

OSSAA PHYSICAL EXAMINATION AND PARENTAL CONSENT FORM

Updated April 2017

PLEASE PRINT

DATE OF EXAM _____

Name _____ Sex _____ Age _____ Date of Birth _____

Grade _____ School _____ Sport(s) _____

Address _____ Phone _____

Personal physician _____ Phone _____

In case of emergency, contact: 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?	☐	☐	24. Have you ever had numbness or tingling in your arms, hands, legs, or feet?	☐	☐
2. Do you have an ongoing or chronic illness?	☐	☐	25. Have you ever become ill from exercising in the heat?	☐	☐
3. Have you ever been hospitalized overnight?	☐	☐	26. Do you cough, wheeze, or have trouble breathing during or after activity?	☐	☐
4. Have you ever had surgery?	☐	☐	27. Do you have asthma?	☐	☐
5. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?	☐	☐	28. Do you have seasonal allergies that require medical treatment?	☐	☐
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	☐	☐	29. Do you or does someone in your family have sickle cell trait or disease?	☐	☐
7. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	☐	☐	30. 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)?	☐	☐
8. Have you ever had a rash or hives develop during or after exercise?	☐	☐	31. Have you had any problems with your eyes or vision?	☐	☐
9. Have you ever passed out during or after exercise?	☐	☐	32. Do you wear glasses, contacts, or protective eyewear?	☐	☐
10. Have you ever been dizzy during or after exercise?	☐	☐	33. Have you ever had a sprain, strain, or swelling after injury?	☐	☐
11. Have you ever had chest pain during or after exercise?	☐	☐	34. Have you broken or fractured any bones or dislocated any joints?	☐	☐
12. Do you get tired more quickly than your friends do during exercise?	☐	☐	35. Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	☐	☐
13. Have you ever had racing of your heart or skipped heartbeats?	☐	☐	36. If yes, check appropriate box and explain below.		
14. Have you had high blood pressure or high cholesterol?	☐	☐	☐ Head	☐ Elbow	☐ Hip
15. Have you ever been told you have a heart murmur?	☐	☐	☐ Neck	☐ Forearm	☐ Thigh
16. Has any family member or relative died of heart problems or of sudden death before age 50?	☐	☐	☐ Back	☐ Wrist	☐ Knee
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	☐	☐	☐ Chest	☐ Hand	☐ Shin/calf
18. Has a physician ever denied or restricted your participation in sports for any heart problems?	☐	☐	☐ Shoulder	☐ Finger	☐ Ankle
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	☐	☐	☐ Upper arm		☐ Foot
20. Have you ever had a head injury or concussion?	☐	☐	37. Do you want to weigh more or less than you do now?	☐	☐
21. Have you ever been knocked out, become unconscious, or lost your memory?	☐	☐	38. Do you lose weight regularly to meet weight requirements for your sport?	☐	☐
22. Have you ever had a seizure?	☐	☐	39. Do you feel stressed out?	☐	☐
23. Do you have frequent or severe headaches?	☐	☐	40. Record the dates of your most recent immunizations (shots) for:		
			Tetanus _____ Measles _____		
			Hepatitis _____ Chickenpox _____		

Explain "Yes" answers on a separate sheet.

The above information is correct to the best of my knowledge. I hereby give my informed consent for the above-mentioned student to participate in activities. I understand the risk of injury in athletic participation. If my son/daughter becomes ill or is injured, necessary medical care can be instituted by physicians, coaches, athletic trainers or other personnel properly trained. I further acknowledge and consent that, as a condition for participating in activities, identifying information about the above-mentioned student may be disclosed to OSSAA in connection with any investigation or inquiry concerning the student's eligibility to participate and/or any possible violation of OSSAA rules. OSSAA will undertake reasonable measure to maintain the confidentiality of such identifying information, provided that such information has not otherwise been publicly disclosed in some manner.

Signature of parent/guardian _____ Signature of Athlete _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION

PLEASE PRINT

DATE OF EXAM _____

Name _____ Date of Birth _____

Height _____ Weight _____ Body fat (optional) _____ % Pulse _____ BP _____ / _____ Color Blind Yes No (circle one)

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

MEDICAL	Normal	Abnormal Findings
Appearance		
Eyes/Ears/Throat		
Lymph Nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitalia (male only)		
Skin		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot		

CLEARANCE

() Cleared

() Cleared after completing evaluation/rehabilitation for: _____

() Not cleared for: _____ Reason: _____

Recommendations: _____

Name & Title of Examiner (Print/Type) _____ Date _____

Address _____ Phone _____

Signature of Examiner _____