

Name: _____ M ___ F ___ Date of Birth _____ Grade _____

STUDENT-PARENT/GUARDIAN SECTION

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.

Explain "Yes" answers in the box below. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches**

- | | 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"/> |
| 2 Have you been hospitalized overnight in the past year?
Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Have you ever had prior testing for the heart ordered by a physician?
Have you ever passed out during or after exercise?
Have you ever had chest pain during or after exercise?
Do you get tired more quickly than your friends do during exercise?
Have you ever had racing of your heart or skipped heartbeats?
Have you ever had high blood pressure or high cholesterol?
Have you ever been told you have a heart murmur?
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?
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?
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?
Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Have you ever had a head injury or concussion?
Have you ever been knocked out, become unconscious, or lost your memory?
If yes, how many times _____ When was the last concussion _____
How severe was each one? (Explain below)
Have you ever had a seizure?
Do you have frequent or severe headaches?
Have you ever had numbness or tingling in your arms, hands, legs, or feet?
Have you ever had a stinger, burner, or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Are you missing any paired organs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Are you under a doctor's care? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 Have you become ill for exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 Have you ever gotten unexpectedly short of breath with exercise?
Do you have asthma?
Do you have seasonal allergies that require medical treatment? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 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"/> |
| 15 Have you ever had a sprain, strain, or swelling after injury?
Have you broken or fractured any bones or dislocated any joints?
Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, circle appropriate body part and explain below.
Head Elbow Hip Neck Forearm Thigh Back Wrist Knee
Chest Hand Shin/Calf Shoulder Finger Ankle Upper Arm Foot | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 Do you want to weigh more or less than you do now? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18 Have you ever been diagnosed with/treated for sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> |

Females only

- 19 When was your first menstrual period? _____
When was your most recent menstrual period? _____
How much time do you usually have from start of one period to the start of another? _____
How many periods have you had in the last year? _____
What is the longest time between periods in the last year? _____

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

Explain "yes" answers here (attach another sheet if necessary): _____

MEDICAL EXAMINER SECTION

As a minimum requirement this PHYSICAL EXAMINATION FORM must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It must be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM in the left column. *Birdville ISD policy requires an annual physical exam.

Height: _____ Weight: _____ Pulse: _____
BP: _____ / _____ (_____ / _____ : _____ / _____)
Vision: R -20/ _____ L-20/ _____ Corrected: Y / N
Pupils: Equal / Unequal %Body Fat (optional): _____

MEDICAL	Normal	Abnormal Findings	Initials*
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 Stigma (arachondactyly, pectus excavatum, joint hypermobility, scoliosis)			

MUSCULOSKELETAL	Normal	Abnormal Findings	Initials*
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			

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, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

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

This form must be on file prior to participation in ANY practice, before, during OR after school, (both in-season AND out-of-season) or games/matches.

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 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 in question to penalties determined by the UIL.

Student Signature: _____ **Date:** _____

Parent/Guardian Signature: _____

For School Use Only: This Medical History Form was reviewed by:
Printed Name _____ Date _____

Signature _____

