



Northwest Sports Physical Form

PARTICIPATION PHYSICAL EVALUATION

Missouri State High School Activity Association (MSHSAA) Eligibility and Authorization Statement

STUDENT AGREEMENT (Regarding Conditions for Participation)

Name: _____
Last First Middle

Address: _____
Street Address

City State Zip Code

Home Phone: _____ Student Cell Phone: _____

Parent Cell Phone: _____ Work Phone: _____

Birth Date: _____ Age: _____ Grade: _____ Gender: M or F

Parent E-mail Address: _____

Emergency Contact Person: _____

Emergency Phone Number: _____

Family Physician: _____

Physician Phone #: _____

Please list the sports and or activities that you are interested in participating in:

This application to represent my school in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them.

I have read, understand, and acknowledge receipt of the MSHSAA brochure entitled "How to Maintain and Protect your High School Eligibility" which contains a summary of the eligibility rules of MSHSAA. (I understand that a copy of the MSHSAA Handbook is on file with the principal and athletic administrator and that I may review it in its entirety, if I so choose. All MSHSAA by-laws and regulations from the Handbook are also posted on the MSHSAA website at www.mshsaa.org.

I understand that a MSHSAA member school must adhere to all rules and regulations that pertain to school-sponsored, interscholastic athletics program, and I acknowledge that local rules may be more stringent than MSHSAA rules.

I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I understand that if I drop a class, take course work through Post-Secondary Enrollment Option, Credit Flexibility, or other educational options, this action could affect compliance with MSHSAA economic standards and my eligibility.

I understand that participation in interscholastic athletics is a privilege and not a right. As a student athlete, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be full responsible for my own actions and the consequences for my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and laws of my community, state, and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.

Signature of Athlete: _____ Date: _____

PRE-PARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

(Note: This form is to be filled out by the patient & parent prior to seeing the physician)

Date of Exam: _____

Medicines and allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal & nutritional) that you are currently taking:

Do you have any allergies: Yes No If yes, please identify allergy below:
 medicines: pollens: food: stinging insects

Explain "YES" answers below. Circle questions you do not know the answer to.

GENERAL QUESTIONS

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason? | Y | N |
| 2. Do you have any ongoing medical conditions? If so, please identify below:
<input type="checkbox"/> asthma <input type="checkbox"/> anemia <input type="checkbox"/> diabetes <input type="checkbox"/> infections <input type="checkbox"/> other _____ | Y | N |
| 3. Have you ever spent the night in the hospital? | Y | N |
| 4. Have you ever had surgery? | Y | N |

HEART HEALTH QUESTIONS ABOUT YOU

- | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|
| 5. Have you ever passed out or nearly passed out DURING or AFTER exercise? | Y | N |
| 6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? | Y | N |
| 7. Does your heart ever race or skip beats (irregular beats) during exercise? | Y | N |
| 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"/> heart infection
<input type="checkbox"/> Kawasaki disease <input type="checkbox"/> Other: | Y | N |
| 9. Has a doctor ever ordered a test for your heart? (ex. ECG/EKG, echocardiogram) | Y | N |
| 10. Do you get lightheaded or feel more short of breath more quickly than your friends during exercise? | Y | N |
| 11. Have you ever had an unexplained seizure? | Y | N |
| 12. Do you get more tired or short of breath more quickly than your friends during exercise? | Y | N |

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|
| 13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)? | Y | N |
| 14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, Arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT Syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia? | Y | N |
| 15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator? | Y | N |
| 16. Has anyone in your family had an unexplained fainting, seizures, or near drowning? | Y | N |

BONE AND JOINT QUESTIONS

- | | | |
|------------------------------------------------------------------------------------------------------------------------|---|---|
| 17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss practice or a game? | Y | N |
| 18. Have you ever had any broken or fractured bone or dislocated joints? | Y | N |
| 19. Have you ever had an injury that required x-rays, MRI, CT Scan, injections, therapy, a brace, a cast, or crutches? | Y | N |
| 20. Have you ever had a stress fracture? | Y | N |

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---|---|
| 21. 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) | Y | N |
| 22. Do you regularly use a brace, orthotics, or other assistive device? | Y | N |
| 23. Do you have a bone, muscle, or joint injury that bothers you? | Y | N |
| 24. Do any of your joints become painful, swollen, feel warm, or look red? | Y | N |
| 25. Do you have any history of juvenile arthritis or connective tissue disease? | Y | N |

MEDICAL QUESTIONS

- | | | |
|------------------------------------------------------------------------------------------------------------------|---|---|
| 26. Do you cough, wheeze, or have difficulty breathing during or after exercise? | Y | N |
| 27. Have you ever used an inhaler or taken asthma medicine? | Y | N |
| 28. Is there anyone in your family who has asthma? | Y | N |
| 29. Were you born without or are you missing a kidney, an eye, a testicle (males) or spleen, or any other organ? | Y | N |
| 30. Do you have groin pain or a painful bulge or hernia in the groin area? | Y | N |
| 31. Have you had infectious mononucleosis (mono) within the last month? | Y | N |
| 32. Do you have any rashes, pressure sores, or other skin problems? | Y | N |
| 33. Have you had a herpes or MRSA skin infection? | Y | N |
| 34. Have you ever had a head injury or concussion? | Y | N |
| 35. Have you ever had a hit or blow to the head that caused confusion, prolonged headaches, or memory problems? | Y | N |
| 36. Do you have a history of seizure disorder? | Y | N |
| 37. Do you have headaches with exercise? | Y | N |
| 38. Have you ever had numbness, tingling, or weakness in your arms or legs after being Hit or falling? | Y | N |
| 39. Have you ever been unable to move your arms or legs after being hit or falling ? | Y | N |
| 40. Have you ever become ill while exercising in the heat? | Y | N |
| 41. Do you get frequent muscle cramps when exercising? | Y | N |
| 42. Do you or someone in your family have sickle cell trait or disease? | Y | N |
| 43. Have you had any problems with your eyes or vision? | Y | N |
| 44. Have you had any eye injuries? | Y | N |
| 45. Do you wear glasses or contact lenses? | Y | N |
| 46. Do you wear protective eyewear, such as goggles or a face shield? | Y | N |
| 47. Do you worry about your weight? | Y | N |
| 48. Are you trying to or has anyone recommended that you gain or lose weight? | Y | N |
| 49. Are you on a special diet or do you avoid certain types of foods? | Y | N |
| 50. Have you ever had an eating disorder? | Y | N |
| 51. Do you have any concerns that you would like to discuss with the doctor? | Y | N |

