

# ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

## ARTICLE VII 36.14(1) PHYSICAL EXAMINATION.

Every year each student (grades 7-12) shall present to the student's superintendent a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopath, advanced registered nurse practitioner (ARNP), physician's assistant or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in athletic competition.

This certificate of physical examination is valid for the purposes of this rule for one (1) calendar year. A grace period, not to exceed thirty (30) days, is allowed for expired certifications of physical examination.

### QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (Please type or print this information)

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

Home Address \_\_\_\_\_ Phone # \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_ Date \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone # \_\_\_\_\_

**HEALTH HISTORY** (The following questions should be completed by the student-athlete with the assistance of a parent or guardian. A parent or guardian is required to sign on the back of this form after the physical examination is completed.)

	Yes	No	Has this student had any?		Yes	No	Has this student had any?
1.	_____	_____	Chronic or recurrent illness or injury?	15.	_____	_____	Asthma?
2.	_____	_____	Any illness lasting more than one (1) week?	16.	_____	_____	Epilepsy or other seizures?
3.	_____	_____	Rheumatic fever, mononucleosis?	17.	_____	_____	Diabetes?
4.	_____	_____	Hospitalizations (Overnight or longer)?	18.	_____	_____	Eyeglasses or contact lenses?
5.	_____	_____	Surgery, other than tonsillectomy?	19.	_____	_____	Dental braces, bridges, plates?
6.	_____	_____	Missing organs (eye, kidney, testicle)?				
7.	_____	_____	Allergy to medications, insects, food?				
8.	_____	_____	Seasonal allergies (hay fever)?				
9.	_____	_____	Problems with heart, blood pressure, cholesterol?				
10.	_____	_____	Racing of your heart or skipped heart beats?				
11.	_____	_____	Chest pain with exercise?				
12.	_____	_____	Frequent headaches, convulsions, dizziness, fainting?				
13.	_____	_____	Dizziness or fainting with exercise?				
14.	_____	_____	Concussion, unconsciousness, extremity numbness?				
15.	_____	_____	Heat exhaustion, heat stroke, or other heat related problems?				

	Yes	No	Further History:
28.	_____	_____	Is there a history of family or genetic disease?
29.	_____	_____	Has any family member died suddenly at less than 40 years of age of causes other than an accident?
30.	_____	_____	Has any family member had a heart attack at less than 55 years of age?
31.	_____	_____	Are you uncomfortably short of breath after running 1/2 mile (2 times around a track) without stopping?
32.	_____	_____	List all medications you are presently taking, including asthma inhalers, and the condition the medication is for:
			A.
			B.
			C.
33.	What is the most and least you have weighed in the past year? Most _____ Least _____		Date of last known tetanus (lockjaw) shot: _____

**FOR WOMEN ONLY:**

1. How old were you when you had your first menstrual period? \_\_\_\_\_

2. In the past year, what is the longest time you have gone between menstrual periods? \_\_\_\_\_

Use this space to explain any of the above numbered YES answers or to provide additional information:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PHYSICAL EXAMINATION RECORD** (To be completed by a licensed professional as designated in Article VII 36.14(1). *This evaluation is only to determine readiness for sports participation. It should not be used as a substitute for regular health maintenance examinations.*)

Athlete's Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_ Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_

	NORMAL	ABNORMAL FINDINGS	INITIALS
1. Appearance (esp. Marfan's )			
2. Eyes/Ears/Nose/Throat			
3. Mouth & Teeth			
4. Neck			
5. Lymph Nodes			
6. Heart (Standing & Lying)			
7. Pulses (esp. femoral)			
8. Chest & Lungs			
9. Abdomen			
10. Skin			
11. Genitals - Hernia			
12. Musculoskeletal - ROM, strength, etc. (See questions 20-27)			
13. Neurological			

Comments regarding abnormal findings: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ATHLETIC PARTICIPATION RECOMMENDATIONS:**

**Full & Unlimited Participation**

**Limited Participation** - May NOT participate in the following (checked):

Baseball     Basketball     Cross Country     Football     Golf     Soccer  
 Softball     Swimming     Tennis     Track     Volleyball     Wrestling

**Clearance Pending Documented Follow up of** \_\_\_\_\_

**NOT CLEARED FOR ATHLETIC PARTICIPATION**

\_\_\_\_\_  
 Licensed Professional's Name (Printed) Date

\_\_\_\_\_  
 Licensed Professional's Signature Phone

**Parent's or Guardian's Permission and Release** (Sign after the physical examination has been completed.)  
 I hereby give my consent for the above named student to engage in approved athletic activities as a representative of his/her school, except those activities indicated above by the licensed professional. I also give my permission for the team's physician, athletic trainer, or other qualified personnel to give first aid treatment to my son or daughter at an athletic event in case of injury.

\_\_\_\_\_  
 Typed or printed Name of Parent or Guardian Signature of Parent of Guardian

\_\_\_\_\_  
 Address (Street/PO Box, City, State, Zip) Phone Number

Revised August, 1989

SOUTH HAMILTON COMMUNITY SCHOOL  
JEWELL, IOWA 50130

Certification of Insurance and Injury Warning

I realize that there is the inherent possibility of injury anytime a student participates in an athletic activity of any kind. I give my permission for (student's name ) \_\_\_\_\_ to participate in the athletic programs at the South Hamilton School.

We have insurance protection with \_\_\_\_\_ that will protect the above named student for medical, hospital, and other expenses which may result from injuries sustained in athletic competition.

Date \_\_\_\_\_

Signed \_\_\_\_\_  
Parent/Guardian