

C.I.F. Athletic Participation Health Form

Both pages of this form must be uploaded to your Family ID registration on agouraathletics.org

Date of Exam _____ (Valid for one calendar year)

Name of Student: _____ Date of Birth: _____

To be completed by parent/student. Explain "Yes" answers below, and circle questions you don't know the answers to.

- | | | | |
|--|---------------|--|---------------|
| | Yes No | | Yes No |
|--|---------------|--|---------------|
1. Has a doctor ever denied or restricted your participation in sports for any reason?
 2. Do you have an ongoing medical condition (like diabetes or asthma)?
 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?
 4. Do you have allergies to medicines, pollens, foods, or stinging insects?
 5. Have you ever passed out or nearly passed out DURING exercise?
 6. Have you ever passed out or nearly passed out AFTER exercise?
 7. Have you ever had discomfort, pain, or pressure in your chest during exercise?
 8. Does your heart race or skip beats during exercise?
 9. Has a doctor ever told you that you have (check all that apply):

<input type="checkbox"/> High blood pressure	<input type="checkbox"/> A heart murmur
<input type="checkbox"/> High cholesterol	<input type="checkbox"/> A heart infection
 10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram)
 11. Has anyone in your family died for no apparent reason?
 12. Does anyone in your family have a heart problem?
 13. Has any family member or relative died of heart problems or of sudden death before age 50?
 14. Does anyone in your family have Marfan syndrome?
 15. Have you ever spent the night in a hospital?
 16. Have you ever had surgery?
- | | |
|--|--|
| 17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below: <input type="checkbox"/> <input type="checkbox"/> | |
| 18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below: <input type="checkbox"/> <input type="checkbox"/> | |
| 19. Have you had a bone or joint injury that required x-rays MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: <input type="checkbox"/> <input type="checkbox"/> | |
- | | | | | | | | |
|------------|------------|----------|-----------|-------|-----------|--------------|-----------|
| Head | Neck | Shoulder | Upper Arm | Elbow | Forearm | Hand/Fingers | Chest |
| Upper Back | Lower Back | Hip | Thigh | Knee | Calf/Shin | Ankle | Foot/Toes |
20. Have you ever had a stress fracture?
 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?
 22. Do you regularly use a brace or assistive device?
 23. Has a doctor ever told you that you have asthma or allergies?

24. Do you cough, wheeze, or have difficulty breathing during or after exercise?
 25. Is there anyone in your family who has asthma?
 26. Have you ever used an inhaler or taken asthma medicine?
 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?
 28. Have you had infectious mononucleosis (mono) within the last month?
 29. Do you have any rashes, pressure sores, or other skin problems?
 30. Have you had a herpes skin infection?
 31. Have you ever had a head injury or concussion?
 32. Have you been hit in the head and been confused or lost your memory?
 33. Have you ever had a seizure?
 34. Do you have headaches with exercise?
 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?
 36. Have you ever been unable to move your arms or legs after being hit or falling?
 37. When exercising in the heat, do you have severe muscle cramps or become ill?
 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?
 39. Have you had any problems with your eyes or vision?
 40. Do you wear glasses or contact lenses?
 41. Do you wear protective eyewear, such as goggles or a face shield?
 42. Are you happy with your weight?
 43. Are you trying to gain or lose weight?
 44. Has anyone recommended you change your weight or eating habits?
 45. Do you limit or carefully control what you eat?
 46. Do you have any concerns that you would like to discuss with a doctor?
- FEMALES ONLY**
47. Have you ever had a menstrual period?
 48. How old were you when you had your first menstrual period? _____
 49. How many periods have you had in the last 12 months? _____
- Explain "Yes" answers here:** _____

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete _____ Signature of Parent/Guardian _____ Date _____

Physical Evaluation (Completed by Physician) Having a third party present is recommended for the genitourinary examination.

Height _____ Weight _____ % Body Fat (optional) _____ Pulse _____ BP _____ / _____ (_____ / _____, _____ / _____)

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

Name of Student: _____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary (males only)+			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

Notes: _____

Cleared without restriction
 Cleared, with recommendations for further evaluation or treatment for: _____

Not Cleared for All sports Certain sports: _____ Reason: _____

Recommendations: _____

Name of physician (print) _____ Date of Physical _____
 (Good for one calendar year)

Signature of physician _____ Date _____

Please note: Physicals done through EXER, CVS Minute Clinic, or any other Urgent Care Facility do NOT replace your child's regular annual check-up with your primary care doctor.

**DOCTORS OFFICE STAMP
 REQUIRED HERE:**