

**ALL LAMAR CISD ATHLETIC FORMS MUST BE COMPLETED  
BY A PARENT / GUARDIAN AND NOT THE STUDENT-ATHLETE.**

This packet contains SIX (6) forms that are required by Lamar CISD and the University Interscholastic League (UIL) in order for a student to participate in any practice, game or athletic competition, either before, during, or after school, both in-season and out-of-season. This also includes participation in any form of tryout, athletic period, open gym, or open weight room while on a Lamar CISD secondary campus.

Athletic Physicals are offered by each of the high school campuses each year in May for all student athletes entering grades 7 through 12. Athletic Physicals are offered at a reduced cost of only \$20 per physical per child. This service is administered as a courtesy and a convenience for the parents while providing a thorough athletic physical that meets the required needs of both Lamar CISD and the UIL at an economical price. Although it is not required that parents use these services, they are highly recommended to take advantage of this service. Parents may choose to go to their own physician for the athletic physical. Please keep in mind that all current physicals expire on the last day of classes of the current school year. Any physical dated prior to May 1<sup>st</sup> expires August 1<sup>st</sup> and will not be valid for the upcoming school year.

- Form 1      Emergency Information Form
- Form 2      Section 1: UIL Athletic Accident Insurance Information  
This section includes important information regarding:
- The blanket Athletic Insurance plan which Lamar CISD purchases that covers all student-athletes (grades 7-12) while they are participating in school sponsored and supervised UIL athletic events.
  - Reporting athletic related injuries as well as any insurance claims filed as result of an athletic related injury.
  - Contact information on purchasing additional medical and dental coverage extended beyond the participation in athletics.
- Section 2: Media Permission & Release Information  
Section 3: Health Information Disclosure Authorization
- Form 3      UIL Acknowledgement of Rules
- Form 4      UIL Parent and Student Agreement / Acknowledgement Form  
Anabolic Steroid Use and Random Steroid Testing
- Form 5      Preparticipation Physical Evaluation – Part 1: **MEDICAL HISTORY**
- Although the UIL requires an athlete to be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner if the student answers in the affirmative to any question relating to a possible cardiovascular health issue (question #3 on the Medical History), Lamar CISD requires a new physical examination each school year.
- Form 6      Preparticipation Physical Evaluation – Part 2: **PHYSICAL EXAMINATION**
- Although the UIL requires as a minimum requirement a physical examination to be completed prior to junior high athletic participation and again prior to the first and third years of high school athletic participation, Lamar CISD requires a new physical examination each school year.

**NO ATHLETE WILL BE ALLOWED TO PARTICIPATE UNTIL ALL DOCUMENTS ARE COMPLETED AND  
SIGNED BY PARENT / GUARDIAN AND THE STUDENT-ATHLETE IN THE APPROPRIATE LOCATIONS.**

**All locations that require a signature are boxed and shaded like this section.**

- All forms must be submitted and on file with the Athletic Trainers prior to any athletic participation.
- No forms should be submitted to the coach on the High School campuses ONLY the Athletic Trainers.
- All forms for the Junior High Schools should ONLY be submitted to the Junior High Campus Athletic Coordinator.

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Lamar Consolidated ISD  
ATHLETIC DEPARTMENT

# EMERGENCY INFORMATION FORM

PLEASE PRINT CLEARLY AND COMPLETE EVERY SECTION

## STUDENT INFORMATION

*\* Grade for the 2009-2010 School Year*

Name of Athlete: \_\_\_\_\_  
Last First MI

\* Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Home Address: \_\_\_\_\_  
Street

Campus: \_\_\_\_\_

Home Telephone: (\_\_\_\_) \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Student ID#: \_\_\_\_\_

\* SS #: \_\_\_\_\_  
*\* Social Security # is REQUIRED for Student Athletic Insurance Claims*

Family Physician: \_\_\_\_\_ Physician Telephone: (\_\_\_\_) \_\_\_\_\_

*Please circle YES or NO and explain as needed.*

Do you take any medications regularly? YES NO If "YES", explain: \_\_\_\_\_

Are you allergic to any medications? YES NO If "YES", explain: \_\_\_\_\_

Do you have any other known allergies? YES NO If "YES", explain: \_\_\_\_\_

## EMERGENCY CONTACT INFORMATION

PARENT / GUARDIAN #1 INFORMATION	
Name:	_____
Relationship:	_____
	<i>(Father, Step-Father, Mother, Step-Mother, Grandparent, Aunt, Uncle, etc.)</i>
Employer:	_____
Work Telephone:	(____) _____
Cell Telephone:	(____) _____
Other Telephone:	(____) _____
E-Mail Address:	_____

PARENT / GUARDIAN #2 INFORMATION	
Name:	_____
Relationship:	_____
	<i>(Father, Step-Father, Mother, Step-Mother, Grandparent, Aunt, Uncle, etc.)</i>
Employer:	_____
Work Telephone:	(____) _____
Cell Telephone:	(____) _____
Other Telephone:	(____) _____
E-Mail Address:	_____

## INSURANCE INFORMATION

Lamar CISD purchases a blanket Athletic Insurance plan that covers all student-athletes (grades 7-12) while they are participating in school sponsored and supervised UIL athletic events such as athletic periods, practices, team travel, games and competitions. This blanket Athletic Insurance plan is structured ONLY as an EXCESS (SECONDARY) or SUPPLEMENTAL insurance policy and neither is designed nor implied to replace any major medical insurance plan coverage.

Lamar CISD Athletic policy requires the disclosure of any and all major medical insurance plans that the student-athlete is covered by and such plans must be filed as a primary plan regardless of the nature or circumstances of an athletic related injury. In the event of an athletic related injury, any medical costs incurred must be filed with any major medical insurance plan as the primary making the blanket Athletic Insurance plan a secondary plan. If the student-athlete is not covered under any major medical insurance plan, the blanket Athletic Insurance plan purchased by Lamar CISD may be filed as the primary plan. Again, Lamar CISD's blanket Athletic Insurance plan is ONLY an EXCESS (SECONDARY) or SUPPLEMENTAL policy and neither is designed nor implied to replace any major medical insurance coverage and will not pay 100% of the medical costs that may be incurred as a result of an athletic related injury.

Please refer to the UIL ATHLETICS ACCIDENTAL INSURANCE PLAN INFORMATION section on the reverse side of this form for more information.

Is the student covered by any MAJOR MEDICAL insurance plan? YES NO If "YES", what type of plan? HMO PPO POS OTHER  
(includes Medicaid/Medicare and CHIPS) (Please circle YES or NO) (Please circle TYPE of insurance plan)

Insurance Provider: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_  
Name of Insurance Carrier Customer Service

Claims Address: \_\_\_\_\_ Policy #: \_\_\_\_\_  
P.O. Box or Street Address

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Group #: \_\_\_\_\_

Name of Insured: \_\_\_\_\_ Date of Birth of Insured: \_\_\_\_\_  
Parent / Guardian

## PARENT / GUARDIAN PERMIT WAIVER

If, in the judgment of any representatives of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, Athletic Trainer, nurse, hospital, or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

Your signature below gives authorization that is necessary for the school district, its Athletic Trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

SIGNATURE OF PARENT / GUARDIAN	DATE
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Lamar CISD purchases a blanket Athletic Insurance plan that covers all student-athletes (grades 7-12) while they are participating in school sponsored and supervised UIL athletic events such as athletic periods, practices, team travel, games and competitions. This blanket Athletic Insurance plan is structured ONLY as an EXCESS (SECONDARY) or SUPPLEMENTAL insurance policy and neither is designed nor implied to replace any major medical insurance plan coverage.

Lamar CISD Athletic policy requires the disclosure of any and all major medical insurance plans that the student-athlete is covered by and such plans must be filed as a primary plan regardless of the nature or circumstances of an athletic related injury. In the event of an athletic related injury, any medical costs incurred must be filed with any major medical insurance plan as the primary making the blanket Athletic Insurance plan a secondary plan. If the student-athlete is not covered under any major medical insurance plan, the blanket Athletic Insurance plan purchased by Lamar CISD may be filed as the primary plan. Lamar CISD's blanket Athletic Insurance plan is ONLY an EXCESS (SECONDARY) or SUPPLEMENTAL policy and neither is designed nor implied to replace any major medical insurance coverage and will not pay 100% of the medical costs that may be incurred as a result of an athletic related injury.

The following information concerns reporting athletic related injuries as well as any insurance claims filed as result of an athletic related injury:

- The blanket Athletic Insurance plan purchased by Lamar CISD only covers student-athletes while they are participating in school sponsored and supervised UIL athletic events such as athletic periods, practices, team travel, games and competitions.
- Any medical expenses not paid by your personal major medical insurance plan and / or not paid by the blanket Athletic Insurance plan becomes the financial responsibility of the parents / guardians. Parents / Guardians are responsible for submitting any insurance claims and any subsequent medical expenses not covered by either insurance plan.
- Except in a medical emergency, ALL athletic related injuries MUST be reported to the Athletic Trainers and an Athletic Insurance claim form MUST be obtained BEFORE GOING TO ANY MEDICAL PROVIDER. If in the event that a parent / guardian decides in their best interest of their student-athlete that any athletic related injury sustained needs medical care, it is the responsibility of the parent / guardian to notify the Athletic Trainers and request that an Athletic Insurance claim form be completed and filed. In addition, it is the responsibility of the student-athlete and their parent / guardian to notify the Athletic Trainer at the earliest possible opportunity concerning any and all athletic related injuries.
- All claims filed to the blanket Athletic Insurance plan must be filed with the Athletic Trainers within 90 days form the date of any athletic related injury. If the claim is not submitted within this 90 day time frame, the claim will not be accepted nor authorized by the Athletic Trainers and the blanket Athletic Insurance plan as well as Lamar CISD will not be held liable for any medical expenses incurred as the result of an athletic related injury. It is the responsibility of the parent / guardian to file any and all insurance claims appropriately.

Bollinger is the current underwriter of the blanket Athletic Insurance plan purchased by Lamar CISD. The current authorized insurance representative is Alamo Insurance Company with primary offices located in San Antonio, Texas. Bollinger provides various additional medical insurance coverage plans that can be purchased by the parent / guardian at an additional cost. Plans such as School Time coverage only, 24-hour coverage, as well as dental coverage are available. Please contact the Athletic Trainers for more information or contact the Alamo Insurance Company directly and request an informational brochure and application at the contact information below:

Representative: Jeff Johnson jjohnson@alamoinsgrp.com	Insurance Agent: Alamo Insurance Group, Inc. 3201 Cherry Ridge Drive, Suite D405 San Antonio, TX 78230	Telephone (Direct): (210) 930-6665
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## MEDIA PERMISSION & RELEASE INFORMATION

All Lamar CISD students and parents / guardians must sign a Lamar CISD Student Handbook acknowledgement form at the beginning of each school year or at the time of registration if entering school after the school year has begun.

The following information has been taken from the Lamar CISD Student Handbook acknowledgement form regarding the release of information to the media:

- Parental approval is *not required* when students are photographed, videotaped, or recorded by a *representative(s) of the school district* for purposes of safety, maintenance of discipline in school or on school buses, any purpose related to a co-curricular or extra-curricular activity, or any purpose related to regular classroom instruction. (Examples: include but not limited to newspaper, V-Brick [Lamar CISD's intranet broadcasting system]. If you do not want your child photographed or videotaped, you must notify the principal.

This media release information is provided with the intent that student athletes may be photographed and / or videotaped and such media may be used either by the written Publications Department (school newspaper and yearbook staffs), the Broadcast Journalism Department (V-Brick daily television announcements), and / or the athletic web pages for their respective high school or junior high sports teams.

## HEALTH INFORMATION DISCLOSURE AUTHORIZATION

In the event of an athletic related injury or sickness, it is necessary for the Athletic Trainer to communicate with the team physician(s) or other treating physician(s), physician's assistant(s) or clinical staff(s), or other healthcare provider(s) and the district's Athletic Insurance carrier concerning the athletic injury. Disclosure of medical information is necessary for the Athletic Trainer to provide continued care and treatment for the athletic related injury or sickness. Medical information such as, but not limited to, the physician's diagnosis, medical imaging (X-Ray, MRI, CT Scan, etc.) or laboratory results, treatment plan or rehabilitation / physical therapy protocol, level of participation and progression plan, and prognosis.

- I hereby authorize the release or disclosure of the health information of my son / daughter listed above to the Athletic Trainer for the specific purpose of providing continued care and treatment for the athletic related injury or sickness.
- I understand that the release of such information is strictly for the continuation of care and treatment of my son / daughter's athletic related injury or sickness.
- I understand that the release of such information may be sent in writing or via telephone, fax, or other electronic means and that reasonable efforts will be made to protect confidentiality.
- This authorization is only valid during the current school year in which it is signed.
- I understand that information contained in the health record of my son / daughter listed above may include information related to sexually transmitted diseases, Acquired Immune Deficiency Syndrome (AIDS), or Human Immunodeficiency Virus (HIV). It may also include information about behavioral or mental health services, and treatment for drug and alcohol abuse. I do NOT authorize the release of this type of information to the Athletic Trainer.
- I understand that I have a right to revoke this authorization at any time. I understand that if I revoke this authorization I must do so in writing and present my written revocation to the individual or organization releasing the information. I understand that revocation will not apply to information already released in response to this authorization. I understand that the revocation will only apply to information released to the Athletic Trainer.
- Again, I understand that authorizing the disclosure of health information related to an athletic related injury or sickness of my son / daughter listed above is strictly voluntary. I can refuse to sign this authorization.

SIGNATURE OF PARENT / GUARDIAN	DATE
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# UIL ACKNOWLEDGMENT OF RULES

**ATTENTION:** In order to participate in athletics, this **ACKNOWLEDGMENT OF RULES** form must be signed *annually* by both the **STUDENT** and **PARENT / GUARDIAN** and be on file before the student may participate in any practice session, scrimmage, or contest.

Student's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_

Current School: \_\_\_\_\_ Student ID#: \_\_\_\_\_ Sex: \_\_\_\_\_

### PARENT / GUARDIAN PERMIT

- I hereby give my consent for the above student to compete in University Interscholastic League (UIL) approved sports, and travel with the coach or other representative of the school on any trips.
- It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.
- I have read and understand the University Interscholastic League rules on this page and agree that my son / daughter will abide by all of the University Interscholastic League rules.
- The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.

### GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps. (Exceptions: School coaches may hold one 6-day camp in their school district for incoming 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade students.)
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in the school day athletic period in baseball, basketball, football, soccer, softball, or volleyball.
- Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

### GENERAL ELIGIBILITY RULES

According to UIL standards, students are eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are enrolled by the sixth day class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone, the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the *Constitution and Contest Rules*).
- have observed all provisions of the Awards Rule.
- have not represented a college in a contest.
- have not been recruited. (Does not apply to college recruiting as permitted by the rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not allow their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- did not change schools for athletic purposes.
- Your signature below gives authorization that is necessary for the school district, its trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment of your student.
- I have been provided the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.
- The UIL Parent Information Manual can be accessed electronically at: [http://www.uil.utexas.edu/athletics/manuals/pdf/parent\\_information.pdf](http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf)  
<http://www.lcisid.org/Administration/Athletics/AthleticForms/UILParentInformationManual/>

<b>TO THE PARENT:</b> Check any activity in which this student is <b>ALLOWED</b> to participate.	<input type="checkbox"/> Baseball <input type="checkbox"/> Basketball <input type="checkbox"/> Cross Country	<input type="checkbox"/> Football <input type="checkbox"/> Golf <input type="checkbox"/> Soccer	<input type="checkbox"/> Softball <input type="checkbox"/> Swimming & Diving <input type="checkbox"/> Team Tennis	<input type="checkbox"/> Tennis <input type="checkbox"/> Track & Field <input type="checkbox"/> Volleyball
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By signing this form the athlete and parent/guardian acknowledges that they have read the regulations cited above and agree to follow the rules.

SIGNATURE OF STUDENT ATHLETE	DATE	SIGNATURE OF PARENT / GUARDIAN	DATE
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## University Interscholastic League



### Parent and Student Agreement/Acknowledgement Form Anabolic Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

#### STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at [www.uil.utexas.edu](http://www.uil.utexas.edu). I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): \_\_\_\_\_ Grade (9-12) \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at [www.uil.utexas.edu](http://www.uil.utexas.edu). I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Name (Print): \_\_\_\_\_

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

Relationship to student: \_\_\_\_\_

**PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY**

REVISED 1-6-09

This **MEDICAL HISTORY FORM** must be completed *annually* by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: (print) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_  
 Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

*In case of emergency, contact:*

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

**Explain "Yes" answers in the box below\*\*. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below.		
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many _____ When was the last _____ times? _____ concussion?			Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
How severe was each one? (Explain below)			17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<b>Females Only</b>		
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="checkbox"/>	<input type="checkbox"/>	19. When was your first menstrual period? _____		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period? _____		
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another? _____		
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year? _____		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year? _____		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	<b>An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.</b>		
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<b>**EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):</b>		
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	_____		

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL**

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

**THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

**For School Use Only:**

This Medical History Form was reviewed by: Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

**PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION**

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (\_\_\_\_\_/\_\_\_\_\_, \_\_\_\_/\_\_\_\_\_)  
brachial blood pressure while sitting

Vision R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. **\* Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			

**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: \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.