

School Sports Pre-Participation Examination – Part 1: Student or Parent Completes

Revised May 2010

NAME: _____

BIRTHDATE: _____ / _____ / _____

ADDRESS: _____

PHONE: () _____

Athlete and Parent/Guardian: Please review all questions and answer them to the best of your ability. Explain any YES answers on back.
Medical Provider: Please review with the athlete details of any positive answers.

YES NO Don't Know

- | | | | |
|-------|-------|-------|--|
| _____ | _____ | _____ | 1. Has anyone in the athlete's family died suddenly before the age of 50 years? |
| _____ | _____ | _____ | 2. Has the athlete ever passed out during exercise or stopped exercising because of dizziness or chest pain? |
| _____ | _____ | _____ | 3. Does the athlete have asthma (wheezing), hay fever, other allergies, or carry an EPI pen? |
| _____ | _____ | _____ | 4. Is the athlete allergic to any medications or bee stings? |
| _____ | _____ | _____ | 5. Has the athlete ever broken a bone, had to wear a cast, or had an injury to any joint? |
| _____ | _____ | _____ | 6. Has the athlete ever had a head injury or concussion? |
| _____ | _____ | _____ | 7. Has the athlete ever had a hit or blow to the head that caused confusion, memory problems, or prolonged headache? |
| _____ | _____ | _____ | 8. Has the athlete ever suffered a heat-related illness (heat stroke)? |
| _____ | _____ | _____ | 9. Does the athlete have a chronic illness or see a physician regularly for any particular problem? |
| _____ | _____ | _____ | 10. Does the athlete take any prescribed medicine, herbs or nutritional supplements? |
| _____ | _____ | _____ | 11. Does the athlete have only one of any paired organ (eyes, kidneys, testicles, ovaries, etc.)? |
| _____ | _____ | _____ | 12. Has the athlete ever had prior limitation from sports participation? |
| _____ | _____ | _____ | 13. Has the athlete had any episodes of shortness of breath, palpitations, history of rheumatic fever or tiring easily? |
| _____ | _____ | _____ | 14. Has the athlete ever been diagnosed with a heart murmur or heart condition or hypertension? |
| _____ | _____ | _____ | 15. Is there a history of young people in the athlete's family who have had congenital or other heart disease: cardiomyopathy, abnormal heart rhythms, long QT or Marfan's syndrome? (You may write "I don't understand these terms" and initial this item, if appropriate.) |
| _____ | _____ | _____ | 16. Has the athlete ever been hospitalized overnight or had surgery? |
| _____ | _____ | _____ | 17. Does the athlete lose weight regularly to meet the requirements for your sport? |
| _____ | _____ | _____ | 18. Does the athlete have anything he or she wants to discuss with the physician? |
| _____ | _____ | _____ | 19. Does the athlete cough, wheeze, or have trouble breathing during or after activity? |
| _____ | _____ | _____ | 20. Are you unhappy with your weight? |
| | | | 21. FEMALES ONLY |
| | | | a. When was your first menstrual period? _____ |
| | | | b. When was your most recent menstrual period? _____ |
| | | | c. What was the longest time between menstrual periods in the last year? _____ |

Parent/Guardian's Statement:

I have reviewed and answered the questions above to the best of my ability. I and my child understand and accept that there are risks of serious injury and death in any sport, including the one(s) in which my child has chosen to participate. I hereby give permission for my child to participate in sports / activities.

I hereby authorize emergency medical treatment and/or transportation to a medical facility for any injury or illness deemed urgently necessary by a registered athletic trainer, coach, or medical practitioner.

I understand that this sports pre-participation physical examination is not designed nor intended to substitute for any recommended regular comprehensive health assessment.

I hereby authorize release of these examination results to my child's school.

Signed: _____

Date: _____

Parent/Guardian

ORS 336.479, Section 1 (3) "A school district shall require students who continue to participate in extracurricular sports in grades 7 through 12 to have a physical examination once every two years." Section 1(5) "Any physical examination required by this section shall be conducted by a (a) physician possessing an unrestricted license to practice medicine; (b) licensed naturopathic physician; (c) licensed physician assistant; (d) certified nurse practitioner; or a (e) licensed chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects."

School Sports Pre-Participation Examination – Part 2 Medical Provider Completes

NAME: _____	BIRTHDATE: ____/____/____
Height: _____ Weight: _____ % Body Fat (optional): _____ Pulse: _____	BP: ____/____/____
Vision: R 20/____ L 20/____ Corrected: Y N Pupils: Equal ____ Unequal ____	Rhythm: Regular ____ Irregular ____

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart: Pericardial activity			
1st & 2nd heart sounds			
Murmurs			
Pulses: brachial/femoral			
Lungs			
Abdomen			
Skin			

MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand			
Hip/thigh			
Knee			
Leg/ankle			
Foot			

* Station-based examination only

CLEARANCE

Cleared
 Cleared after completing evaluation/rehabilitation for: _____
 Not cleared for: _____ Reason: _____
 Recommendations: _____

Name of Medical Provider (print/type): _____ Date: ____/____/____
 Address: _____ Phone: () _____
 Signature of Medical Provider: _____

As per ORS 336.479, Section 1 (3) "A school district shall require students who continue to participate in extracurricular sports in grades 7 through 12 to have a physical examination once every two years." Section 1(5) "Any physical examination required by this section shall be conducted by a (a) physician possessing an unrestricted license to practice medicine; (b) licensed naturopathic physician; (c) licensed physician assistant; (d) certified nurse practitioner; or a (e) licensed chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects."