

June 1, 2020

Dear Parent / Guardian,

It's time again for annual sports physicals! We are thankful that we can provide this onsite service for you this year, and in lieu of the recent COVID-19 pandemic, CMMC will be taking every necessary precaution to keep your child safe. We will be conducting Impact / concussion baseline testing this year, in conjunction with the sports physical component.

***Please call our office at 538-4110 to schedule your child's appointment.***

We are implementing all social distancing and CDC recommended guidelines in order to provide your child with a safe environment in which to receive their physical. We ask that if your child is sick with any COVID -19 symptoms, that you reschedule your sports physical with us in our office, at 408 Wendell Ave, Suite 5, Lewistown. ***Please call us to reschedule if your child has any respiratory symptoms, fever greater than 100.4, new cough, or new sore throat.***

The Sports Physical process will be slightly revised this year in order to accommodate the recommended safety guidelines. Appointments will be generously spaced to avoid unnecessary congregation. We will be conducting a brief COVID-19 screening assessment upon entry into the school to ensure that all students coming in are not ill. We ask that your child arrive on time for their appointment and not delay leaving the building following their exam. Students will be limited at the check-in area to promote social distancing and chairs will be strategically placed in the hallway waiting areas, to avoid congregation of students in close proximity of each other. Healthcare personnel may be wearing face masks during the appointment, depending on which Phase we are in at the time of this clinic, and facemask use by your child is acceptable if you so choose. Please contact our office if you have any questions or concerns regarding this process.

This year's screening will again focus on heart, bone and joint health and Adolescent Depression Screening will be offered again this year as well. This is not mandatory, and you / your child may opt out if so desired.

The American Academy of Pediatrics (AAP) encourages depression screening at younger ages, allowing for early detection and intervention, as well as opening the lines of conversation around depression. In 2016, The U.S. Preventative Service Task Force found that 8% of teens reported a depressive episode within the last year. We strongly feel that offering these depression screenings will help to capture our teens who may be struggling.

Your child's depression screening will be interpreted by the Nurse Practitioner completing the Sports Physical. If follow-up is needed, you will be contacted and with your permission, the screening will be sent onto your child's Primary Care Provider.

*This depression screening is optional.* Please check mark the box below whether you

consent, or do not consent, to your child receiving this screening.

**Please return this page with your child to their Sports Physical appointment.**

Thank you for allowing us the opportunity of caring for your family. Be Well ~ Be Safe!

I consent to my child being screened for depression

I do not consent to my child being screened for depression

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Child's Name

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Parent/Guardian Signature

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Date