

# ATHLETE REGISTRATION

Special Olympics

Georgia



## Dear Special Olympics Athletes, Parents, and Guardians:

Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills, and success. Our athletes find joy, confidence, and fulfillment — on the playing field and in life. They also inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential.

To register to become a Special Olympics athlete, please complete the enclosed forms:

- PARTICIPANT RELEASE FORM.** Please read the form, print the participant's name, sign, and date. **(You will only need to complete and sign this form once if you are 18 years of age or older)**
  
- ATHLETE MEDICAL FORM.** The Special Olympics Athlete Medical Form is designed to identify health concerns that are more common among people with intellectual disabilities. Please complete the Health History section on pages 1 and 2. If you do not understand any parts of the form, you may leave those parts blank. Please sign at the bottom of page 2. Page 3 of the Athlete Medical Form should be completed, signed and dated by a medical professional. **The Athlete Medical form must be completed every three years.** (A licensed Medical Doctor, licensed Chiropractor, Physician's Assistant, Registered Nurse Practitioner or Doctor of Osteopathic Medicine can complete and sign the medical form)

The Release Form and the Athlete Medical Form instruct you to complete additional forms in certain uncommon situations. If this applies to you or if you have any other questions, please contact Special Olympics Georgia at (229)834-8277 or [MEC@specialolympicsga.org](mailto:MEC@specialolympicsga.org)

Please submit registration forms to:

BY MAIL: Special Olympics Georgia  
3998 Inner Perimeter Road Suite A  
Valdosta, GA 31602

OR

BY EMAIL: [MEC@specialolympicsga.org](mailto:MEC@specialolympicsga.org)

OR

ONLINE: You can find the new Athlete Medical Form on our website at:

<http://www.specialolympicsga.org/become-an-athlete/athletes/>

**Thank you. We are excited you are part of the Special Olympics Movement!**

# PARTICIPANT RELEASE FORM

Special Olympics  
Georgia



I want to take part in Special Olympics and agree to the following:

1. **Able to Participate.** I am able to take part in Special Olympics. I know there is a risk of injury.
2. **Photo Release.** Special Olympics organizations may use my picture, video, name, voice, and words to promote Special Olympics.
3. **Overnight Stay.** For some events, I may stay in a hotel, college dorm or someone's home. If I have questions, I will ask.

**SOGA Housing Policy** – Special Olympics Georgia (SOGA) usually provides housing for Athletes, Unified Partners and Coaches entered in each State Games. SOGA totals the number of male and female Athletes, Unified Partners and Coaches per agency and assigns room allotments based on those totals. When determining allotted room numbers, SOGA allocates and provides 4 persons of the same gender per room for a Double/Double or King room with a pullout, 2 persons of the same gender per room for a King room and 5 persons of the same gender per room for a Queen/Queen with a pullout. In dorm rooms, SOGA allots one bed per person. Athletes, Unified Partners, Coaches and general volunteers may not share a room with Athletes, Unified Partners, Coaches and general volunteers of the opposite sex.

4. **Emergency Care.** I consent to medical care if needed in an emergency, unless I check one of these boxes:

- I have a religious or other objection to receiving medical treatment.
- I do not consent to blood transfusions.

**(If either box is checked, an EMERGENCY MEDICAL CARE REFUSAL FORM must be completed.)**

5. **Health Programs.** If I take part in a health program, I consent to health activities, exams, and treatment. This should not replace regular health care. I can say no to treatment or anything else any time.
6. **Personal Information.** I understand my information may be used and shared by Special Olympics to: Make sure I am eligible and can participate safely; Run trainings and events and share results; Put my information in a computer system; Provide health treatment, make referrals, consult doctors, and remind me about follow-up services; Research, share, and respond to needs of Special Olympics participants (identifying information removed if shared publicly); and Protect health and safety, respond to government requests, and report information required by law. I can ask to see and revise my information. I can ask to limit how my information is used.
7. **Concussions.** I understand the risk of concussions and continuing to play sports with a concussion. I may have to get medical care if I have a suspected concussion. I also may have to wait 7 days or more and get permission from a doctor before I start playing sports again.
8. **Communicable Disease(s).** Participation includes possible exposure to and illness from infectious and/or communicable diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Special Olympics, Inc, Special Olympics Georgia their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**PARTICIPANT NAME (PRINT):** \_\_\_\_\_

