form is for the doctor).

#### **If you do NOT have medical insurance:**

**Please notify the Student Liaison / School Captain right away so that SRO can assist you with an exam**

Return this form with the rest of your paperwork as directed on the Document Checklist. Please show up at the designated time and location as provided by SRO for your exam. SRO will ensure that we have your physical form available and onsite at your physical exam.

After your physical, please return the completed form to SRO staff person onsite at your exam.

#### **If you have medical insurance:**

You have two options:

**Option 1:** Make an appointment with your doctor by **Friday, September 25**, for a sports physical exam. You are responsible for making the appointment, communicating that information to the Student Liaison, and bringing and getting all paperwork signed by your doctor.

After your physical, please return the paperwork provided by your doctor clearing you to participate to SRO.

**Option 2:** Students with medical insurance can still get exams with SRO if more convenient or if you cannot get an appointment with your doctor by Sept 25<sup>th</sup>.

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

**Contact Naa Dodua, Student Liaison, with any questions or concerns you have.** She can be reached at 510-593-3557 or via email at [sro\\_missnaa@yahoo.com](mailto:sro_missnaa@yahoo.com). Call her if there are any changes to your schedule, if you need more paperwork or have questions about the process.