



CYO Pre-Participation Physical Instructions

Your child's health and safety is of the utmost importance to us here at CYO. That's why beginning in 2016, all CYO participants will be required to have a pre-participation physical completed and submitted prior to participating in practice or games. Please review the information and steps below to complete this process.

The pre-participation sports physical is essentially a standard annual physical but with additional evaluation/criteria based on your child's participation in a rigorous physical activity such as sports. You will need to download the State of Kansas Pre-Participation Physical Evaluation Form from the CYO website, which is the paperwork that must be taken to your child's physical and completed by the physician. The form is two pages long and includes areas on general information, allergies, questions for your child, and the actual examination form. Taking a look at the form will quickly familiarize you with what the doctor will be looking for.

For each child, the State of Kansas Pre-Participation Physical Evaluation (PPE) Form must be completed and signed by a health care professional who is a MD or DO, or is sponsored by an MD or DO. This requirement will assure that every child has been evaluated by a qualified physician and cleared to participate in sports activities.

Here's the 4 simple steps to completing this requirement:

- 1) Download the previously mentioned State of Kansas Pre-Participation Physical Evaluation (PPE) Form via the CYO website.
- 2) Contact your family physician to schedule your child's physical and notify them that you need to complete a pre-participation sports physical during this appointment. Please remember to provide ample time to complete this requirement prior to the season, as many physicians require families to schedule appointments weeks or months in advance.

For families without a family physician or those who wish to take part in our low-cost sports physical option, we're pleased to announce that CYO will be working with SafeKC to offer low cost sports physicals for as low as \$20 per child. Please visit our CYO website for more information and dates for a clinic coming to your area.



- 3) Next, take the Pre-Participation Physical Form to your child's physical and provide it to the doctor. He or she will complete the form and sign following the completion of your child's physical. The doctor should then provide you with the completed form or may ask to submit through his or her office.
- 4) Finally, we ask that you please submit the completed form in one of the following ways:
 - A. You can deliver it in-person at the CYO Office, located within Bishop Miege High School at 5041 Reinhardt Drive, Suite 310, Roeland Park, KS 66205.
 - B. You can mail it to our CYO Office, Attention Sports Physicals, at 5041 Reinhardt Drive, Suite 310, Roeland Park, KS 66205 .
 - C. Perhaps the easiest option, You can now scan the form and upload it through the CYO Website. Simply go to the Pre-Participation physical page on the CYO website, select the "Upload Form" option on the right side of the page, and follow instructions to submit your scanned file.
 - D. Finally, your Director of Sports Ministry may setup a box to submit these forms at your parish or school office. Please follow instructions provided by the parish or contact your Director of Sports Ministry to see if this option is available at your parish.

Please be sure that you provide plenty of time to both complete and submit the Pre-Participation Physical Evaluation Form prior to the beginning of practice for your child's sports season. We must remind you that **children will not be able to practice until after the completed form has been submitted**. We appreciate your help with completing this new requirement so that we can assure all our children are as safe and healthy as possible prior to and during participation in CYO sports. We pray that God will continue to bless you and your family with great health and much fun during the upcoming season!

Any questions, please call the CYO Office at (913) 384-7377.