

**WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION
SCHOOL PHYSICAL EXAMINATION
MEDICAL RECORD**

PHYSICIANS STATEMENT MUST BE DATED AFTER MAY 1 TO BE VALID FOR THE UPCOMING SCHOOL YEAR

Name _____	Sex _____	Age _____	Date of Birth _____
Grade _____	School _____	Sport(s) _____	
Address _____		Phone _____	
Personal Physician _____			
<i>In case of emergency, contact</i>			
Name _____	Relationship _____	Phone (H) _____	(W) _____

Explain "Yes" answers below. Circle questions you don't know the answers to.

- | | Yes | No | | Yes | No |
|------------------------------------------------------------------------------------------------------------------------------|-----|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|
| 1. Have you had a medical illness or injury since your last check up or sports physical? | [] | [] | 10. 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)? | [] | [] |
| 2. Have you ever been hospitalized overnight? | [] | [] | 11. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear? | [] | [] |
| 3. Are you currently taking any prescription of nonprescription (over-the-counter) medications or pills or using an inhaler? | [] | [] | 12. Have you ever had a sprain, strain, or swelling after injury? | [] | [] |
| 4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | [] | [] | Have you broken or fractured any bones or dislocated any joints? | [] | [] |
| 5. Have you ever passed out during or after exercise? | [] | [] | Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? | [] | [] |
| Have you ever been dizzy during or after exercise? | [] | [] | <i>If yes, check appropriate box and explain below</i> | | |
| Have you ever had chest pain during or after exercise? | [] | [] | [] Head [] Elbow [] Hip | | |
| Do you get tired more quickly than your friends do during exercise? | [] | [] | [] Neck [] Forearm [] Thigh | | |
| Have you ever had racing of your heart or skipped heartbeats? | [] | [] | [] Back [] Wrist [] Knee | | |
| Have you had high blood pressure or high cholesterol? | [] | [] | [] Chest [] Hand [] Shin/calf | | |
| Have you ever been told you have a heart murmur? | [] | [] | [] Shoulder [] Finger [] Ankle | | |
| Has any family member or relative died of heart problems or of sudden death before age 50? | [] | [] | [] Upper Arm [] Foot | | |
| Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? | [] | [] | 13. Do you want to weigh more or less than you do now? | [] | [] |
| Has a physician ever denied or restricted your participation in sports for any heart problems? | [] | [] | Do you lose weight regularly to meet weight requirements for your sport? | [] | [] |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | [] | [] | 14. Do you feel stressed out? | [] | [] |
| 7. Have you ever had a head injury or concussion? | [] | [] | 15. Do you, or someone in your family, have sickle cell trait or disease? | [] | [] |
| Have you ever been knocked out, become unconscious, or lost your memory? | [] | [] | | | |
| Have you ever had a seizure? | [] | [] | FEMALES ONLY | | |
| Do you have frequent or severe headaches? | [] | [] | 16. When was your first menstrual period? _____ | | |
| Have you ever had numbness or tingling in your arms, hands, legs, or feet? | [] | [] | When was your most recent menstrual period? _____ | | |
| Have you ever had a stinger, burner, or pinched nerve? | [] | [] | How much time do you usually have from the start of one period to the start of another? _____ | | |
| 8. Have you ever become ill from exercising in the heat? | [] | [] | How many periods have you had in the last year? _____ | | |
| 9. Do you cough, wheeze, or have trouble breathing during or after activity? | [] | [] | What was the longest time between periods in the last year? _____ | | |
| Do you have asthma? | [] | [] | Explain "Yes" answers here: _____ | | |
| Do you have seasonal allergies that require medical treatment? | [] | [] | _____ | | |

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 _____

PARENT/GUARDIAN CONSENT FOR EMERGENCY MEDICAL ASSISTANCE

I hereby authorize _____ School District and its faculty members in charge of my child named below to obtain all necessary medical care for my child in the event that I cannot be reached to authorize it myself. I hereby authorize any licensed physician and/or medical personnel to render necessary medical treatment to my child.

Student's Name _____ Work Phone Number; Father _____
 Address _____ Mother _____
 _____ Home Phone Number _____

INSURANCE INFORMATION: Company _____ Policy # _____
 Insured Person _____
 Policy Holder's Social Security Number _____

Signature acknowledges that we have read and understand the above warning and we give consent for emergency assistance that might be needed.

Date _____ Signature of Parent/Guardian _____

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DATE OF EXAM _____

Name _____	Date of Birth _____
Height _____ Weight _____ % Body fat (optional) _____	Pulse _____ BP _____ / _____ (_____ / _____ , _____ / _____)
Vision R 20/ _____ L 20/ _____ Corrected: Y N	Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS
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		

*Normal indicated by check or N

Cleared

* Cleared after completing evaluation/rehabilitation for: _____

* Not cleared for: _____ Reason: _____

***IF THESE BOXES ARE CHECKED, A COPY OF THIS FORM NEEDS TO BE SENT TO THE APPROPRIATE SCHOOL DISTRICT.**

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

STUDENT/PARENT/GUARDIAN INFORMED CONSENT

Participation in all activities requires the acceptance of risk of possible serious injury. The risk can be minimized by following your coaches' rules and procedures, by familiarizing yourself with the rules of the activity, and by following the specific rules issued by manufacturers for the safe use of your activity equipment. The risk is always there, but you can help minimize it by making safety a shared responsibility. When you make the decision to participate in an activity, you are assuming the shared responsibility of following the activities rules, the coaches' rules, and the equipment manufacturer's rules. You, as a participant, can help make the activity safer by not intentionally using techniques which are illegal and which can cause serious injury.

Your signature below indicates that you have been informed about the importance of following rules in activities participation; and you realize that there is a risk of being injured that is inherent in all activities. You realize that the risk of injury may be severe, including the risk of fractures, brain injuries, paralysis or even death.

Activity programs specifically excluded: _____

Date _____ Signature of Student _____

Signature of Parent _____