



PHYSICIAN'S AND PARENTS' CERTIFICATE FOR ATHLETIC PARTICIPATION
UNIVERSITY INTERSCHOLASTIC LEAGUE AND ALDINE INDEPENDENT SCHOOL DISTRICT
Revised February 2017



Attention School Authorities: This form must be signed yearly by both the student and parent/guardian and be on file at your school before the student may participate in any practice, scrimmage, or contest before, during, or after school. A copy of the student's medical history and physical examination form signed by a physician must be on file at your school.

STUDENT ID # Gender: Male / Female Grade _____ School _____

Student Name _____ Birth Date ____/____/____ Age _____

Address _____ City _____ Zip _____

Male Parent _____ Female Parent _____

Cell Phone (____) _____ - _____ Cell Phone (____) _____ - _____

Work Phone (____) _____ - _____ Work Phone (____) _____ - _____

ALTERNATE EMERGENCY CONTACT—Please list the emergency contact ***IN CASE a parent/guardian CANNOT be reached***

Name _____ Relationship _____

Cell Phone (____) _____ - _____ Work Phone (____) _____ - _____

INSURANCE WAIVER

This section is to be filled out only if the parent chooses not to purchase the accident insurance offered through the school.

TO THE BOARD OF TRUSTEES OF THE ALDINE INDEPENDENT SCHOOL DISTRICT:

Gentlemen: The undersigned are the parents or legal guardians of _____, a student in the Aldine Independent School District who intends to participate in the interscholastic athletic competition during the **20____-20____ school year**. We have been advised that the Aldine Independent School District provides an insurance program for the protection of such students who participate in interscholastic athletic competition against bodily injury sustained by such students while training for or engaging in such competition.

The purpose of this is to inform you that the student named above is insured for any such bodily injuries he may sustain on insurance policies provided by the parents. The information regarding this coverage is provided below. **IT IS MANDATORY THAT THIS INFORMATION BE PROVIDED.** The student will not be issued any equipment or allowed to participate in any in-season or off-season practices or games until this information is on file at the school.

We accordingly instruct the Aldine Independent School District that **we do not desire the insurance coverage offered through the district** for such student and we do hereby expressly waive any future claim or cause of action that we or the student may have against the Aldine Independent School District as a result of any bodily injuries sustained in interscholastic athletic competition, whether while training for or engaging in such competition, during the **20____-20____ school year**.

THE FOLLOWING MUST BE SIGNED IN FRONT OF A NOTARY PUBLIC

X _____ X _____

Signature of Student Athlete Signature of Parent/Legal Guardian Date

INSURANCE INFORMATION:

Student's Health Insurance Provider _____

Policy of ID Number _____ Group Number _____

Phone Number _____ Name of Insured _____

IF ANY OF THE ABOVE INFORMATION CHANGES, CONTACT THE ATHLETIC TRAINER OR CAMPUS ATHLETIC COORDINATOR AT THE SCHOOL IMMEDIATELY WITH THOSE CHANGES!

Subscribed and sworn to before me this _____ day of _____, 20____

Notary Public in and for Harris County, Texas

Notary Seal or Stamp

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

2020

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event.

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

Explain "Yes" answers in the box 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 physical?	☐	☐	13. Have you ever gotten unexpectedly short of breath with exercise?	☐	☐
2. Have you been hospitalized overnight in the past year?	☐	☐	Do you have asthma?	☐	☐
Have you ever had surgery?	☐	☐	Do you have seasonal allergies that require medical treatment?	☐	☐
3. Have you ever had prior testing for the heart ordered by a physician?	☐	☐	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	☐	☐
Have you ever passed out during or after exercise?	☐	☐	15. Have you ever had a sprain, strain, or swelling after injury?	☐	☐
Have you ever had chest pain during or after exercise?	☐	☐	Have you broken or fractured any bones or dislocated any joints?	☐	☐
Do you get tired more quickly than your friends do during exercise?	☐	☐	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	☐	☐
Have you ever had racing of your heart or skipped heartbeats?	☐	☐	If yes, check appropriate box and explain below:		
Have you had high blood pressure or high cholesterol?	☐	☐	☐ Head	☐ Elbow	☐ Hip
Have you ever been told you have a heart murmur?	☐	☐	☐ Neck	☐ Forearm	☐ Thigh
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	☐	☐	☐ Back	☐ Wrist	☐ Knee
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm?	☐	☐	☐ Chest	☐ Hand	☐ Shin/Calf
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	☐	☐	☐ Shoulder	☐ Finger	☐ Ankle
Has a physician ever denied or restricted your participation in activities for any heart problems?	☐	☐	☐ Upper Arm	☐ Foot	
4. Have you ever had a head injury or concussion?	☐	☐	16. Do you want to weigh more or less than you do now?	☐	☐
Have you ever been knocked out, become unconscious, or lost your memory?	☐	☐	17. Do you feel stressed out?	☐	☐
If yes, how many times? _____			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	☐	☐
When was your last concussion? _____			<i>Females Only</i>		
How severe was each one? (Explain below)			19. When was your first menstrual period? _____		
Have you ever had a seizure?	☐	☐	When was your most recent menstrual period? _____		
Do you have frequent or severe headaches?	☐	☐	How much time do you usually have from the start of one period to the start of another? _____		
Have you ever had numbness or tingling in your arms, hands, legs or feet?	☐	☐	How many periods have you had in the last year? _____		
Have you ever had a stinger, burner, or pinched nerve?	☐	☐	What was the longest time between periods in the last year? _____		
5. Are you missing any paired organs?	☐	☐	<i>Males Only</i>		
6. Are you under a doctor's care?	☐	☐	20. Do you have two testicles? _____		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	☐	☐	21. Do you have any testicular swelling or masses? _____		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	☐	☐	☐ An electrocardiogram (ECG) is not required. I have read and understand the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I understand it is the responsibility of my family to schedule and pay for such ECG.		
9. Have you ever been dizzy during or after exercise?	☐	☐	EXPLAIN "YES" ANSWERS IN THE BOX BELOW (attach another sheet if necessary):		
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	☐	☐			
11. Have you ever become ill from exercising in the heat?	☐	☐			
12. Have you had any problems with your eyes or vision?	☐	☐			

It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains: Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____
 Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (____ / _____, ____ / ____)
brachial blood pressure while sitting
 Vision: R 20/____ L 20/____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's **MEDICAL HISTORY FORM** on the reverse side. * **Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
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: _____ Reason: _____
- Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____
 Address: _____
 Phone Number: _____
 Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.