

SPORTS PARTICIPATION HEALTH RECORD

This evaluation is only to determine readiness for sports participation. It should not be used as a substitute for regular health maintenance examinations. *THIS SIDE MUST BE COMPLETED BY PARENT & STUDENT BEFORE BEING BROUGHT TO THE DOCTOR'S OFFICE.*

NAME _____ AGE _____ SEX _____ SCHOOL _____
ADDRESS _____ PHONE _____ GRADE _____
SPORTS BEING PLAYED (1) _____ (2) _____ (3) _____

MEDICAL HISTORY

(To be completed by student and parent or guardian)

1. Do you have any allergies? (Drugs, Food, Insect Stings etc.) _____ YES; list: _____ NO
2. Are you currently taking any drugs or medication including steroids or protein supplements? *(Daily or occasionally)* _____ YES; list: _____ NO
3. Are you presently being treated for any condition by a physician or other health care professional? _____ YES; explain: _____ NO
4. Have you ever been advised by a doctor not to participate in any sport? _____ YES; explain: _____ NO
5. Do you have any chronic conditions, disorders or diseases? Check those applicable or → → → → → → → → → → → → → → → → NO
_____ Asthma _____ Bleeding Disorders _____ Diabetes _____ Epilepsy (Seizures)
_____ Hepatitis _____ Hypertension (High Blood Pressure) _____ Sickle Cell Anemia _____ (Other) _____
_____ Mononucleosis-Yr _____ Kawasaki's Disease _____ Handicap (Describe) _____

Please check where applicable if you have or have had any of the following:

	YES	NO		YES	NO
Head injury, concussion, or been unconscious	_____	_____	Eye injury or retinal detachment	_____	_____
If yes, how many times _____	_____	_____	Blurred vision or vision in one eye only	_____	_____
Headaches more than once a week	_____	_____	Wear glasses or contact lenses	_____	_____
Lack of feeling or numbness in any part of the body	_____	_____	Hearing loss or impairment in one or both ears	_____	_____
Heat exhaustion or heat stroke	_____	_____	Tubes in ears or a perforated eardrum	_____	_____
Difficulty running ½ mile without stopping	_____	_____	False teeth, caps, or braces	_____	_____
Chest pain, dizziness or passing out during exercise	_____	_____	Nose bleeds for no reason	_____	_____
Coughing, wheezing, or gasping for breath	_____	_____	Bruising easily or taking a long time to stop	_____	_____
with exercise or cold weather	_____	_____	bleeding when cut	_____	_____
Smoke cigarettes or chew tobacco	_____	_____	Diarrhea more than once a week	_____	_____
Heart problem, murmur or arrhythmia	_____	_____	Black or bloody bowel movements (stools)	_____	_____
Family member with a heart attack under age 50	_____	_____	Kidney disease or dark, brown or bloody urine	_____	_____
Loss or gain of more than 10 lbs. in last year	_____	_____	Less than two kidneys or, in males, two testicles	_____	_____
Special diet for medical reasons	_____	_____	Lump(s) in arm pit or groin	_____	_____
<i>For female participants:</i>			Rash or skin problem	_____	_____
Absent or irregular monthly periods	_____	_____	Neck, spine, or low back injury or pain	_____	_____
Disabling cramps with your menstrual periods	_____	_____			

Have you ever been hospitalized for medical or surgical reasons? → → → → → → → → → → → → → → → → YES NO

If yes, provide the following information:

REASON	YEAR	HOSPITAL
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please carefully list below any injury (nerve, muscle, bone or joint) that you have had which did not allow you to participate in regular activity for a week or more?

INJURED AREA	YEAR	SIDE	TYPE	RESOLVED
(Knee, Hamstring, Neck, Shin, etc.)		(R, L)	(Fracture, Sprain, Swelling, Pinched Nerve, etc.)	YES NO
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

STUDENT AND PARENT OR GUARDIAN:

We hereby state that we have reviewed this medical history and found the information supplied above to be correct to the best of our knowledge.

STUDENT SIGNATURE _____ DATE _____ PARENT OR GUARDIAN SIGNATURE _____ DATE _____

MEDICAL EXAMINATION -- To Be Completed By Medical Doctor or his designee

NAME _____ DATE OF BIRTH _____

GENERAL EXAM

	Normal	Abnormal Findings
APPEARANCE		
SKIN		
HEENT		
RESPIRATORY		
CARDIOVASCULAR		
	Arrhythmia	
	Murmur	
ABDOMEN		
SPINE		
NEUROLOGICAL		
GENITALIA (hernia)		
PHYSICAL MATURITY (TANNER STAGE) 1 2 3 4 5		

HEIGHT _____ WEIGHT _____
 BLOOD PRESSURE _____ PULSE _____
 HCT/HGB _____
 URINALYSIS: _____ Protein _____ Blood _____ Glucose _____
 VISUAL ACUITY: _____ RIGHT _____ LEFT
 CORRECTED TO: _____ RIGHT _____ LEFT
 HEARING: _____

BODY FAT (Optional) = _____ %

CHOLESTEROL (Optional) = _____

LAST TETANUS BOOSTER Date: _____

LAST MEASLES (MMR) BOOSTER Date: _____

OTHER IMMUNIZATIONS _____ Date: _____

SUMMARY: _____

ORTHOPEDIC EXAM

MUSCULOSKELETAL EVALUATION TO INCLUDE RANGE OF MOTION, STRENGTH, FLEXIBILITY

	Normal	Abnormal Findings
NECK		
SPINE		
SHOULDERS		
ARMS/HANDS		
HIPS		
THIGHS		
KNEES		
ANKLES		
FEET		

RECOMMENDATIONS

WEIGHT LOSS/GAIN _____ MEDICATIONS _____

STRENGTHENING _____ SPECIAL EQUIPMENT _____

STRETCHING _____ BRACING/TAPING _____

CONDITIONING (Endurance) _____

I certify that on this date I have examined this student and that, on the basis of the examination requested by the school authorities and the student's medical history as furnished to me, I have found no reason which would make it medically inadvisable for this student to complete in supervised athletic activities except those listed below:

 M.D.
 SIGNATURE OF MEDICAL DOCTOR EXAM DATE TELEPHONE MEDICAL DOCTOR PRINT OR STAMP

This form was approved and developed by: Connecticut Chapter, Committee on Sports Medicine – American Academy of Pediatrics
 Connecticut Chapter, Committee on School Health – American Academy of Pediatrics
 The Connecticut State Medical Society Committee on the Medical Aspects of Sports

