

Sports screenings



Mayo Clinic Health System is offering sports screenings for athletes entering grades 7–12 in the 2024–2025 school year.

Cost of the sports screening is \$20.

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

- Wear gym shorts and a T-shirt
- **Bring a completed Minnesota State High School League physical form** which is on the Minnesota State High School League website at mshsl.org.
- Have a parent or guardian present, if under 18.

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 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.

Mankato

July 17, 5–8 p.m.
1400 Madison Ave., Suite 100AA
507-594-2600
Appointments preferred;
walk-ins welcome.

Waseca

Aug. 6, 5–6 p.m.
501 North State St.
507-835-1210

Pre-qualifying sports screenings

Frequently asked questions for parents/guardians and students

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

Have a parent or guardian present, if under 18.

Who is eligible for a sports screening?

School athletes entering grades 7–12 in the 2024–25 school year are eligible for a sports screening.

What is the cost of the sports screening?

The sports screening is \$20. Additionally, your insurance will be billed for any immunizations received.

How often are sports screenings required to participate in sports?

In Minnesota, student-athletes are required by state law to have a sports screening every three 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 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.

What if a health concern is detected during the screening?

If a health concern is detected during the screening, the provider will advise you to contact your primary care provider and will not sign the Minnesota State High School League physical form.

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 Minnesota 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.