

Statement of Informed Consent to a Preparticipation Physical Examination

It is the policy of Brea Olinda High School that all students must undergo a preparticipation physical examination (PPE) prior to the beginning of practice or competition in interscholastic athletics. We insist that you undergo a PPE for the following reasons:

- We want to help you prevent injuries and illnesses.
- We want to make sure that you are ready for vigorous athletic participation.
- We want to establish a medical basis for your participation.
- We must comply with the CIF requirement that all athletes be medically cleared for participation.
- We want to use the PPE to talk to you about your personal health issues.

The PPE has three parts:

- A health history questionnaire that you complete (please be honest and complete).
- Several special tests (vision, blood pressure, weight/height, etc.) performed by the athletic training staff or nursing staff.
- An examination by a physician.

Things you should know about your PPE:

- The information derived from the PPE is kept confidential. Only the medical staff will have access to the information unless you authorize its release to others in writing.
- You will be asked to partially undress for parts of the examination. The physician may have to touch you in private areas in order to complete the examination. If you would be more comfortable having someone of your own gender in the room during the physician's exam, just ask and we would be happy to do this.
- The physician may ask you a few questions that seem "personal" and not necessarily related to athletics. We want to use this opportunity to talk about your health, because illnesses and other non-athletic problems can interfere with your season as easily as an injury.

I, _____ have read the statement above and understand the reasons and components of the preparticipation physical examination. I freely consent to the examination. I have had an opportunity to ask questions regarding the preparticipation physical examination. All of my questions have been answered.

Student-athlete signature

Date

Parent or guardian signature

Date