



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

23 Feb 2026

DIVISION MEMORANDUM
SGOD-2026-052

**2026 MEDICAL & DENTAL HEALTH ASSESSMENT AND SCREENING OF
ATHLETES AND COACHES**

TO: Assistant Schools Division Superintendent
Chiefs, Curriculum Implementation and
Schools Governance and Operations Divisions
Cluster Heads
Elementary and Secondary School Heads
This Division

1. In preparation for the upcoming 2026 SOCCSKSARGEN Regional Athletic Association (SRAA) Meet event this April 2026, this office will conduct medical and dental health assessment and screening for SDO Sarangani participants during the in-house training.
2. The detailed schedule for the aforementioned activity shall be announced separately.
3. All participants are required to undergo a physical examination and must secure medical clearance before the sports event. Scheduled participants must bring with them the following documents during the health assessment:
 - a) Learners – updated SRAA medical and dental forms, a duly signed parental consent form, and complete medical history forms signed by parents/guardians.
 - b) Coaches, Assistant Coaches, Chaperones, and Technical officials – updated SRAA medical clearance form, and previous health declaration forms (Annex A and B), and follow-up laboratory results, if previously requested.
4. Coaches shall ensure the completeness and accuracy of all required documents of their respective delegates. Incomplete forms shall not be catered and falsification of documents is strictly prohibited.
5. Nurses on duty are directed to conduct preliminary assessments by recording their vital signs and reviewing medical history forms, particularly noting any history of trauma, fractures, seizures, loss of consciousness, asthma exacerbations, or other medical conditions that may render the participant unfit for sports activities. Accomplished forms



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shall then be endorsed to the Dentist and Medical Officer for further evaluation and final approval.

6. The medical team shall accommodate a maximum total of 100 athletes, coaches, and other participants per day, prioritizing those who have complete forms. Athletes who fail to appear on their scheduled date shall be accommodated after all scheduled participants have been served, or may opt to secure clearance from any government health facility. Coaches, assistant coaches, chaperones, and technical officials who fail to appear on their assigned schedule shall be rescheduled to a later date.
7. Participants are advised to arrive at their designated venue at least fifteen (15) minutes before their scheduled assessment. They must be neatly groomed, appropriately dressed, and have trimmed fingernails. Coaches shall ensure the safety and proper supervision of their athletes throughout the activity.
8. Participants with comorbidities (e.g., cardiovascular diseases, history of heart attack or stroke, pulmonary diseases, anemia, epilepsy), senior citizens, pregnant women, and immunocompromised individuals must secure prior medical clearance from their attending physician or specialist. Such clearance must be presented to the Medical Officer before undergoing assessment to prevent avoidable health risks and ensure safety during the athletic meet.
9. Participants diagnosed with medical conditions during the assessment shall undergo appropriate treatment, monitoring, and medical reassessment before the athletic meet. Referral to a specialist may be recommended when necessary.
10. For queries and clarification, please contact Lyn Frances Dominique P. Gumban, MD, Medical Officer III, at mobile phone No. +63918-227-6157 or Estylinda G. Tudayan, RN, Division Nurse-In-Charge/MDNS alternate focal person at mobile phone No. 0908-810-8005.
11. For the information and guidance of all concerned.

RUTH L. ESTACIO PhD, CESO V
Schools Division Superintendent

Encl.: N o n e
Reference: N o n e



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