



Harford County Public Schools PRE-PARTICIPATION PHYSICAL EVALUATION for INTERSCHOLASTIC ATHLETICS



NOTE: For participation in Athletics during the _____ school year. The actual physical examination and this form **MUST** be completed on or after June 8th for participation in the next school year.

HISTORY: This page is to be completed by student and parent/guardian.

Name _____ Sex _____ Age _____ Date of Birth _____
 Grade _____ School _____ Sport (s) _____
 Address _____
 Personal Physician _____
 In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (Other) _____

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports physical? Do you have an ongoing or chronic illness? <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever been hospitalized overnight? Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler? Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have any food allergies (for example, top pollen, medicine, food, or stinging insects)? Have you ever had a rash or hives develop during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden death before age 50? Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Has a physician ever denied or restricted your participation in sports for any heart problems? Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs, or feet? Have you ever had a stinger, burner, or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | YES | NO |
|---|--------------------------|--------------------------|
| 8. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you cough, wheeze, or have trouble Breathing during/after activity? Do you have asthma? Do you have seasonal allergies that require medical treatment? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you use any special protective or corrective equipment or devices that are not usually used for your sport or position (for example, knee braces, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bone, or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? | <input type="checkbox"/> | <input type="checkbox"/> |

If yes, check appropriate box and explain below.

| | | | |
|----------|-----------|--------|-----------|
| Head | Upper Arm | Hand | Knee |
| Back | Elbow | Finger | Shin/calf |
| Chest | Forearm | Hip | Ankle |
| Shoulder | Wrist | Thigh | Foot |

- | | | |
|---|--------------------------|--------------------------|
| 13. Do you want to weigh more or less than you do now? Do you lose weight regularly to meet weight requirements for your sport? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Record the dates of your most recent immunizations (shots) for: Tetanus _____ Measles _____ Hepatitis B _____ Chickenpox _____ | | |

FEMALES ONLY

16. When was your first menstrual period? _____
 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? _____

Explain "yes" answers here:

We hereby state that, to the best of our knowledge, our answers to the above questions are complete and correct.
 Signature of Athlete: _____
 Signature of Parent/Guardian: _____
 Date: _____



Harford County Public Schools
PRE-PARTICIPATION PHYSICAL EVALUATION for INTERSCHOLASTIC ATHLETICS



●This page to be completed by physician/nurse practitioner/physician assistant●

PHYSICAL EXAMINATION:

NAME: _____ Date of Birth: _____
 HEIGHT: _____ WEIGHT: _____ % BODY FAT (optional) _____ PULSE: _____ BP: _____
 VISION: R 20/_____, L 20/_____ CORRECTED? Y ___ N ___ PUPILS: EQUAL _____ UNEQUAL _____

| | NORMAL | ABNORMAL FINDING | INITIALS * |
|------------------------|--------|------------------|------------|
| MEDICAL | | | |
| Appearance | | | |
| Eyes/Ears/Nose/Throat | | | |
| Lymph nodes | | | |
| Heart | | | |
| Pulses | | | |
| Lungs | | | |
| Abdomen | | | |
| Genitalia (males only) | | | |
| 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 [Sport(s)]: _____ Reason: _____
 Recommendation: _____

Name of physician/nurse practitioner/physician assistant _____ Date: _____

Print or Type

Address: _____ Phone: _____

Signature of physician/nurse practitioner/physician assistant _____

Date of Exam: _____

PHYSICIANS STAMP: