

Licking Memorial Health Systems Sports Screening Program Checklist

- The Ohio High School Athletic Association (OHSAA) pre-participation physical evaluations are required annually for student-athletes in grades 7 through 12. However, it is not a requirement for them to attend the Licking Memorial Health Systems (LMHS) Sports Screening Program. Student-athletes have the option to attend this program, their own school's sports screenings (if applicable), or visit their primary care provider to have a physical completed.
- The LMHS program is a free service provided for the student-athletes to meet the requirements for their sports screenings. The completed sports physical can be utilized for participation in all sports throughout the upcoming school year.
- Please provide a copy of the LMHS flyer and website information to all athletes/parents so they have access to accurate information and forms to participate in the program.
- Screenings are scheduled on the available dates beginning at 5:00 p.m. Registration is required in advance and limited to the first 90 participants each night of the program. Register online at LMHealth.org/SportsScreenings.
- Any student not able to attend can schedule an appointment with their primary care physician to have a sports physical completed. This program is one option available to them, but it is not required to attend.
- Anyone under 18 years of age must have a parent/custodial guardian present to sign their consent to treatment at registration, or they will not be allowed to participate.
- Required for check in:
 - Sports pre-participation forms (OHSAA form or school equivalent – printed and signed)
 - LMHS consent for participation
 - mCORE consent for heart screenings (required for all athletes entering grades 7, 9, and 11 as a condition of participation to have a physical screening completed by LMHS)
- Concussion screening is an option for students in contact sports who do not have the testing available at their school.
Coaches: Many students decline to have this done due to the time it takes to complete (20 to 30 minutes). This is an important screening tool for follow-up treatment of concussion. Please inform your athletes if this is something you need for them to complete, specific to any of the sports that they will participate in throughout the year. Otherwise, they may opt out of this screening test.
- Student-athletes will be given their completed physical forms when they check out at the screening program. Students/parents are responsible to provide their completed physical forms to the school athletic department and/or coaches. LMHS is not responsible for lost or misplaced physical screening forms. It is recommended that all students/parents keep a copy of the physical forms for their own records, especially if they will participate in multiple sports programs throughout the year. LMHS will not provide copies of sports screening forms to the schools.
- Please refer students/parents with questions to sportsphysicals@LMHealth.org or the Program Coordinator at (220) 564-2304.

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