

# ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMS

High school 11<sup>th</sup> graders, and junior high 9<sup>th</sup> grade students participating in their school's athletic programs may receive a physical exam at this time. It is an IHSAA requirement that athletic physical exams take place during an athlete's freshmen and junior year of participation. This applies to all students who will be **FRESHMEN** and **JUNIORS** during the 2019-2020 school year and will be participating in any high school sport.

**DAY/DATE: Wednesday, May 15, 2019**

**LOCATION: Borah High School**



**COST: \$20.00**

Payment can be made via cash, credit card or check (*made payable to Borah High School*)  
All money is donated to your area High School Sports Medicine Program,

**TIMES:** We *RECOMMEND* each school stick to their time slot.

However, you may come at any time between 5:00 pm – 8:30 pm if needed.

5:00 - 5:45 Boise High School Quadrant (*includes North and Hillside*)

5:45 - 6:30 Borah High School Quadrant (*includes West and South*)

6:30 - 7:15 Timberline High School Quadrant (*includes East and Les Bois*)

**7:15 - 8:30 Capital High School Quadrant (*includes Fairmont and Riverglen*)**

**HISTORY:** The front of the physical form must be **COMPLETED** and **SIGNED** by a **PARENT or GUARDIAN** prior to admission to the examination session.

**NOTE:** Additional forms (*eg. scout forms/church forms*) will **NOT** be completed.  
7<sup>th</sup>/8<sup>th</sup> grade physical education physicals will **NOT** be completed.

**IMMUNIZATION:** Please answer immunization questions on the history portion of the form.

**WHAT TO WEAR:** All athletes – wear SHORTS and T-SHIRTS.

All athletes – wear your GLASSES or CONTACT LENS if vision is corrected.

Girls – wear a SPORTS BRA.

**PARENTS:**

- ✚ This health care provider's exam will be performed without compensation as part of the school's health examination program for participation in high school activities, by attending you agree to the waiver provisions as set forth in Idaho Code Section 39-7703 and agree that the health care provider shall be immune from liability as specified in said section.
- ✚ Please be aware that a HERNIA/TESTICULAR SCREENING is performed for ALL BOYS!! Refusal to submit to this or any part of the screening process will result in your having to complete a physical exam with a private practice physician.
- ✚ To help minimize station congestion, parents can drop off their student/athlete or wait for them in the bleachers of the main gym.

*We thank you for your support and look forward to seeing you there!*