**PARTICIPANT SIGNATURE** (required if over 18 years old and signing on own behalf)

I have read and understand this release. If I have questions, I will ask. By signing, I agree to this form.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE** (required if under 18 years old or has a legal guardian)

I am a parent or guardian of the Participant. I have read and understand this form and have explained the contents to the Participant as appropriate. By signing, I agree to this form on my own behalf and on behalf of the Participant.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**(You cannot alter this form under any circumstances)**

# Athlete Medical Form – HEALTH HISTORY

(pages 1 & 2 to be completed by the athlete or parent/guardian/caregiver)

Must Complete ALL Items on these two pages

Special  
Olympics  
Georgia



AREA & AGENCY:

## ATHLETE INFORMATION

Female:  Male:  Other Gender Identity:

First Name:  Middle Name:

Last Name:

Date Birth (mm/dd/yyyy):

Address (Street):

Address (City, State, Zip):

Phone:  Cell:

E-mail:

Athlete Employer, if any:

Eye color:  I am my own guardian.  Yes  No

### Race/Ethnicity:

- |  |   |
|--|---|
| <input type="checkbox"/> American Indian/Alaskan | <input type="checkbox"/> Asian American                   |
| <input type="checkbox"/> Black or African        | <input type="checkbox"/> Native Hawaiian or Other Pacific |
| <input type="checkbox"/> White or Caucasian      | <input type="checkbox"/> Hispanic or Latinx               |
| <input type="checkbox"/> Prefer not to answer    | <input type="checkbox"/> More than one race               |

### Does the athlete have (check any that apply):

- |   |   |
|---|---|
| <input type="checkbox"/> Fragile X Syndrome | <input type="checkbox"/> Down syndrome          |
| <input type="checkbox"/> Autism             | <input type="checkbox"/> Fetal Alcohol Syndrome |

Cerebral Palsy  
Other syndrome, please specify:

### Is the athlete allergic to any of the following (please list):

- Latex  No Known Allergies
- Medications:
- Insect Bites or Stings:
- Food:

### List any special dietary needs:

### List all past surgeries:

PARENT  GUARDIAN INFORMATION (if not own guardian)

Name:

Phone:  Cell:

E-mail:

Emergency Contact Name:  Same as Above:

Emergency Contact Phone (cell):

Emergency Contact Relationship:

Does the athlete have a primary care physician?  Yes  No *If yes, list.*

Physician Name:  Physician Phone:

Insurance Policy (Company and Number):

Does the athlete have any objections to emergency medical care?  
 No  Yes *If yes, contact your local Program to get the Emergency Care Refusal Form.*

### LIST ANY SPORTS THE ATHLETE WISHES TO PLAY:

### Has a doctor ever limited the athlete's participation in sports?

No  Yes *If yes, please describe:*

### Has the athlete ever had an abnormal Electrocardiogram (EKG) or Echocardiogram (Echo)? *If yes, select below and describe.*

Yes, had abnormal EKG  Yes, had abnormal Echo

### Does the athlete currently have any chronic or acute infection?

No  Yes *If yes, please describe:*

### Does the athlete use: (check any that apply):

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Brace                 | <input type="checkbox"/> Colostomy          | <input type="checkbox"/> Communication Device |
| <input type="checkbox"/> C-PAP Machine         | <input type="checkbox"/> Crutches or Walker | <input type="checkbox"/> Dentures             |
| <input type="checkbox"/> Glasses or Contacts   | <input type="checkbox"/> G-Tube or J-Tube   | <input type="checkbox"/> Hearing Aid          |
| <input type="checkbox"/> Implanted Device      | <input type="checkbox"/> Inhaler            | <input type="checkbox"/> Pacemaker            |
| <input type="checkbox"/> Removable Prosthetics | <input type="checkbox"/> Splint             | <input type="checkbox"/> Wheel Chair          |

Has the athlete had a Tetanus vaccine in the past 7 years?  No  Yes

### FAMILY HISTORY

Has any relative died of a heart problem before age 50?  No  Yes  
Has any family member or relative died while exercising?  No  Yes

List all medical conditions that run in the athlete's family:

# Athlete Medical Form – HEALTH HISTORY

(pages 1 & 2 to be completed by athlete or parent/guardian/caregiver)



Athlete's Name:

**HAS THE ATHLETE EVER BEEN DIAGNOSED WITH OR EXPERIENCED ANY OF THE FOLLOWING CONDITIONS**

- |  |                          |    |                          |     |                     |                          |    |                          |     |                    |                          |    |                          |     |
|--|--------------------------|----|--------------------------|-----|---------------------|--------------------------|----|--------------------------|-----|--------------------|--------------------------|----|--------------------------|-----|
| Loss of Consciousness                        | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | High Blood Pressure | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Stroke/TIA         | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Dizziness during or after exercise           | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | High Cholesterol    | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Concussions        | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Headache during or after exercise            | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Vision Impairment   | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Asthma             | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Chest pain during or after exercise          | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Hearing Impairment  | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Diabetes           | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Shortness of breath during or after exercise | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Enlarged Spleen     | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Hepatitis          | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Irregular, racing or skipped heart beats     | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Single Kidney       | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Urinary Discomfort | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Congenital Heart Defect                      | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Osteoporosis        | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Spina Bifida       | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Heart Attack                                 | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Osteopenia          | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Arthritis          | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Cardiomyopathy                               | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Sickle Cell Disease | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Heat Illness       | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Heart Valve Disease                          | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Sickle Cell Trait   | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Broken Bones       | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Heart Murmur                                 | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Easy Bleeding       | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes | Dislocated Joints  | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |
| Endocarditis                                 | <input type="checkbox"/> | No | <input type="checkbox"/> | Yes |                     |                          |    |                          |     |                    |                          |    |                          |     |

**Difficulty controlling bowels or bladder**  No  Yes  
*If yes, is this new or worse in the past 3 years?*  No  Yes

**Numbness or tingling in legs, arms, hands or feet**  No  Yes  
*If yes, is this new or worse in the past 3 years?*  No  Yes

**Weakness in legs, arms, hands or feet**  No  Yes  
*If yes, is this new or worse in the past 3 years?*  No  Yes

**Burner, stinger, pinched nerve or pain in the neck, back, shoulders, arms, hands, buttocks, legs or feet**  No  Yes  
*If yes, is this new or worse in the past 3 years?*  No  Yes

**Head Tilt**  No  Yes  
*If yes, is this new or worse in the past 3 years?*  No  Yes

**Spasticity**  No  Yes  
*If yes, is this new or worse in the past 3 years?*  No  Yes

**Paralysis**  No  Yes  
*If yes, is this new or worse in the past 3 years?*  No  Yes

**Describe any past broken bones or dislocated joints** *(if yes is checked for either of those fields above):*

**Epilepsy or any type of seizure disorder**  No  Yes  
*If yes, list seizure type:*

*If yes, had seizure during the past year?*  No  Yes

**Self-injurious behavior during the past year**  No  Yes

**Aggressive behavior during the past year**  No  Yes

**Depression (diagnosed)**  No  Yes

**Anxiety (diagnosed)**  No  Yes

**Describe any additional mental health concerns:**

List any other ongoing or past medical conditions:

**PLEASE LIST ANY MEDICATION, VITAMINS OR DIETARY SUPPLEMENTS BELOW** *(includes inhalers, birth control or hormone therapy)*

