

OYCP
(Oregon Youth Challenge Program)
Medical information guide
for
Physical Examination

Heart issues: If the applicant has heart issues indicated on the physical, you may be asked to provide all written test results (i.e. EKG/stress tests) with the physical submission. You may be asked to provide an additional letter from a heart specialist, clearing the applicant for strenuous daily workout and stressful environment.

Diabetes: If the applicant has diabetes we will need information provided in the doctor's comments section of the physical regarding how insulin is administered, (i.e. oral, shot, pump). We will need to know how often insulin is administered. You may be asked to provide any additional information as needed.

Orthopedic issues: For any orthopedic issues, please include in the doctor's comments section of the physical if any special devices are required for wear, and if there are any concerns regarding the daily strenuous daily workouts to be conducted. You may be asked to provide additional letters for clearance as needed.

All other conditions noted on physical: You may be asked to provide additional test results, labs, or findings by the doctor, status of conditions and/or additional clearances if needed to show the applicant's ability to participate in a strenuous mental and physical environment.

Special Diets: Please ensure the doctor's notes on the physical are clearly notes as a medical requirement. We will require your doctor's written orders for any specific dietary needs. Please know that OYCP cannot support gluten-free diets.

Allergies: Please ensure all allergies (food, medicine, environmental or insect stings), are clearly noted.

REVIEW AND UPDATE VACCINATIONS PRIOR TO SUBMISSION OF IMMUNIZATION RECORDS

The following vaccinations are required for attendance:

Varicella (chickenpox) – 2ea or state the date when the applicant had the disease

MMR (measles, mumps, rubella) – 2 ea.

Hepatitis A – 2ea

Hepatitis B – 3ea

IPV/OPV (polio) – 4ea

DTAP – 5 ea.

Booster TDAP – 1ea

The following vaccinations are recommended: MCV4 – 1ea and FLU – 1ea

LAB TESTS WILL BE REQUIRED FOR ALL APPLICANTS