



## Free Pre-Participation Sports Exam for San Diego Unified Student Athletes

Screenings include all elements required to participate in sports for the 2019-20 school year, as well as optional concussion baseline testing, and sports health and wellness educational presentations. Electrocardiograms are also available to help screen for abnormalities in the heart's electrical system that can put student-athletes at risk of sudden cardiac arrest.

### Check-In Times

|            |  |
|------------|--|
| 8 a.m.     | Football (last names starting with A-M)                  |
| 8:30 a.m.  | Football (last names starting with N-Z)                  |
| 9 a.m.     | Badminton, baseball, basketball, cheerleading            |
| 9:45 a.m.  | Cross country, field hockey, golf, lacrosse              |
| 10:15 a.m. | Soccer, softball   |
| 11 a.m.    | Swimming and diving, tennis, track and field, volleyball |
| 11:45 a.m. | Water polo, wrestling                                    |

### What to Bring

- School identification card
- Completed San Diego Unified health history form — **must be signed by parent**
- Completed ImPACT baseline consent form (for optional concussion baseline testing) — **must be signed by parent**
- Corrective eyewear if needed

### Payment

The screening is free only for California Interscholastic Federation-sanctioned sports participants. For more information, please contact your high school athletic trainer or athletic director.

### Event Details

**When:** Saturday, June 1, 2019  
**Time:** 8 a.m. – noon

San Diego High School  
1405 Park Blvd.  
San Diego, CA 92101

Come dressed in athletic clothing and park in the San Diego High School parking lot, located east of Balboa Stadium and west of Interstate 5. Volunteers will direct you to the check-in area.

**Parents:** Please visit our wellness programs and screening exhibits while waiting for your child to complete the screening. If you are unable to attend, sign and complete forms and send with your child.