

Sports Physicals Frequently Asked Questions:

1. When are sports physicals being offered?

- **Faribault** –
 - Wednesday, August 2 from 6 to 7 p.m.
- **Owatonna** –
 - Tuesday, August 1 (Girls) from 6 to 7 p.m.
 - Wednesday, August 2 (Boys) from 6 to 7 p.m.

2. Where do we check-in for my child's sports physical?

- All sports physicals clinics will be held in the Family Medicine department at your respective Mayo Clinic Health System campus.

3. Do I need to be present with my child for their sports physical?

- It is not required for parents to be present during the sports physical.
- If forms are incomplete and/or unsigned, the sports physical will not be conducted unless the parent is available.

4. What grades are the sports physicals clinics for?

- Eligibility is determined by what grade your child will be entering in the upcoming school year. Only athletes entering grades 7-12 are eligible for this screening.

5. How often are sports screenings required to participate in sports?

- In Minnesota: Student athletes are required by state law to have a sports screening every three years.

6. Can I ask additional questions during the sports physical regarding my child's health that do not relate to sports participation?

- We recommend you schedule an appointment with your primary care provider to ask additional questions. These screenings are not intended to replace an annual comprehensive physical exam, which are recommended for children 11 and over.

7. If my child has an underlying medical condition can they still participate in the sports physical clinic (such as diabetes, asthma, anemia, infections, or cardiovascular conditions, or seizure disorder)?

- Those athletes who are known to have an underlying medical condition are not appropriate for this Sports Physical Screening and will not be seen. We recommend you schedule an appointment with your primary care provider to ensure your child's individual needs and conditions are addressed appropriately.

8. Are immunizations offered during the sports physical clinic?

- In this format we are unable to offer immunizations or access immunization records, please bring your immunization records with you.
- If your child needs immunizations, please schedule a separate appointment with their primary care provider.

9. What part of the forms do I need to fill out?

- Athletes and parents should complete the history portion of the [Minnesota Sports Qualifying Physical Examination Form](#).
- If the form is incomplete or unsigned you will be unable to participate in the Sports Physical Screening.

10. How should my child be dressed for the sports physical screening?

- Loose fitting clothing and gym shorts.
- Girls should wear a sports top or swim suit top.
- If you wear glasses or contact lenses, bring them as a vision screening is part of the exam.

11. Are there any restrictions on food or beverage before the screening?

- Do not consume caffeine or sports drinks prior to your visit.
- If you wear glasses or contact lenses, bring them as a vision screening is part of the exam.

12. What is the cost?

- These sports physical screenings clinics are offered at no charge.
- If you're unable to make it to the clinic dates noted above, a one-on-one sports qualifying physical visit with your primary care provider will be required to participate in sports, and all applicable charges and co-pays will apply.