Irvine Unified School District

Irvine High School * Northwood High School * University High School * Woodbridge High School

Attention All Parents of IUSD Student Athletes
Sports Clearance Information for the 2011-12 Athletic Program

Parent Responsibilities for 2011-12 – Please note changed requirements this year.

1. **NEW Format**:
   a. Everyone must complete the "High School Athletic Consent Form."
   b. **Freshmen/Juniors** – Complete the health history, a full physical exam through a family physician is required, and a musculoskeletal exam is recommended.
   c. **Sophomores/Seniors** – Complete the health history. A musculoskeletal exam is required.
   *** Certain conditions may require a full physical exam annually**.
2. **Musculoskeletal Screening** – We highly recommend your son or daughter participate in an IUSD/CHOC school-sponsored Orthopedic/Sports Medicine Musculoskeletal Screening. (There is no fee for this screening but a donation of any amount will help fund school athletics.) You may also choose to have your child's health care provider complete the Musculoskeletal Screening at the time of your child's physical exam appointment.

Important Points:

- The California Interscholastic Federation **(CIF) requires an annual health screening for all athletes** who wish to participate in high school athletics. The purpose of this required health screening is to review a student's health history, offer anticipatory guidance to prevent injury, identify and refer suspected health issues that can put an athlete at risk, and determine a student's ability to safely participate in sports for this school year.
- Each year, we read about high school athletes who suffer life changing injuries or even sudden death due to undiagnosed health issues. Both the Pre-Participation Physical Exam (PPE) and the Musculoskeletal Screening meet the required CIF regulations allowing participation in high school sports and help identify possible risks for athletes.
- **70-80% of all sports injuries involve the musculoskeletal system**. Because of this reality, all athletes are encouraged to take part in **IUSD's Musculoskeletal Screening** performed by CHOC orthopedic specialists at your child's high school (see date below) to determine sports participation readiness and prevent possible injury.

Scheduled Musculoskeletal Screening

	DATE	TIME	LOCATION
Northwood High School	Tuesday May 24	4:30 - 6:30 pm	TBA

If your student is unable to attend his/her own high school's Musculoskeletal Screening date, please contact your student's high school Athletic Office for alternative information.

Contributions for the IUSD/CHOC Musculoskeletal Screenings are appreciated but not required. Please consider a **suggested contribution of $25**, however donations of any amount are welcome! Please make checks payable to your student's high school and include with forms if you are able to donate.

____ $25 ____ other

The High School Pre-Participation Physical Exam (PPE) and Athletic Consent Form is attached to this letter and is available at each high school site. Please contact your high school at (fill in) with any questions.