



Christian Brothers School Medical Packet and **Physical Reminder**

It is the policy within the Christian Brothers School Athletic and Sports Medicine Departments that a physical will be required to be on file prior to trying out for a CBS extracurricular sport, excluding intramurals. Mandatory baseline concussion testing will also be completed as a part of the physical process. The physical will include: height, weight, blood pressure, eye exam, orthopedic screening, and general medical examination from an Ochsner physician. Christian Brothers School will be sending out the required medical packet that needs to be filled out and turned into Coach DeCarlo before tryouts of your respected sport(s). The medical packet contains emergency medical contact forms, insurance information, and concussion statement form. One only form per student needs to be completed.

The concussion testing is broken up into two categories: pediatric (for student-athletes 11 years old and under) and the regular testing (student-athletes 12 and older). The pediatric ImPACT test is a 1 on 1 test on the iPad and the regular ImPACT test can be done on the computer and with an entire team/grade at once. If your child already completed the regular baseline ImPACT concussion test on the computer during the last school year, they don't have to take the test again. If your child took the pediatric ImPACT concussion test on the iPad last year, they either have to retake the test on the iPad again or complete the regular computer version this year, depending on their current age.

Ochsner Sports Medicine Institute will be hosting physicals for both campuses at the Ochsner Elmwood Clinic on August 18th from 8:00 am–11:00 am. The physicals cost \$25 and can be paid by either cash or check. Prior payment methods can be arranged with either Mrs. Karen or Mrs. Joy. If you are unable to attend the Fall physical date at Ochsner you are also welcome to complete a physical with your own physician. Just ensure that the proper LHSAA form is used

and you can either bring it in to either campus or email it to Coach DeCarlo at vdecarlo@cbs-no.org.

Although you are welcome to complete the physical with an outside physician, the mandatory concussion testing can only be completed by Coach DeCarlo. This is due to the fact that CBS utilizes a concussion-testing software that is only accessible to a select few Ochsner employees. If you have any questions or concerns, please feel free to contact Coach DeCarlo at either vdecarlo@cbs-no.org or at (941)224-1177