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To whom it may concern,

We write to you today to advise of the recent launch of the newly developed ***Pre-Exercise Screening System for Young People (PSS-YP)*** and invite you to share this tool with your network.

This project was led by Exercise & Sports Science Australia (ESSA) in collaboration with Sports Medicine Australia and Fitness Australia and includes tools for both parents and young people, as well as a User Guide.

This pre-exercise screening system aims to help identify young people – aged 5 to 17 – who may have medical conditions which put them at a higher risk of an adverse event during physical activity/exercise. It is a filter or ‘safety net’ to help exercise leaders or providers determine if there are any potential immediate risks to participation which should be considered prior to an individual commencing physical activity/exercise.

The PSS-YP is an important tool for the entire industry and benefits not only the professionals but also the Australians who are joining sport or visit a health and fitness professional for the first time.

Although the benefits of exercise outweigh the potential injuries and risks, it is important to identify and manage harmful events during exercise for young people. A pre-exercise screening system designed specifically for young people and advocated within the industry did not previously exist, and adult tools do not adequately assess the distinct potential risks for children/young people.

As parents/guardians, communities, schools, and government continue to encourage the importance of children engaging in physical activity to benefit their physical and mental health, the Pre-Exercise Screening System for Young Adults provides an evidence-based system for identifying and managing health risks for exercise in our younger population. An associated piece of research to evaluate feasibility titled ‘*Evaluating the feasibility of a Pre-Exercise Screening System for Young People*’ is planned to be published this year.

For convenience, please see attached the *Pre-Exercise Screening System for Young People*, including both the Parent and Young Person Screening Tools, as well as the User Guide. ESSA recommends the use of Stage 1 only, within your setting.

These documents can also be accessed via the ESSA website. It would be great to see your organisation use these tools as part of your registration process for young people.



Anita Hobson-Powell
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