



## **PRE-PARTICIPATION EXAMINATION FORM**

### Instructions for completing pre-participation (athletic) Health Examination and Consent Form

#### **COMPLETING THIS FORM:**

1. PLEASE TYPE OR PRINT LEGIBLY
2. Parent/Guardian along with the student are to complete the Health History on page 3 and the Disclosure and Consent Document on page 2. Please note student and parent are to sign both forms. The Health History is to be taken to the physical examination for the physician/provider to review.
3. Physician/Provider is to complete and sign the Physical Examination form on page 4.
4. Entire completed form is to be returned to school administration.

#### **SUBMITTING THIS FORM:**

1. School personnel should review form to assure it is completed properly.
2. ORIGINAL copy is to be retained in school files.

#### **QUALIFICATION OF PROVIDERS:**

A health examination must be performed annually and the Pre-participation Physical Evaluation Form must be completed before any student may participate in athletic activities sponsored by this Association. A Pre-participation Physical Evaluation Form along with the Disclosure and Consent Document must be on file at the school before any participation in athletic activities.

The health examination must be completed and the form signed by any Medical Doctor (MD), Doctor of Osteopathy (DO), Physician's Assistant (PAC), Registered Nurse Practitioner (RNP), or Doctor of Chiropractics (DC), functioning within the legal scope of their practice.

As part of our quality assurance efforts in best practices and maintenance of credentialing, and acknowledging the need to allow time for certification efforts, the BOT approved that all medical personnel that perform the pre-participation physical exam for student athletes will be required to be "Board Certified"\* by their respective disciplines by March 10, 2025.

In addition to maintaining the continuing medical education (CME) required by each medical discipline for state licensure, the BOT approved that NPs, PAs, DCs, DOs and MDs have successfully completed postgraduate education and Board Certifications. As examples: NPs would successfully complete and maintain FNP-BC or FNP-C certifications; PAs would successfully complete NCCPA certification and maintain PANRE or PANRE-LA certifications; DCs would successfully complete and maintain a postgraduate Diplomate program (i.e. Internal Medicine & Family, Sports Medicine, Orthopedics, Pediatrics, etc.); DOs and MDs would successfully complete a postgraduate residency/fellowship program and maintain board certification in one of the 24 Member Boards of ABMS.

\*Note: The American Board of Medical Specialties differentiates medical licensure from board certification.

THE UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION DOES NOT PROVIDE PRINTED COPIES OF THIS FORM. PLEASE MAKE ALL NECESSARY COPIES.





# ATHLETIC PRE-PARTICIPATION EXAM AND MEDICAL HISTORY

Must be completed **every school year** by the athlete and parent prior to any try-out, practice, or athletic contest.

**THIS FORM MUST BE STORED IN A SECURE LOCATION**

## ATHLETE INFORMATION

Athlete Name: \_\_\_\_\_ Date of Exam: \_\_\_\_\_

Sport(s): \_\_\_\_\_

Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Grade in school \_\_\_\_\_ Gender: \_\_\_\_\_ School year: \_\_\_\_\_

Athlete Cell Phone No. (\_\_\_\_\_) \_\_\_\_\_ Athlete Address: \_\_\_\_\_

### EXAMINATION: TO BE FILLED OUT BY PHYSICIAN ONLY

Height: _____ Weight: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female	Pulse: _____ BP: ____/____ % Body Fat (opt) _____
Vision: Left ____/____ Right ____/____ Corrected: <input type="checkbox"/> Yes <input type="checkbox"/> No	Pupils: <input type="checkbox"/> Equal <input type="checkbox"/> Unequal
Immunizations: Tetanus _____ MMR _____ Hep B _____ Chickenpox _____	

GENERAL MEDICAL (please initial)			MUSCULOSKELETAL (please initial)		
	Normal	Abnormal Findings		Normal	Abnormal Findings
Appearance (Marfan stigmata)			Neck		
Eyes/Ears/Nose/Throat (Pupils Equal, Hearing)			Back		
Lymph Nodes			Shoulder/ Arm		
Heart (murmurs)			Elbow/ Forearm		
Pulses (Simultaneous femoral and radial pulses)			Wrist/ Hand/ Fingers		
Lungs			Hip/ Thigh		
Abdomen			Knee		
Skin (HSV, MRSA, tinea corporis)			Leg/ Ankle		
Neurological			Foot/ Toes		
Genitourinary (males only)			Functional (Duck walk, single leg hop)		

### ATHLETIC PARTICIPATION RECOMMENDATIONS *(Physician MUST select one item listed below)*

- \_\_\_\_\_ **FULL & UNLIMITED PARTICIPATION**
- \_\_\_\_\_ **LIMITED PARTICIPATION**—May NOT participate in the following \_\_\_\_\_
- \_\_\_\_\_ **CLEARED PENDING**—Documented follow up of: \_\_\_\_\_
- \_\_\_\_\_ **NOT CLEARED FOR ATHLETIC PARTICIPATION**

Physician's Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

By signing this form, I acknowledge that I am board certified in a medical specialty, and in addition, I am current in my maintenance of certification.

Medical Provider: \_\_\_\_\_

(Please print)

Medical Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Providers Address: \_\_\_\_\_  
\_\_\_\_\_

Providers Phone #: \_\_\_\_\_

MD  DO  NP  PA

DC: The above named athlete is not currently prescribed medication.

DC: Student is taking medication and I have consulted with the prescribing Physician

**IF THIS FORM IS NOT FULLY COMPLETED INCLUDING DOCTOR ADDRESS AND NUMBER, IT WILL NOT BE ACCEPTED**



**ATHLETIC PRE-PARTICIPATION EXAM AND MEDICAL HISTORY**  
*Must be completed every school year by the athlete and parent prior to any try-out, practice, or athletic contest.*  
**THIS FORM MUST BE STORED IN A SECURE LOCATION**

**Athlete Name:** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**MEDICAL HISTORY**

**Medicines:** Please list all of the prescription and over-the-counter medicine and supplements (herbal and nutritional) that you are currently taking \_\_\_\_\_

**Allergies:** Do you have any allergies?  Yes  No If yes, please identify specific allergy. \_\_\_\_\_

Medicines \_\_\_\_\_  Pollens \_\_\_\_\_  Food \_\_\_\_\_  Stinging Insects \_\_\_\_\_

**ANY "YES" RESPONSES MUST BE EXPLAINED IN FULL AFTER EACH QUESTION IN THE SPACE**

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
Has a doctor ever denied or restricted your participation in sports for any reason?			Do you cough, wheeze or have difficulty breathing during or after exercise?		
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: _____			<b>Have you ever used an inhaler or taken asthma medication?</b>		
Have you ever spent the night in the hospital?			Is there anyone in your family who has asthma?		
Have you ever had surgery?			Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
<b>HEART HEALTH QUESTIONS ABOUT YOU</b>	Yes	No	Do you have groin pain or a painful bulge or hernia in the groin area?		
<b>Have you ever passed out or nearly passed out DURING or AFTER exercise?</b>			Have you had infectious mononucleosis (mono) within the last month?		
<b>Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?</b>			Do you have any rashes, pressure sores, or other skin problems?		
<b>Does your heart ever race or skip beats (irregular beats) during exercise?</b>			Have you had a herpes or MRSA skin infection?		
<b>Has a doctor ever told you that you have any heart problems? If so check all that Apply:</b> <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> High Cholesterol <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> A heart murmur <input type="checkbox"/> A heart infection <input type="checkbox"/> Other: _____			Do you have a history of seizure disorder?		
Has a doctor ever ordered a test for your heart? (e.g. ECG/EKG, Echocardiogram)?			Have you had any problems with your eyes or vision?		
Do you get light headed or feel more short of breath than expected during exercise?			Have you had any eye injuries?		
Have you ever had an unexplained seizure?			Do you wear glasses or contact lenses?		
Do you get more tired or short of breath more quickly than your friends during exercise?			Do you wear protective eye wear such as goggles, or a face shield?		
<b>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</b>	Yes	No	Do you worry about your weight?		
<b>Has any family member or relative died of a heart problem or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident or sudden infant death syndrome)?</b>			Are you trying to or has anyone recommended that you gain or lose weight?		
Does anyone in your family have hypertrophic cardiomyopathy, Long QT syndrome, Short QT syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia?			Are you on a special diet or do you avoid certain types of foods?		
Does anyone in your family have a heart problem, pacemaker, or implanted Defibrillator?			Have you ever had an eating disorder?		
Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			<b>HEAT ILLNESS QUESTIONS</b>	Yes	No
<b>BONE AND JOINT QUESTIONS</b>	Yes	No	<b>Have you ever become ill while exercising in the heat?</b>		
Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game?			Do you get frequent muscle cramps when exercising?		
Have you ever had any broken, fractured or dislocated bones?			<b>Do you or someone in your family have sickle cell trait or disease?</b>		
Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast or crutches?			<b>HEAD AND NECK HEALTH QUESTIONS</b>	Yes	No
Have you ever had a stress fracture?			Do you have headaches with exercise?		
Have you ever been told that you have or have you had an x-ray for a neck instability or atlantoaxial instability (down syndrome or dwarfism)?			<b>Have you ever had a head injury or concussion?</b>		
Do you regularly use a brace, orthotics, or other assistive devices?			<b>Have you ever had a hit or blow to the head that caused confusion, prolonged headache or memory problems?</b>		
Do you have a bone, muscle, or joint injury that bothers you?			Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
Do any of your joints become painful, swollen, feel warm or look red?			Have you ever been unable to move your arms or legs after being hit or falling?		
Do you have any history of juvenile arthritis, or connective tissue disease?			<b>FEMALES ONLY</b>		
Have you had any problems with pain, swelling, fracture, sprain, strain, or dislocation in any joint? <i>Specify below if yes</i>			When was your first menstrual period (age when started)?		
If yes, check the appropriate box and explain below: <input type="checkbox"/> Head _____ <input type="checkbox"/> Neck _____ <input type="checkbox"/> Back _____ <input type="checkbox"/> Shoulder _____ <input type="checkbox"/> Arm _____ <input type="checkbox"/> Elbow _____ <input type="checkbox"/> Finger _____ <input type="checkbox"/> Wrist _____ <input type="checkbox"/> Hand _____ <input type="checkbox"/> Shin/Calf _____ <input type="checkbox"/> Thigh _____ <input type="checkbox"/> Knee _____ <input type="checkbox"/> Hip _____ <input type="checkbox"/> Ankle _____ <input type="checkbox"/> Foot _____			When was your most recent menstrual period?		
			How much time do you usually have from the start of one period to the start of another?		
			How many periods have you had in the last year?		
			What was the longest time between periods in the last year?		

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_