



#### PRE-PARTICIPATION PHYSICAL EXAMINATION:

Clearance from a licensed Physician (MD or DO), Physician Assistant, or Nurse Practitioner is required for participation in 7-8 grade tackle football. STARS must have the clearance form on file prior to the athlete being allowed to participate in practices and/or games.

Please note that the CCV STARS medical staff considers this to be a minimum requirement and recognizes that true health for our adolescence goes beyond a simple “clearance physical”. Our medical staff believes a thorough pre-participation physical examination can and ideally should be integrated into a regular examination with the athlete’s personal physician. The best practice for performing a pre-participation evaluation is in the context of the patient’s medical home (primary care physician’s office). This setting is optimal for discussion of numerous adolescent health issues including tobacco use, drug use, seat belt use, sexual activity, violence, and mental health issues. Please take this into consideration when choosing where to go for your child’s pre-participation physical.

CCV STARS does not require a pre-participation physical exam for athlete’s under 7<sup>th</sup> grade. However, we do encourage meeting with your primary care physician before participation (on an annual basis). This is optimal for discussion of numerous adolescent health issues.