



The Most Reverend Joseph W. Tobin, C.S.S.R.
Archdiocese of Indianapolis

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October 17, 2013

Dear Pastors, Administrators, Parish Life Coordinators, Principals, and Athletic Directors,

Sports Physicals for Student Athletes

The safety of all youth who participate in sports program has been and will always be of utmost importance. To promote the safety of student athletes, sports physicals are a prerequisite to participation in CYO sports, varsity and junior varsity school teams, and other school-sponsored sports programs.

Current Practices Regarding Sports Physicals

Sports physical exams in the Archdiocese of Indianapolis have been conducted in a three primary ways:

- Some schools have asked physicians, nurses, and other medical professionals to volunteer their services and have offered sports physicals on parish or school property for little or no charge. We are grateful for the kindness and generosity of all of the people who have volunteered their time and expertise in this regard.
- Other schools have contracted with local hospitals that provide physicians to conduct sports physicals either on parish or school property or at local medical facilities. This approach has the advantage of ensuring that physicians who conduct sports physicals have received up-to-date training on how to evaluate the health status of youth and appropriately assess their ability to participate in sports.
- Parents also have the option to take their children to family doctors or other physicians of their choosing for sports physicals.

New Policy on Sports Physicals

After careful review of how sports physicals are performed at our parishes and schools, consultation with athletic directors at several schools, and discussion with our legal counsel regarding liability to Archdiocesan parishes and schools and to the medical professionals conducting sports physicals, we have a new policy, effective immediately:

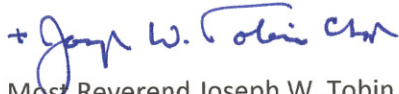
All sports physicals required by the parishes, schools, and other institutions of the Archdiocese of Indianapolis for CYO sports programs and all other sports programs must be conducted by (1) a local hospital that provides physicians either on parish or school property or at local medical facilities or

(2) a family doctor or another physician chosen by the parents. In order to ensure privacy, reduce liability and promote thorough, appropriate medical evaluation of student athletes, Archdiocesan parishes, schools, and other institutions can no longer organize and offer sports physicals in any other manner.

Archdiocesan high schools in the Indianapolis area partner with St. Vincent Sports Performance to offer physical exams on school property or at St. Vincent Hospital medical facilities. We encourage parish athletic directors in the Indianapolis deaneries to communicate these opportunities for sports physicals to student athletes and their families. Parishes and schools outside of the Indianapolis area may wish to develop similar arrangements with local hospitals.

We appreciate your assistance with implementing this new policy and are grateful for your cooperation. Please direct any questions regarding sports physicals for CYO sports to the CYO Office at (317) 632-9311. Other questions can be directed to the Human Resources Office at (317) 236-1594.

Sincerely yours in Christ the Redeemer,

A handwritten signature in blue ink that reads "+ Joseph W. Tobin C.Ss.R." The signature is written in a cursive style.

Most Reverend Joseph W. Tobin, C.Ss.R.
Archbishop of Indianapolis