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Summer Sports Physicals Help Student Athletes Stay Ahead of the Game

MORENO VALLEY, CA (July 21, 2026) – Riverside University Health System (RUHS) is offering summer sports physicals, giving families a fast and convenient way to help their student athletes get ready to compete before the back-to-school rush.

“Starting the sports physical process up to two months before the start of the school year can give families a head start on any potential challenges parents and student athletes may face,” said Dr. Uziel Saucedo, Director of the RUHS Sports Medicine Fellowship. “This ensures ample time to secure an appointment, along with additional labs or monitoring if a health issue is detected.”

Youth participation in sports reached an all-time record during the 2024-25 school year, with 821,586 student athletes competing in education-based athletic programs in California, according to the [California Interscholastic Federation \(CIF\)](#), the high school sports governing body.

Sports physicals provide a thorough examination of a student’s medical history, medications, recent concussions, heart problems and illnesses, as well as the athlete’s family history.

A student athlete will typically be cleared on the day of the visit but may require follow-up blood work, tests or x-rays before they receive clearance to participate.

“We want your child to participate in a sport and enjoy the benefits of physical activity, but we also want to ensure their well-being more than anything,” Saucedo said. “Sometimes additional tests are needed to know the child can play their sport safely.”

Sauceda recommends scheduling a sports physical with an established primary care physician if possible and making sure the physician knows the purpose of the visit.

Parents should print out and bring an athletic clearance form. The form is typically available through a school's website or the [American Academy of Pediatrics](#) website. A child's sports physical clearance lasts for one year.

Physicals can also be scheduled with any available doctor at RUHS Community Health Centers located throughout Riverside County as well as the RUHS Mobile Health Clinic by calling 800-720-9553 or by visiting: www.RUHealth.org/community-health-centers.

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About Riverside University Health System

Riverside University Health System (RUHS) includes a 439-bed Medical Center in Moreno Valley, Calif., 14 Federally Qualified Community Health Centers, and the departments of Public and Behavioral Health. RUHS is Riverside County's safety net provider, offering high-quality, patient-centered care. With more than 8,000 staff members and over 125 years of experience, RUHS continues its commitment to and legacy of delivering exceptional, compassionate care with a focus on public health, behavioral health, community wellness, and medical education. Visit ruhealth.org to learn more.