



MEDICAL CLEARANCE FOR THE PEEL REGIONAL ACADEMY OF SPORTS

Dear Doctor,

Your patient _____ has been accepted into a sports scholarship program with the Peel Regional Academy of Sports. The scholarship program includes progressive resistance training, flexibility exercises and cardiovascular exercise, increasing in duration and intensity over time. The program also includes fitness assessments including sub-maximal cardiovascular fitness test and measurements of flexibility and muscular strength and endurance. All programs and testing are administered by qualified professionals.

The athlete is currently competing in _____ in a competitive environment. We want to ensure medical clearance by seeking your advice as to their readiness to undertake physical activity at this level. By completing this form, you are not assuming any responsibility for our strength and conditioning program. Please identify any recommendations or restrictions for your patient below.

As part of our nutrition program, we require our athletes to have a full blood test including iron study, fasting glucose, Vitamin D and Vitamin B12. Could you please attach a full copy of the results (for review by our nutritionist) and outline if there are any concerns below. Our athletes will be working with a nutritionist to develop a nutrition plan and goals to support their performance.

PHYSICIAN'S RECOMMENDATIONS

	The athlete is fit to partake in physical activity as outlined above.	
	I recommend the athlete not participate in physical activity as outlined above.	
	The athlete can participate but I urge caution because:	
PLEASE ATTACH A COMPLETE COPY OF BLOOD TEST RESULTS or send to nutritionist Julie Meek at: julie@juliemeek.com.au		
Any additional comments or results:		
Physician's Signature		Date
Physician's Name		Phone Number
Address	City	State/Postcode

For any additional information please contact the Peel Regional Academy of Sports Project Officer at tracey.vanderlaan@sportshouse.net.au .

Athletes, please return your completed forms to the project officer before the commencement of your strength and conditioning or nutrition program. Blood test results can be sent directly to Julie Meek at julie@juliemeek.com.au prior to your nutrition consult.

Tracey van der Laan
Project Officer
Peel Regional Academy of Sports