Medication, Vitamin or Supplement	Dosage	Times per Day	Medication, Vitamin or Supplement	Dosage	Times per Day	Medication, Vitamin or Supplement	Dosage	Times per Day

Is the athlete able to administer his or her own medications?  No  Yes

If female athlete, list date of last menstrual period:

<b>Name of Person Completing this Form</b>	<b>Relationship to Athlete</b>	<b>Phone</b>	<b>Email</b>
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# Athlete Medical Form – PHYSICAL EXAM

(to be completed by a Medical Professional only)



Athlete's Name:

## MEDICAL PHYSICAL INFORMATION (TO BE COMPLETED BY EXAMINER ONLY)

Height	Weight	BMI (optional)	Temperature	Pulse	O2Sat	Blood Pressure	Vision
<input type="text"/> cm	<input type="text"/> kg	<input type="text"/> BMI	<input type="text"/> C	<input type="text"/>	<input type="text"/>	BP Right <input type="text"/>	BP Left <input type="text"/>
<input type="text"/> in	<input type="text"/> lbs	<input type="text"/> Body Fat %	<input type="text"/> F				
Right Vision 20/40 or better	<input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> N/A						
Left Vision 20/40 or better	<input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> N/A						
Right Hearing (Finger Rub)	<input type="checkbox"/> Responds <input type="checkbox"/> No Response <input type="checkbox"/> Can't Evaluate					Bowel Sounds <input type="checkbox"/> No <input type="checkbox"/> Yes	
Left Hearing (Finger Rub)	<input type="checkbox"/> Responds <input type="checkbox"/> No Response <input type="checkbox"/> Can't Evaluate					Hepatomegaly <input type="checkbox"/> No <input type="checkbox"/> Yes	
Right Ear Canal	<input type="checkbox"/> Clear <input type="checkbox"/> Cerumen <input type="checkbox"/> Foreign Body					Splenomegaly <input type="checkbox"/> No <input type="checkbox"/> Yes	
Left Ear Canal	<input type="checkbox"/> Clear <input type="checkbox"/> Cerumen <input type="checkbox"/> Foreign Body					Abdominal Tenderness <input type="checkbox"/> No <input type="checkbox"/> RUQ <input type="checkbox"/> RLQ <input type="checkbox"/> LUQ <input type="checkbox"/> LLQ	
Right Tympanic Membrane	<input type="checkbox"/> Clear <input type="checkbox"/> Perforation <input type="checkbox"/> Infection <input type="checkbox"/> NA					Kidney Tenderness <input type="checkbox"/> No <input type="checkbox"/> Right <input type="checkbox"/> Left	
Left Tympanic Membrane	<input type="checkbox"/> Clear <input type="checkbox"/> Perforation <input type="checkbox"/> Infection <input type="checkbox"/> NA					Right upper extremity reflex <input type="checkbox"/> Normal <input type="checkbox"/> Diminished <input type="checkbox"/> Hyperreflexia	
Oral Hygiene	<input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor					Left upper extremity reflex <input type="checkbox"/> Normal <input type="checkbox"/> Diminished <input type="checkbox"/> Hyperreflexia	
Thyroid Enlargement	<input type="checkbox"/> No <input type="checkbox"/> Yes					Right lower extremity reflex <input type="checkbox"/> Normal <input type="checkbox"/> Diminished <input type="checkbox"/> Hyperreflexia	
Lymph Node Enlargement	<input type="checkbox"/> No <input type="checkbox"/> Yes					Left lower extremity reflex <input type="checkbox"/> Normal <input type="checkbox"/> Diminished <input type="checkbox"/> Hvoerreflexia	
Heart Murmur (supine)	<input type="checkbox"/> No <input type="checkbox"/> 1/6 or 2/6 <input type="checkbox"/> 3/6 or greater					Abnormal Gait <input type="checkbox"/> No <input type="checkbox"/> Yes, describe below	
Heart Murmur (upright)	<input type="checkbox"/> No <input type="checkbox"/> 1/6 or 2/6 <input type="checkbox"/> 3/6 or greater					Spasticity <input type="checkbox"/> No <input type="checkbox"/> Yes, describe below	
Heart Rhythm	<input type="checkbox"/> Regular <input type="checkbox"/> Irregular					Tremor <input type="checkbox"/> No <input type="checkbox"/> Yes, describe below	
Lungs	<input type="checkbox"/> Clear <input type="checkbox"/> Not clear					Neck & Back Mobility <input type="checkbox"/> Full <input type="checkbox"/> Not full, describe below	
Right Leg Edema	<input type="checkbox"/> No <input type="checkbox"/> 1+ <input type="checkbox"/> 2+ <input type="checkbox"/> 3+ <input type="checkbox"/> 4+					Upper Extremity Mobility <input type="checkbox"/> Full <input type="checkbox"/> Not full, describe below	
Left Leg Edema	<input type="checkbox"/> No <input type="checkbox"/> 1+ <input type="checkbox"/> 2+ <input type="checkbox"/> 3+ <input type="checkbox"/> 4+ Radial					Lower Extremity Mobility <input type="checkbox"/> Full <input type="checkbox"/> Not full, describe below	
Pulse Symmetry	<input type="checkbox"/> Yes <input type="checkbox"/> R>L <input type="checkbox"/> L>R					Upper Extremity Strength <input type="checkbox"/> Full <input type="checkbox"/> Not full, describe below	
Cyanosis	<input type="checkbox"/> No <input type="checkbox"/> Yes, describe					Lower Extremity Strength <input type="checkbox"/> Full <input type="checkbox"/> Not full, describe below	
Clubbing	<input type="checkbox"/> No <input type="checkbox"/> Yes, describe					Loss of Sensitivity <input type="checkbox"/> No <input type="checkbox"/> Yes, describe below	

### ATLANTO-AXIAL INSTABILITY (AAI)

- Athlete shows **NO EVIDENCE** of neurological symptoms or physical findings associated with spinal cord compression or atlantoaxial instability.
- Athlete has neurological symptoms or physical findings that could be associated with spinal cord compression or atlantoaxial instability and **must receive an additional neurological evaluation** to rule out additional risk of spinal cord injury prior to clearance for sports participation.

### RECOMMENDATIONS (TO BE COMPLETED BY EXAMINER ONLY)

Licensed Medical Examiners: It is recommended that the examiner review items on the medical history with the athlete or their guardian, prior to performing the physical exam. If an athlete needs further medical evaluation please use the Special Olympics Further Medical Evaluation Form, page 4, to provide the athlete with medical clearance..

- This athlete is **ABLE** to participate in Special Olympics sports without restrictions/limitations
- This athlete is **ABLE** to participate in Special Olympics sports **WITH** restrictions/limitations →
- This athlete **MAY NOT participate** in Special Olympics sports at this time and **MUST** be further evaluated by a physician for the following concerns:

Concerning Cardiac Exam \_\_\_\_\_ Acute Infection \_\_\_\_\_ O<sub>2</sub> Saturation Less than 90% on Room Air

Concerning Neurological Exam \_\_\_\_\_ Stage II Hypertension or Greater \_\_\_\_\_ Hepatomegaly or Splenomegaly

Other, please describe: \_\_\_\_\_

### Additional Licensed Examiner's Notes and Recommended Follow-up:

- Follow up with a cardiologist  Follow up with a neurologist  Follow up with a primary care physician
- Follow up with a vision specialist  Follow up with a hearing specialist  Follow up with a dentist or dental hygienist
- Follow up with a podiatrist  Follow up with a physical therapist  Follow up with a nutritionist
- Other/Exam Notes: \_\_\_\_\_

Licensed Medical Examiner's Signature \_\_\_\_\_

Date of Exam \_\_\_\_\_

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ License: \_\_\_\_\_