



Montana High School Association

1 South Dakota Avenue ♦ Helena, MT 59601 ♦ (406) 442-6010 ♦ Fax: (406) 442-8250 ♦ www.mhsa.org

**TO: PARENTS OF MHSA SPORTS PARTICIPANTS
LICENSED MEDICAL PROFESSIONALS**

FROM: MARK BECKMAN, EXECUTIVE DIRECTOR

RE: NEW MHSA PRE-PARTICIPATION PHYSICAL EXAM FORM

Article II, Section (3) of the MHSA Handbook requires that a physical exam must be performed for each student in order for that student to be considered eligible for participation in an Association Contest. Physical exams must be completed prior to the first practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation for the following school year.

The MHSA Executive Board approved a new pre-participation physical examination form on the recommendation of the MHSA Medical Advisory Committee. The form is more detailed and this format has been approved by a variety of medical professional groups. **Specifically, questions concerning the cardiac history and cardiac health of the student have been added (questions 6-15). The MHSA Medical Advisory Committee strongly recommends that if any of those questions are answered affirmatively the student be referred to the appropriate medical professional for further screening.**

The MHSA pre-participation form is the only form that will be allowed for the student's exam (no other forms will be accepted). The following process should be followed:

- Parent(s)/Legal Guardian(s) and each student should fill out the questionnaire and history portion of the form together, which is the front page of the MHSA pre-participation physical examination form.
- The student must sign this form confirming that he/she was involved in the completion process.
- The form goes to the medical provider for use during the examination.
- The medical provider reviews the form with the student and parent/guardian, performs the exam and makes the decision on whether to clear the student for participation. A signature from the medical provider is required.
- The physical exam form is given to the parent/guardian. He/she must sign the permission and release section of the form for final clearance.
- The completed pre-participation physical exam form is given to the appropriate school administrator.

The MHSA is committed to the safety and health of our student activity participants and believes this new form will facilitate that objective.

If you have any questions regarding the new pre-participation examination form please contact me or Brian Michelotti, MHSA Assistant Director.



K-12 School District No. 8

Phone (406) 547-3751

Fax (406) 547-3922

209 Central Ave S.

PO Box C

White Sulphur Springs, MT 59645

"Home of the Hornets"

May 8th, 2018

Dear Parent/Guardian;

Once again it is time for sports physicals. Cost of physicals will be **\$25.00**, which you will be required to pay. **NOTE: PAYMENT MUST BE MADE AT THE TIME OF SERVICE.** Make checks payable to Mountainview Medical Center.

There will be specific days set aside for your physical. No appointment needed. First come, first serve. The first day will be on Tuesday, May 29th from 9:00 AM-4:00 PM. The second day will be on Wednesday, May 30th from 9:00 AM-4:00 PM. Physicals will be performed by MVMC in the White Sulphur Springs School. If you are unable to attend one of these days you must schedule an appointment with Mountainview Medical Center at a different date.

All ImPact testing will be done at the same time as the physicals.

As a reminder, students must have a sports physical completed prior to practicing for any school sport activity—football, basketball, volleyball, track, golf or cheerleading – **AT ANY GRADE LEVEL, 4th THROUGH 12th.** If your child will not be participating this fall **BUT WILL COMPETE DURING THE WINTER OR SPRING SEASONS**, you should have a physical this summer to take advantage of the reduced rate. Sports physicals are good for one year and the provider must use the form approved by the Montana High School Association. These forms will be provided to the school on the day of the physical.

If your child will be participating in a sport and you want the physical done locally, you need to follow these steps.

- 1) **Please come to one of the two scheduled days for physicals at the school.**
- 2) **NOTE: A PARENT MUST ACCOMPANY THE STUDENT...IF NO PARENT IS PRESENT THE PHYSICAL WILL NOT BE PERFORMED!**
- 3) **Please have the child wear shorts or sweats when they attend.**
- 4) **Please allow time for the physical and the ImPact test, as they will both be given.**

Practice for football and volleyball for high school will begin on Friday, August 10th. **NOTE:** Those students participating in any of the above listed activities must have a completed physical prior to the first practice.

Sincerely,

Larry Markuson, K-12 Superintendent

White Sulphur Springs Schools, School District #8

P.O. Box C

White Sulphur Springs, MT. 59645 (406) 547-3351