

# Tukwila School District Providers Offering Reduced-Cost Sports Physicals

05/18/11

- Costs quoted below are for a “Sports Physical Exam” and not for a “Well Child Physical Exam”. **Please ask for a “Sports Physical Exam”** to receive the costs quoted below and verify cost when making appointment. Cost quotes are subject to change at the discretion of the provider.
- WIAA-required components of a physical examination can be found on page two.
- Tukwila School District accepts physicals for 2 years. A physical accepted at the start of the season must be valid for the entire season (through the last day of the WIAA State Tournament for the season of participation). If not, the student will need a new exam before participation is allowed.
- Families are encouraged to schedule appointments from mid-May through mid-July. This will ensure a physical that is valid through the entire school year.

1. **Health Point Tukwila – 12844 Military Rd. S, Tukwila – (206) 439-3289**
2. **New Hope Health Center – 15880 Military Rd S, Tukwila – (206) 453-1868**
3. **US Healthworks.com - 200 Andover Park E # 8, Tukwila - (206) 575-3136**  
Drop ins welcome **\$35**
4. **Jim Rice, MD.** 14212 Ambaum Blvd SW - In Larson Family Medicine Clinic.  
206-244-5477 (call for time). **\$20 cash**
5. **Tukwila Family Medicine** - 13030 Military Rd. S. #210. 206-242-6500.  
By appointment only. **\$36 cash**
6. **Burien Family Medicine** - 16233 Sylvester Rd Burien: 206-244-6625  
By appointment only: **\$36 cash**
7. **Des Moines Family Medicine** - 22000 Marine Dr. SW Des Moines.  
206-870-4460. By appointment only. **\$36.00**
8. **Roxbury Clinic** - 9635 17<sup>th</sup> Ave SW, White Center. 206-763-5057. By  
appointment only. **\$36 cash**
9. **SeaMar:** 14434 Ambaum Blvd S.W. Suite 5, Burien. 206-812-6151.  
By Appointment only. **\$202.54 - Financial aid available.**
10. **Youth Health Center.** 16110 8<sup>th</sup> Ave SW Bldg B, Burien. 206-439-9300.

Walk-in only. **\$36.00 cash.**

## 2010-11 WIAA Handbook

**17.11.0 PHYSICAL EXAMINATION** - Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination.

### 17.11.1

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- B. Documentation of satisfactory examination of the cardiopulmonary system.
- C. Documentation of satisfactory sport-specific orthopedic screening examination.
- D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

17.11.2 Those licensed to perform physical examinations include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

17.11.3 The school in which this student is enrolled must have on file a statement (or prepared form) from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.

17.11.4 To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a written release from a physician licensed to perform physical examinations as listed in 17.11.2 and/or a dentist as applicable.

17.11.5 The physical examination shall be valid for twenty-four (24) consecutive months to the date unless otherwise limited by local school district policy or when the physician indicates the physical is only good for less than twenty-four (24) consecutive months.

**NOTE: Tukwila School District accepts physicals for 24 months AND the physical must be good for the entire sports season.**

17.11.6 For each subsequent twenty-four month period the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.