



**Get the *OK to Play* from your physician  
before sports season starts.**

Sports season is right around the corner and all student athletes in grades 7 through 12 are required by OSAA to have a documented sports clearance.

To get the OK to Play, see your primary care provider for an annual check-up which includes a sports physical. This visit is covered by most insurance plans, including the Oregon Health Plan.

Annual check-ups include a physical health and developmental assessment, preventative care plans and important conversations with a physician to screen for stress, anxiety and risky behavior in teens.

For more information visit [oktoplaysports.org](http://oktoplaysports.org) or call 541-322-2398.

**How to get the  
OK  
TO  
PLAY**

**Visit**  
your primary  
care provider  
for an annual  
check-up

**Ask**  
your provider  
to complete the  
OSAA form found at  
[oktoplaysports.org](http://oktoplaysports.org)

**Take**  
your completed  
OSAA form to your  
school's athletic  
department

OSAA requires students in grades 7–12 have the documented clearance from their physician to participate in sports. In most cases this should be fully covered by your insurance (including OHP). Check with your school for timing, but clearances for fall sports are generally due by mid-August.



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**Q:** How do I get the OK to Play?

**A:** Visit your primary care physician, pediatrician, OB/GYN or another primary care provider to have your annual check-up. During this visit, your provider will take care of your routine preventative visit and assess your overall physical, emotional and behavioral health. This usually includes important discussions to talk about stress, anxiety, depression, and any other issues you might be facing. This visit will also include completion of the necessary OSAA paperwork for sports clearance. Many offices have the OSAA paperwork, but you should take it with you just to be sure.

**Q:** How much does an annual check-up cost?

**A:** Generally, annual check-ups are covered by most insurance plans including the Oregon Health Plan (OHP). Check your specific insurance to see if you have a co-pay required.

**Q:** Why wouldn't I just get a sports physical?

**A:** Sports physicals are a small part of an annual check-up and do not include necessary preventative screenings and conversations about your physical and emotional health. In addition, most clinics charge a separate fee for a sports physical while annual check-ups are generally covered by insurance.

**Q:** What do I need to get the OK to Play sports?

**A:** You will need the OSAA approved form titled "School Sports Pre-participation Examination Form". You can find this form at [oktoplaysports.org](http://oktoplaysports.org). The first page needs to be completed by a parent/guardian, and the second page is completed by your provider during your annual visit. This form is then given to the athletic department at your school as part of the sports clearance process.

**Q:** I don't have a primary care provider. What should I do?

**A:** Having a primary care provider is an important part of ensuring you have proper medical care over the course of your life. Many physicians are accepting new patients. A list of medical clinics can be found at [oktoplaysports.org](http://oktoplaysports.org). If you don't already have a primary care provider, an annual check-up is the ideal way to get established with a new primary care provider.

**Q:** I see some Urgent Care offices will do sports physicals. Can I go there?

**A:** Having a sports physical as a standalone visit with a provider that you don't usually see has limitations. A sports physical is a screening tool for sports participation, but is not a replacement for an overall health and wellness check-up. Annual check-ups include preventative health and immunizations, vision and hearing screenings, growth and developmental milestones, and important discussions about stress, anxiety, and depression. For optimal health, teens should have a check-up with a primary care provider each year.

**Q:** I don't have insurance. What should I do?

**A:** Call **541-322-2398** to see if you qualify for the Oregon Health Plan and find information on how to get enrolled.

**Q:** When should I get the OK to Play?

**A:** Teens should have a check-up yearly, although it is only required to officially get the OK to Play every two years. Some school districts require that the OK to Play visit happen after May 1st to participate in the upcoming school year's sports. Many insurance companies will pay for an annual check-up visit once every 12 months. In order to make sure your OK to Play visit is covered by insurance, schedule it after May 1st and 12 months after your last check-up. Summer is the ideal time to have this done because many physician offices have more appointments during summer months when cold and flu season is over.

**Q:** I thought there were free sports physicals in town?

**A:** The Center Foundation has previously provided free sports physical events for students to get cleared. However, healthcare expansion in our community means more kids are covered by OHP and other insurance. Therefore, children now get a better standard of care by having an annual check-up, which includes a sport physical and OSAA paperwork at no additional cost. Better care for kids, lower cost for parents.