

Pre-Participation History & Health Assessment Form

This form is to be filled out by the parent(s) and student prior to seeing the physician and presented to the physician at the time of the student's physical examination. The physician should keep this form with the student's records. A copy of this form will be submitted with the student's completed physical examination form to the school.

Date that this form is being completed: _____

Name _____ Date of Birth: _____ Grade: _____

School: _____ Sex: F ___ M ___ Sports: _____

Address: _____ Phone: _____

Personal Physician: _____ Phone: _____

In Case of an Emergency Contact: _____ Relationship: _____

Home Phone #: _____ Cell #: _____ Other: _____

**Attention parent or guardian and athlete: answers to the following questions are very important!
Please take the time to answer each question to the best of your knowledge.**

Medicines and Allergies:

List all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are taking.

Do you have any allergies? Yes No

If yes, please identify specific allergy below.

Medicines Pollens Food Stinging Insects Other _____

Please provide a description of cause and treatment: _____

Concussions:

Have you ever had a head injury or concussion? Yes No If yes, when (date): _____

Have you had more than one head injury or con- cussion? Yes No If yes, how many?

Provide the date of each concussion: _____

Have you ever had a blow to the head that caused confusion, prolonged headache, or memory loss? Yes No

Parent's Permission & Acknowledgement of Risk for Son or Daughter to Participate in Athletics

As the parent or legal guardian of the above named student athlete, I give my permission for his/her participation in athletic events and the physical evaluation for that participation. I grant permission for treatment deemed necessary for a condition arising during participation in these events, including medical or surgical treatment that is recommended by a medical doctor. I grant permission to nurses, trainers, coaches, doctors or those under their direction who are part of the athletic injury prevention or treatment, to have access to necessary medical information. I know that the risk of injury to my child/ward comes with participation in sports and during travel to and from play and practice. My signature indicates that to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Date _____

Signature of parent/guardian _____ Date _____

Pre-Participation Physical Evaluation Medical History Questionnaire

Note: This form is to be filled out by the parent(s) and student prior to seeing the physician.

Student's Name _____ Today's Date _____

Attention parent or guardian and athlete: answers to the following questions are very important! Please take the time to answer each question to the best of your knowledge. Explain "Yes" answers below. Circle question if you do not know the answer.

| General Questions | Yes | No | 25. Do you have any history of juvenile arthritis or connective tissue disease? | Yes | No |
|---|-----|----|---|-----|----|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason? | | | Medical Questions | | |
| 2. Do you have any ongoing medical conditions. If so Identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____ | | | 26. Do you cough, wheeze, or have difficulty breathing during or after exercise? | | |
| 3. Have you ever spent the night in the hospital? | | | 27. Have you ever used an inhaler or taken asthma medicine? | | |
| 4. Have you ever had surgery? | | | 28. Is there anyone in your family who has asthma? | | |
| Heart Health Questions About You | Yes | No | 29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? | | |
| 5. Have you ever passed out or nearly passed out during or after exercise? | | | 30. Do you have groin pain or a painful bulge or hernia in the groin area? | | |
| 6. Have you ever had pain, discomfort, tightness, or pressure in your chest during exercise? | | | 31. Have you had infectious mononucleosis (mono) in the last month? | | |
| 7. Does your heart ever race or skip a beat (irregular beats) during exercise? | | | 32. Do you have any rashes, pressure sores, or other skin problems? | | |
| 8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____ | | | 33. Have you had a herpes or MRSA skin infection? | | |
| 9. Has a doctor ever ordered a test for your heart? | | | 34. Do you have a history of seizure disorder? | | |
| 10. Do you get lightheaded or feel more short of breath more than expected during exercise? | | | 35. Do you have headaches with exercise? | | |
| 11. Have you ever had an unexplained seizure? | | | 36. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? | | |
| 12. Do you get more tired or short of breath more quickly than your friends during exercise? | | | 37. Have you ever been unable to move your arms or legs after being hit or falling? | | |
| Health Questions About Your Family | Yes | No | 38. Have you ever become ill while exercising in the heat? | | |
| 13. Has any family member or relative died of heart problems or had an unexpected sudden death before age 50 (including drowning, unexplained car accident, sudden death syndrome)? | | | 39. Do you get frequent muscle cramps when exercising? | | |
| 14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic, polymorphic ventricular tachycardia? | | | 40. Do you or someone in your family have sickle cell trait or disease? | | |
| 15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator? | | | 41. Have you had any problems with your eyes or vision? | | |
| 16. Has anyone in your family had unexplained fainting, unexplained seizures or near drowning? | | | 42. Have you had any eye injuries? | | |
| Bone and Joint Questions | Yes | No | 43. Do you wear glasses or contact lenses? | | |
| 17. Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a game or practice? | | | 44. Do you wear protective eyewear, such as goggles or a face shield? | | |
| 18. Have you ever had any broken or fractured bones or dislocated joints? | | | 45. Do you worry about your weight? | | |
| 19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, cast, or crutches? | | | 46. Are you trying or has anyone recommended that you gain or lose weight? | | |
| 20. Have you ever had a stress fracture? | | | 47. Are you on a special Diet or do you avoid certain types of foods? | | |
| 21. Do you regularly use a brace, orthotics, or other assistive device? | | | 48. Have you ever had an eating disorder? | | |
| 22. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism) | | | 49. Do you have any concerns that you would like to discuss with a doctor? | | |
| 23. Do you have a bone, muscle, or joint injury that bothers you? | | | Females Only | | |
| 24. Do any of your joints become painful, swollen, feel warm, or look red? | | | 50. Have you ever had a menstrual period? | | |
| | | | 51. How old were you when you had your first menstrual period? | | |
| | | | 52. How many periods have you had in the past 12 months? | | |

Explain any "YES" answers on an additional page and attach to this questionnaire.

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

Athlete's Signature _____

Parent/Guardian Signature _____

Date _____