

# 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: \_\_\_\_\_  
Parent/Guardian

Date: \_\_\_\_\_

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."*