FEMALES ONLY

- | | | |
|----------------------------------------------------------------|-------|---|
| 52. Have you ever had a menstrual period? | Y | N |
| 53. How old were you when you had your first menstrual period? | _____ | |
| 54. How many periods have you had in the last 12 months? | _____ | |

Explain "yes" answers here:

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

Signature of Athlete: _____ DATE

Signature of Parent/Guardian: _____ DATE

**PRE-PARTICIPATION PHYSICAL EVALUATION
PHYSICAL EXAMINATION FORM**

Name: _____
First Name Middle Name Last Name

Birthdate: _____ Date of Exam: _____

Physician Reminders:

1. Consider additional questions on more sensitive issues.

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplements?
- Have you ever taken any supplements to help you gain or lose weight to improve your performance?
- Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

EXAMINATION:

Height: _____ Weight: _____ Male Female

BP: _____/_____ Pulse: _____

Vision: R 20/_____ L 20/_____ Corrected: Yes No

MEDICAL: Normal Abnormal Findings

Appearance • Marfan stigmata (kyphoscoliosis, high-arched, palate, pectus excavatum, arachnodactyly, arm span > height, hyperaxia, myopia, MVP, aortic insufficiency)		
Eyes/Ears/Nose/Throat • Pupils equal • Hearing		
Lymph Nodes		
Heart* • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal pulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) **		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic***		

MUSCULOSKELETAL	Normal	Abnormal Findings
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk single leg hop		

* Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam,

** Consider GU exam if in private setting. Having third party present is recommended.

*** Consider cognitive evaluation or baseline neuropsychiatric testing if a significant concussion.

Cleared for all sports without restrictions.

Cleared for all sports without restriction **with recommendations for further evaluation or treatment for:**

NOT CLEARED

• Pending for further evaluation

• For any sport

• For certain sports (please list): _____

• Reason: _____

Recommendations: _____

I have examined the above named student and completed the pre-participation evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician: (type/print) _____ Date: _____

Address: _____ Phone: _____

Signature of Physician: (MD/DO/ARNP/Chiropractor*): _____

*Please refer to the MSHSAA Sports Medicine Manual Page 2

Parent Permission

Informed Consent: By its nature, participation in interscholastic athletics includes the risk of serious bodily injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants must obey all safety rules, report all physical hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **Parents/ Guardians, or Students who may not wish to accept risk described in this warning should NOT sign this form. Students may NOT participate in MSHSAA-sponsored sport without the student's and parent's/guardians signature.**

I understand in the case of injury or illness requiring transportation to a health care facility, a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.

We hereby give our consent for the above student to represent his/her school in interscholastic athletics. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be en route to or from another school or during practice or an interscholastic contest; and we hereby agree to hold the school district of which this school is a part and the MSHSAA, their employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic programs of his/her school.

If we cannot be reached and in the event of an emergency, we also give our consent for the school to obtain through a physician or hospital of its choice, such medical care as is reasonably necessary for the welfare of the student, if he/she is injured in the course of school athletic activities. We authorize the release of necessary medical information to the physician, athletic trainer, and/or school personnel related to such treatment/care.

*We understand that he school may not provide transportation to all events, and **PERMIT or DO NOT PERMIT (circle one)** my child to drive his/her vehicle in such a case.*

To enable the MSHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in the MSHSAA member school, I consent to release of the MSHSAA any and all portions of school record files, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received, and attendance data.

We confirm that this application for the above student to represent his/her school in interscholastic athletics is made with the understanding that we have studied and understand the eligibility standards that our son/daughter must meet to represent his/her school and that he/she has not violated any of them. We also understand that if our son/daughter does not meet the citizenship standards set by the school or if he/she is ejected from an interscholastic contest because of an unsportsmanshiplike act, it could result in him/her not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I consent to the MSHSAA's use of the herein named student's name, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases to interscholastic athletics.

We further state that we have completed that part of this certificate which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete's performance or treatment and we certify that it is correct and complete.

Signature of Parent/Guardian:

Date:

IMPORTANT SIGNATURES

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has basic health/accident insurance coverage, which includes athletics. Our son/daughter is covered by basic health/accident insurance for the current school year as indicated.

Name of Insurance Company:

Policy #:

Signature of Parent(s) or Guardian:

Date:

PARENT AND STUDENT SIGNATURE (Concussion Materials)

We have received and read the MSHSAA materials on Concussion, which includes information on the definition of a concussion, symptoms of a concussion, what to do if you have a concussion, and how to prevent a concussion

Signature of Athlete:

Date:

Signature of Parent(s) or Guardian:

Date:

EMERGENCY CONTACT INFORMATION

Name of Contact:

Relationship to Athlete:

Phone Number:

Name of Contact:

Relationship to Athlete:

Phone Number: