

# SPORTS PHYSICALS

## FREQUENTLY ASKED QUESTIONS

### WHO CAN PARTICIPATE IN THE TWIN CITIES ORTHOPEDICS (TCO) SPORTS PHYSICALS EVENT?

The sports-qualifying physical exams are open to middle school, high school or collegiate student-athletes with clear medical histories and who are required to have a physical prior to participating in athletics. The physicals are used to screen for and detect physical or medical conditions that might put student athletes at risk for future problems.

The sports-qualifying physical exam is **NOT** intended to replace regular or as-needed visits to primary care physicians (PCPs). Students currently under PCP care for medical conditions/injuries/illnesses or with previously diagnosed medical conditions/injuries/illnesses, especially cardiac or asthmatic conditions or COVID-19 that might preclude or limit participation in sports, are advised to receive medical examinations from their PCPs.

***\*If the student-athlete has had moderate to severe COVID-19 symptoms of any kind, they should have a visit with their PCP rather than this examination.***

### ARE THE EXAMS OPEN TO STUDENT-ATHLETES FROM MINNESOTA AND WISCONSIN?

Yes, student-athletes who are required to have a sports-qualifying physical exam in Minnesota or Wisconsin are welcome to participate. Student-athletes are required to bring the appropriate physical exam form for the state in which they plan to participate to their exam.

**\*In an effort to limit the amount of people in the lobby, and to expedite the check-in process, we ask that you complete the student-athlete portions of the physical exam form **prior to arriving to your scheduled exam location.****

Medical providers will sign and complete their portions of the physical exam form during the exam.

Minnesota State High School League: [mshsl.org](https://mshsl.org)

Wisconsin Interscholastic Athletic Association: [wiaawi.org](https://wiaawi.org)

### CAN STUDENT-ATHLETES ATTEND ANY OF THE DATES LISTED?

Yes, student-athletes are welcome to attend the sports physicals event of your choice at any of our designation sports physicals locations. Visit [TCOmn.com/SportsPhysicals](https://TCOmn.com/SportsPhysicals) to learn more and register for your desired location.

### IS AN RSVP REQUIRED TO RECEIVE A FREE SPORTS-QUALIFYING PHYSICAL EXAM?

Yes, an RSVP is required for those student-athletes that are interested in a free sports-qualifying physical exam. Space is limited, so it is recommended to register in advance.

Registration will begin on Monday, June 20<sup>th</sup>. To RSVP for a sports-qualifying physical exam, visit [TCOmn.com/SportsPhysicals](https://TCOmn.com/SportsPhysicals).

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### HOW LONG WILL THE EXAM TAKE?

The sports-qualifying physical exams typically take approximately 30 – 45 minutes. Our staff members will do their best to move through the exam process as quickly as possible but will take the time needed to ensure that each student-athletes needs are met.

### WILL I BE CHARGED FOR THE EXAM?

No, the TCO sports-qualifying physical exams offered during these events are free of charge. Health insurance is not necessary and will not be asked for upon registration or check-in.

### DO STUDENT-ATHLETES NEED TO BE ACCOMPANIED BY A PARENT OR GUARDIAN?

Parents or guardians are required to attend the sports-qualifying physical exam with student-athletes under the age of 18 to help the examining provider better understand a student-athlete's medical history, if needed, as well as discuss any future medical concerns the provider might identify during the exam.

### WHAT SHOULD BE BROUGHT TO THE EXAM?

- **Sports-Qualifying Physical Exam Clearance Form**

Each student-athlete receiving a sports-qualifying physical exam must provide a "Sports Qualifying Physical Examination Clearance Form" prior to the exam. The form must be signed and dated by a parent or legal guardian if the student-athlete is under the age of 18. Please complete the health history portion of the form prior to arriving for the exam. Forms can be obtained from the student-athlete's school or online at:

**Minnesota:** *COMING SOON*

**Wisconsin:** *COMING SOON*

\*Collegiate student-athletes are responsible for providing the appropriate sports-qualifying physical exam form from their college or university. We will not have these forms on hand.

If your school is using the PRIVIT system, print the health history page and bring it to the exam for the provider to sign.

- **Immunization Records**

Immunization records are not required for the exam but providing them is encouraged as additional health history is helpful for the provider to review.

### WHAT SHOULD BE DONE WITH THE COMPLETED CLEARANCE FORM?

It is the responsibility of the individual student-athlete/parent/guardian to return the completed form to the school. TCO will keep a copy of all forms on file in case a form is misplaced; however, TCO is not responsible for submitting completed forms to the schools.

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### WHO WILL BE CONDUCTING THE EXAM?

All student-athletes will see both an orthopedic and a primary care provider. Licensed athletic trainers will assist in the exam where needed.

### WHAT PRECAUTIONS ARE BEING TAKEN TO ENSURE SAFETY FOR ALL?

- **Visitor Restrictions** - In an effort to limit the number of visitors in the building, student-athletes under the age of 18 will be allowed **one (1) parent or guardian** to attend the exam with them. Student-athletes that are 18 years of age or older, are asked to attend by themselves.
- **Masking Protocol** – We will be following any state mandated guidelines at the time of this event. This information will be relayed in the reminder email one week prior to the event.
- **Reminders for at Home Safety**
  - Wash your hands frequently with soap and water for at least 20 seconds, or with an alcohol-based hand sanitizer if soap and water are not available.
  - Avoid close contact with sick people.
  - Cover your cough or sneeze with a tissue or your elbow.
  - Clean and disinfect frequently touched objects and surfaces using a household cleaning spray or wipe.

*\* In an effort to keep everyone safe, we are asking all patients/visitors to NOT enter the building if the following apply to you:*

- Experiencing flu-like symptoms (fever, cough, shortness of breath)
- Have had exposure or tested positive for COVID-19 in the past 10 days

### WHAT DO I DO IF I NEED TO CANCEL OR RESCHEDULE MY APPOINTMENT?

Please contact [SportsPhysicals@TCOmn.com](mailto:SportsPhysicals@TCOmn.com) if you need to cancel or reschedule your Sports Physical exam. We ask that you do so as promptly as possible so we can open that space for other athletes.

### HOW DO I LEAVE FEEDBACK?

All student-athletes/parents/guardians are encouraged to contact <mailto:SportsPhysicals@TCOmn.com> with any feedback. We love to hear what you liked and/or disliked about the process so we can enhance future experiences. We also often pass along messages of thanks to our providers.