

# Free sports screenings



Mayo Clinic Health System is offering free qualifying sports screenings for area school athletes ages 12–19 in the 2023–24 school year.

To prepare for the sports screening, student-athletes are asked to:

- Wear gym shorts and a T-shirt
- Bring a completed IA/MN/WI high school league sports screening form
- Have a parent or guardian present (recommended, but not required)

The sports screening is not meant to take the place of ongoing care with your regular medical provider.

If your child has not had a well-child exam in the last two years or is unable to attend one of the sports screening events, contact your primary care provider to schedule a well-child exam to be cleared for sports.

Immunizations will be offered during the sports screening.

**Parent/Guardian consent is required to receive immunizations.**



Scan the QR code for the consent form and bring the completed and signed form to the sports screening. Request immunizations when scheduling the sports screening appointment. Your insurance will be billed for immunizations.

Schedule a sports screening appointment online through the patient portal, the Mayo Clinic App or by calling your location's number.

**Plainview**

July 17, 1:30–5 p.m.  
507-534-3169

**Ellsworth**

July 19, 1:30–5 p.m.  
715-273-5061

**Red Wing**

July 24 and Aug. 3, 4–7 p.m.  
651-267-5500

**Lake City**

July 25, 4–7 p.m.  
651-345-1100

**Zumbrota**

July 25, 1:30–5 p.m.  
507-732-7314

**Albert Lea**

July 26, 3–6 p.m.  
507-433-8758

**Austin**

July 27, 3–6 p.m.  
507-433-8758

**Cannon Falls**

July 27, 4–7 p.m.  
507-263-6001

# Pre-qualifying sports screenings

## Frequently asked questions for parents/guardians and students

### Where do we check in for sports screening appointments?

All sports screenings will be held in the Family Medicine department. For Austin, go to the Family Medicine department on the second floor. Please arrive 15 minutes before your scheduled appointment.

### Does a parent need to be present at the sports screening appointment?

It is not required, but recommended for parents to be present for the appointment. If forms are incomplete and/or unsigned, the sports screening will not be conducted unless the parent is available.

### Who is eligible for a sports screening?

School athletes ages 12–19 in the 2023–24 school year are eligible for a sports screening.

### How often are sports screenings required to participate in sports?

- In Iowa, student-athletes are required by state law to have a sports screening every year.
- In Minnesota, student-athletes are required by state law to have a sports screening every three years.
- In Wisconsin, student-athletes are required by state law to have a sports screening every two years.

### Are immunizations offered during the sports screening?

Immunizations will be offered during the sports screening.

### Parent/Guardian consent is required to receive immunizations.



Scan the QR code for the consent form and bring the completed and signed form to the sports screening. Request immunizations when scheduling the sports screening appointment. Your insurance will be billed for immunizations.

### Can other health questions be asked during the sports screening if they do not relate to sports participation?

We recommend you schedule an appointment with your primary care provider to ask other health questions. These screenings are not intended to replace an annual comprehensive physical exam, which is recommended for children 11 and older.

### If there is an underlying medical condition, will the sports screening still provide clearance for the student-athlete to play?

The sports screening is not appropriate for athletes with an underlying medical condition (diabetes, asthma, anemia, infection, cardiovascular condition or seizure disorder). We recommend you schedule an appointment with your primary care provider to address your child's sports screening need.

### What part of the form needs to be filled out before the sports screening?

Athletes and parents should complete the history portion of the Iowa, Minnesota or Wisconsin Sports Qualifying Physical Examination Form. If the form is incomplete or unsigned, you will be unable to participate in the sports screening.

### How should I dress for the sports screening?

Wear loose-fitting clothing and gym shorts. Girls should wear a sports top or swimsuit top. Bring eyeglasses or contact lenses because a vision screening is part of the exam.

### Are there any food or beverage restrictions before the sports screening?

Do not consume caffeine or sports drinks prior to your appointment.

### What is the cost of the sports screening?

The sports screening is offered at no charge. However, your insurance will be billed for any immunizations received.