

Pre-Participation Physicals (PPE)

(2018-19 school year athletic participation)

Monday, June 4th 5:00-8:00 pm

Avita Hospital – Ontario

Avita Center for Sports Health is providing free physicals on Monday, June 4th from 5:00-8:00 pm.

The location again this year will be 715 Richland Mall at the Avita medical offices in Ontario. Please enter the East entrance near Arby's and registration will be in the first office on the right.

Please get your packet from the High School or Middle School office. It is very important to carefully and completely answer all questions on the health history questionnaire, the SCA form, and to sign all forms and initial the outside of the packet. Return the completed packet to the High School office (Mrs. Barr) or the AD's office (Mr. Schmitt or Mr. Gottfried).

Please return the packets prior to the last day of school and be sure to give it to one of the above so they can check your name off of the master list and be sure that the packet is completed. Don't just leave it in the office to get misplaced or lost. Jamieson will take your packet to Avita on the 4th.

Jamieson will again be providing pre-physical services of: Height / Weight, Vision, BESS (balance), and MSK (musculo-skeletal exam) Contact Jamieson or see him in the training room after school to make arrangements to complete this ahead of time. If completed ahead of time, you can go straight to BP/pulse and to the physician station when arriving at Avita on the 4th, saving you a lot of time.

If you can't make the June 4th date, please discuss this with Jamieson and you may make arrangements to attend other Avita sponsored physical date at another location. These Avita sponsored physicals are at Galion Orthopedics (5-10), Ontario HS (5-16), Mohawk HS (5-30), or Pleasant HS (6-5). **In order to attend one of these dates, you must speak with Jamieson first and make arrangements for your packet to be at the designated location.**

Thank you and if you have any questions or issues...please contact Jamieson. Cell: 614-323-7140