



Irvine Unified School District

Irvine High School * Northwood High School * University High School * Woodbridge High School

Attention All Parents of IUSD Student Athletes Sports Clearance Information for the 2010-2011 Athletic Program

Parent Responsibilities for 2010-2011 – Please note changed requirements this year.

1. **NEW Requirement: Complete a Pre-Participation Physical Exam with your personal health care provider.**
Note: In the past, many families have had their athlete complete this physical privately – now it is required of all athletes.
2. **Complete a Musculoskeletal Screening:** We highly recommend your son or daughter participate in an IUSD/school-sponsored Orthopedic/Sports Medicine Musculoskeletal Screening (there will be a \$25 fee for this individual student screening at your child’s high school which will be donated back to each high school to help fund the school Athletic Trainer as well as purchase athletic supplies). Or you may choose to have your child’s health care provider complete the Musculoskeletal Screening at the time of your child’s physical exam appointment.
3. Return your child’s completed Pre-Participation Physical Exam (PPE) form to your child’s high school Health Office or Athletic Secretary — Please **Do NOT have your child return it to his coach.**
4. It is imperative that all prospective athletes have their Pre-Participation Physical Exam (PPE) and Musculoskeletal Screening form completed and on file with their high school Health Office **BEFORE** any participation in summer camps or fall sports practices. Students will not be allowed to participate in sports without both pieces of information on file.

The California Interscholastic Federation (CIF) **requires an annual health screening for all athletes** who wish to participate in high school athletics. The purpose of this required health screening is to review a student’s health history, offer anticipatory guidance to prevent injury, identify and refer suspected health issues that can put an athlete at risk, and determine a student’s ability to safely participate in sports for that school year. Please carefully review the 2010-2011 guidelines and the modifications to the Pre-Participation Physical Exam form which needs to be returned to your child’s high school Health Office **BEFORE** s/he participates in any summer sports camps or starts the 2010-2011 athletic season.

Each year, we read about high school athletes who suffer life changing injuries or even sudden death due to undiagnosed health issues. This year IUSD is **REQUIRING** all student athletes complete a **Pre-Participation Physical Exam (PPE) with their personal health care provider.** In addition, IUSD will be offering a **Musculoskeletal Screening performed by orthopedic specialists at your child’s high school (see date below) for \$25.00 to determine sports participation readiness and prevent possible injury (70-80% of all sports injuries involve the musculoskeletal system).** Both the Pre-Participation Physical Exam (PPE) and the Musculoskeletal Screening meet the required C.I.F. regulations allowing participation in high school sports.

IUSD sponsored Musculoskeletal Screenings are scheduled for each of the high schools in late spring. The screening fee is \$25.00. Checks should be made payable to your child’s high school. If your child is unable to attend his/her own high school’s Musculoskeletal Screening date, please contact your child’s high school Health Office or Athletic Office for alternative information.

	DATE	TIME	LOCATION
Irvine High School	Thursday, June 3	4:00 pm	TBA

The High School Pre-Participation Physical Exam (PPE) /Athletic Consent Form (a double sided document) is attached to this letter and is available at each high school site. Please contact your high school Health Office at 936-7010 or Barbara Hinman, IHS at 936-7143 with any questions.