

PREPARTICIPATION PHYSICAL EVALUATION - Physical Examination

Student's Name _____ Sex: _____ Age: _____ Date of Birth: _____
 Height: _____ Weight: _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (_____/_____, ____/_____)
 Vision R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal _____ Unequal _____ optional (AN) Test Positive: Y N

This Physical Examination Form must be completed each school year prior to junior high and high school athletic participation.

	NORMAL	ABNORMAL	DESCRIPTION OF ABNORMAL FINDINGS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart Auscultation of the heart in the supine position			
Heart Auscultation of the heart in the standing position			
Heart-lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum joint hypermobility, scoliosis)			
MUSCULOSKELETAL			
Neck			
Back Scoliosis Forward Bend Test Included			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

CLEARANCE *station-based examination only
 Cleared Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason _____
 Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, or a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____
 Address: _____ Phone Number: _____
 Signature: _____ Title: _____

Must be completed before a student participates in any practice (both in-season and out-of-season) or games/matches.



PHYSICIAN'S AND PARENTS CERTIFICATE FOR ATHLETICS
 UNIVERSITY INTERSCHOLASTIC LEAGUE (UIL)
 AND PASADENA INDEPENDENT SCHOOL DISTRICT

Rev. 2/04/09

Attention School Authorities: This form must be signed by both the student and the parent/guardian and be on file at your school before the student may participate in any practice session, scrimmage or game. A copy of the student's physical form signed by a physician must also be on file at the athletic trainer's office.

2009-2010 Grade _____ School: _____ 2009-2010 Sport(s): _____

BACKGROUND INFORMATION

Athlete's name _____ Birthdate: _____ Sex: Male Female
 Athlete's Social Security # _____ Std. I.D. # _____ Hm Rm _____ Age _____
 Home address _____
 City/State _____ Zip _____ Home Phone # _____
 Father/Guardian name _____ SS# _____ Home Phone # _____
 Employer _____ Work Phone # _____
 Employer address _____ Cell # _____
 _____ email _____
 Mother/Guardian name _____ SS# _____ Home Phone # _____
 Employer _____ Work Phone # _____
 Employer address _____ Cell # _____
 _____ email _____

EMERGENCY INFORMATION

If parents cannot be reached person to call in case of emergency:
 Name _____ Relation _____ Phone # _____
 Name _____ Relation _____ Phone # _____
 Allergies to medicine or other _____
 Any medicine taken regularly _____
 Any medical concerns that should be noted _____
 Family physician _____ Phone # _____
 Family dentist _____ Phone # _____

INSURANCE INFORMATION

Insured name _____ Group # _____
 Insurance Company _____ Policy # _____
 Type: HMO _____ PPO _____ Other (explain) _____
 Insurance Co. address _____ Phone # _____

PARENT/GUARDIAN PERMIT

MEDICAL CONSENT

HIPAA and FERPA Compliance

I hereby consent for name of athlete to compete in University Interscholastic League approved sports and travel with the coach or other representative of the school on any trips.

It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the Pasadena Independent School District assumes any responsibility in case an accident occurs.

The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I authorize the Pasadena Independent School District athletic staff as agent(s) for the undersigned to consent to such treatment as may be given to said student by any physician, athletic trainer, nurse, hospital, or school representative; and do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

Your signature gives authorization which is necessary for the district, its trainers, coaches, and student insurance personnel to share information concerning medical diagnosis and treatment. This is to conform with Federal guidelines, ie. HIPAA and FERPA.

X _____ / legal guardian signature

X _____ Student signature

_____ Date

STUDENT ACKNOWLEDGEMENT OF RULES

Revised 2/04/09

TO BE READ AND SIGNED BY PARENT/GUARDIAN AND STUDENT ATHLETE

GENERAL INFORMATION

School coaches may not:

For more information visit website: www.uil.utexas.edu

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: school coaches may hold one 6-day camp in their school district for incoming 7th, 8th and 9th grade students),
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball.
- Schools and school booster clubs may not provide funds, fees or transportation for non-school activities.

GENERAL ELIGIBILITY RULES

According to UIL standards, students are eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are full-time day students in a participant high school, and are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately proceeding a varsity contest.
- meet academic standards in compliance with state law and rules of the State Board of Education (No Pass, No Play),
- initially enrolled in the ninth grade not more than four calendar years ago
- were not recruited (does not apply to college recruiting as permitted by rule)
- have not violated any provision of the summer camp rule
- have not represented a college in a contest.
- have observed all provisions of the Awards Rule.
- live with their parents inside the school district attendance zone their first year of attendance or have been in attendance at the school for one calendar year, (Parent residence applies to athletic eligibility only.)
- did not change schools for athletic purposes.
- have observed all provisions of the Athletic Amateur Rule.
- Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport.

FOOTBALL HELMET WARNING

No helmet can prevent all head or neck injuries a player might receive while participating in football. Do not use the helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent.

Dear Parent:

The Texas State Board of Education requires that a note be on file at the school, signed by the student's parent or guardian, describing the reason for any absence, including extracurricular or co-curricular events and activities. Your child, as a member of an athletic team or school group, may be required to miss class(es) during the year to attend activities or events required by the student's participation in this team or group. Signing the bottom of this page constitutes an agreement that the student named on this certificate has your permission to miss class(es) during the year to attend activities or events required by the student's participation in the team or group listed at top of front page.

