



Sports and School Physical Packet

Everything a Utah family needs to get the sports physical done right the first time.

What Utah schools require

Utah high school athletes must turn in a Pre-Participation Health Examination form every school year before they try out, practice, or compete. The Utah High School Activities Association (UHSAA) calls it **Physical Form A**. It has two parts: a section the parent and student fill out, and a section the provider completes after the exam.

- **Every school year.** A new form is needed each year. The exam cannot be done too early: the version we reviewed says not before March 10 of the previous school year. Check the date on the current form.
- **Who can sign.** The form can be signed by a physician (MD or DO), physician assistant, nurse practitioner, or chiropractor, acting within their scope of practice.
- **Provider information is required.** The provider's address and phone number must be on the form, or the school may not accept it.
- **The original goes to the school.** Keep a copy for your records, and make extra copies if your child plays more than one sport.
- **Concussion information.** The form includes a concussion education acknowledgment that the parent and student sign.

Get the official form

Download the current UHSAA Physical Form A from <https://www.uhsaa.org/forms/forma.pdf>. Your school can also confirm which version it wants. UHSAA phone: 801-566-0681.

Why it is worth doing at home

A physical is more than a signature. We look at the heart, lungs, joints, and vision, and we go over past injuries, family heart history, and concussion history. At a house call there is no waiting room, no missed class, and you can ask questions in a calm setting. The physical exam itself is done in person.

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Parent Prep Checklist

Print this page and check items off before the visit.

Two to three weeks before

- ☐ Find out which sports your child plans to try out for, and when tryouts start. Book the physical before that date.
- ☐ Print the official Physical Form A (link on page 1). Print a copy for each sport if your school asks for one.
- ☐ Check with the school or coach for any extra forms they require.

Before the visit: parent and student fill out

- ☐ Participant and parent disclosure and consent section (including insurance information, if the form asks for it)
- ☐ Medical history questionnaire: heart, breathing, bones and joints, head and neck, and heat illness
- ☐ Parent signature and student signature where the form asks for them
- ☐ Leave the provider section blank. We complete it at the exam.

Have these ready at the visit

- ☐ Glasses or contacts, if your child wears them
- ☐ A list of current medicines, vitamins, and supplements, and any known allergies
- ☐ Immunization record
- ☐ Details of past surgeries, broken bones, concussions, or other injuries, including dates if you know them
- ☐ Family history of heart problems, fainting, or sudden death at a young age. Ask relatives if you are not sure.
- ☐ Any inhaler, EpiPen, or other medicine your child uses for sports

At the visit

- ☐ Height, weight, blood pressure, pulse, and vision check
- ☐ Heart, lung, and general exam, plus a check of joints, strength, and movement
- ☐ Time for your questions about training, nutrition, sleep, injury prevention, and concussion safety
- ☐ The provider completes and signs the exam section and recommends full, limited, or no participation, or follow-up first

After the visit

- ☐ Collect the signed original and make a copy for your records
- ☐ Turn the original in to the school or coach before tryouts
- ☐ If we recommend follow-up, finish it before your child returns to full play

Book your physical

Visit backroadhealth.com or call **435-999-4455**. We are a self-pay practice and do not bill insurance. Reach out to us by email or phone to check on pricing. We cannot currently see patients who are enrolled in Medicare.