



Referral Guidelines



If a station is not listed, assume there are no referral guidelines for that station. These guidelines are meant to support decision-making, but the Clinical Director's clinical judgment ultimately determines whether a referral is appropriate.

Station 2: Body Composition

Refer for Waist-to-Height-Ratio and for BMI (age >20) and BMI Percentiles (age<20)

WHtR Value	WHtR Classification	Follow-up Type	Reason for Recommendation
Less than 0.4	Slender	Non-Urgent Referral	Waist to Height Ratio
0.4 to 0.49	Healthy		
0.5 to 0.59	High central fat	Non-Urgent Referral	Waist to Height Ratio
0.6 or greater	Very high central fat	Non-Urgent Referral	Waist to Height Ratio

Children aged 2 to 19:

https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Percentiles	BMI Classification	Follow-up type	Reason for Recommendation
Less than 5 th	Underweight	Non-Urgent Referral	BMI
5 to 85 th	Healthy		
86 to 94 th	Overweight	Non-Urgent Referral	BMI
Greater than 95 th	Obese	Non-Urgent Referral	BMI

Adults aged 20+

BMI	BMI Classification	Follow-up type	Reason for Recommendation
Less than 18.5	Underweight	Non-Urgent Referral	BMI
18.5 to 24.9	Healthy		
25 to 29	Overweight	Non-Urgent Referral	BMI
Greater than 30	Obese	Non-Urgent Referral	BMI

Station 3: Bone Density

Refer for Bone Density

T-score	T-score Classification	Follow-up type	Reason for Recommendation
Greater than +3.4	Further evaluation needed; may reflect testing artifact, underlying skeletal conditions, or unusually high bone mass	Urgent Referral	Bone Density
-2.5 to -1.0	Low Bone Mass, Osteopenia	Non-Urgent Referral	Bone Density
-1.0 and above	Normal		
Less than -2.5	Osteoporosis	Urgent Referral	Bone Density
Less than -2.5 AND History of Fracture	Severe Osteoporosis	Urgent Referral	Bone Density



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Station 4: Blood Pressure

Non-urgent and urgent thresholds vary by age.

Age	Systolic mmHg (upper number)		Diastolic mmHg (lower number)	Blood Pressure Reading Category	Follow-up type
Adults ages 18+	Less than 90	and	Less than 60	Hypotension	Non-Urgent Referral
	Less than 120	and	Less than 80	Normal	
	120 to 129	and	Less than 80	Elevated	Non-Urgent Referral
	130 to 139	or	80 to 89	High Blood Pressure Hypertension Stage 1	Non-Urgent Referral
	Higher than 140	or	Higher than 90	High Blood Pressure Hypertension Stage 2	Urgent Referral/ Initiation of event medical services
	Higher than 180	or	Higher than 120	Hypertensive Crisis	Urgent Referral / Initiation of event medical services
Children ages 13 - 17	Less than 120	and	Less than 80	Normal	
	120 to 129	and	Less than 80	Elevated	Non-Urgent Referral
	130 to 139	or	80 to 89	High Blood Pressure Hypertension Stage 1	Non-Urgent Referral
	Higher than 140	or	Higher than 90	High Blood Pressure Hypertension Stage 2	Urgent Referral / Initiation of event medical services
Children ages 1 to <13	<90th percentile			Normal	
	≥ 90th percentile to < 95th percentile or 120/80 mm Hg to < 95th percentile (whichever is lower)			Elevated	Non-Urgent Referral
	≥ 95th percentile to < 95th percentile + 12 mmHg, or 130/80 to 139/89 mm Hg (whichever is lower)			High Blood Pressure Hypertension Stage 1	Non-Urgent Referral
	≥ 95th percentile + 12 mm Hg, or ≥ 140/90 mm Hg (whichever is lower)			High Blood Pressure Hypertension Stage 2	Urgent Referral / Initiation of event medical services

Station 5: Nutrition & Hydration

Non-urgent food resource referral for YES to food insecurity, WIC, **or** SNAP.

Station 6: Physical Activity

Non-urgent fitness referral for exercising 0-2 days/week **or** no exercise outside SO.

Station 9: Tobacco Avoidance

Non-urgent referral required if athlete uses any tobacco product.

Station 10: Check Out

Select highest-severity referral from all stations.