I have been provided the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

Found on the internet at <http://www.uil.utexas.edu/ath/manuals/parent/manual.html>

Printed copy available from the Athletic Director's office upon request

- To the Parent: Baseball Football Softball Tennis Wrestling
- Check any activity this student should be excluded from. Basketball Golf Swimming & Diving Track & Field
- Cross Country Soccer Team Tennis Volleyball

ACKNOWLEDGEMENT OF RULES & PRE-FILED PARENTAL PERMISSION

I have read, completed and understand all sections of this certificate. I permit my child to play under these conditions.

X _____
Parent / legal guardian signature

Date

X _____
Student / athlete signature

Date

It is the policy of the Pasadena Independent School District not to discriminate on the basis of race, color, national origin, sex, age or handicap in its general and vocational programs, services or activities, or in its employment practices. Lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs. For information about your rights or grievance procedures, contact the Title IX Coordinator and/or the Section 504 Coordinator, Jeanne Nelson, at 1515 Cherrybrook, Pasadena, TX 77502, or call (713) 740-0000.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

PREPARTICIPATION PHYSICAL EVALUATION - MEDICAL HISTORY:

This Medical History Form must be completed annually by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: _____ Sex: _____ Age: _____ Date of Birth: _____
Address: _____ Phone: _____
Grade: _____ School: _____
Personal Physician: _____ Phone: _____
In case of emergency, contact: Name _____
Relationship: _____ Phone (home) _____ Phone(work) _____

Explain "Yes" answers below. Circle questions you don't know the answers to.

- | | Yes | No | | Yes | No |
|---|--------------------------|--------------------------|---|--------------------------|--------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports physical? | <input type="checkbox"/> | <input type="checkbox"/> | Do you have seasonal allergies that require medical treatment? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever been hospitalized overnight in the past year? | <input type="checkbox"/> | <input type="checkbox"/> | 10. Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Are you missing any paired organs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler? | <input type="checkbox"/> | <input type="checkbox"/> | 12. Do you have a previous history of: | | |
| 4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | <input type="checkbox"/> | <input type="checkbox"/> | a. Hernia | <input type="checkbox"/> | <input type="checkbox"/> |
| ★5. Have you ever passed out during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | b. Tuberculosis | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | c. Sickle Cell Anemia | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had chest pain during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | d. Kidney Disease and/or injury | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you get tired more quickly than your friends do during exercise? ... | <input type="checkbox"/> | <input type="checkbox"/> | e. Organs removed or non-functioning | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had racing of your heart or skipped heartbeats? | <input type="checkbox"/> | <input type="checkbox"/> | f. Hepatitis | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you had high blood pressure or high cholesterol? | <input type="checkbox"/> | <input type="checkbox"/> | g. Diabetes | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever been told you have a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> | 13. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Has any family member or relative died of heart problems or of sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | 14. Have you ever had a sprain, strain, or swelling after injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| Any family history of congenital/cyanotic heart disease? | <input type="checkbox"/> | <input type="checkbox"/> | Have you broken or fractured any bones or dislocated any joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc.), Marfan's syndrome, or abnormal heart rhythm? | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> | If yes, check appropriate box and explain below. | | |
| Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Head <input type="checkbox"/> Shoulder <input type="checkbox"/> Wrist <input type="checkbox"/> Thigh <input type="checkbox"/> Foot | | |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Neck <input type="checkbox"/> Upper Arm <input type="checkbox"/> Hand <input type="checkbox"/> Knee | | |
| 7. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Back <input type="checkbox"/> Elbow <input type="checkbox"/> Finger <input type="checkbox"/> Shin/Calf | | |
| Have you ever been knocked out, become unconscious, or lost your memory? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Chest <input type="checkbox"/> Forearm <input type="checkbox"/> Hip <input type="checkbox"/> Ankle | | |
| If yes, how many times? _____ When was the last concussion? _____ | | | 15. Do you want to weigh more or less than you do now? | <input type="checkbox"/> | <input type="checkbox"/> |
| How severe was each one! Explain in designated area for "yes" answers. | | | Do you lose weight regularly to meet weight requirements for your sport? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | 16. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have frequent or severe headaches? | <input type="checkbox"/> | <input type="checkbox"/> | 17. Record the dates of your most recent immunizations (shots) for: | | |
| Have you ever had numbness or tingling in your arms, hands, legs, or feet? | <input type="checkbox"/> | <input type="checkbox"/> | Tetanus _____ Measles _____ | | |
| Have you ever had a stinger, burner, or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> | Hepatitis B _____ Chickenpox _____ | | |
| 8. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> | 18. Are you under a doctor's care? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have you ever gotten unexpectedly short of breath with exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 19. FEMALES ONLY | | |
| Do you cough, wheeze, or have trouble breathing during or after activity? | <input type="checkbox"/> | <input type="checkbox"/> | When was your first menstrual period? _____ | | |
| Do you have asthma? | <input type="checkbox"/> | <input type="checkbox"/> | When was your most recent menstrual period? _____ | | |

***An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question five above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, assistant, or nurse practitioner.**

Explain "Yes" answers here: _____

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student to penalties determined by the UIL.

X _____ X _____
Parent / legal guardian signature Student signature Date

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

This Medical History Form was received by: Printed Name _____ Date _____ Signature _____