

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION IDAHO HEALTH EXAMINATION AND CONSENT FORM

Year of Exam _____

It is required that all students complete a History and Physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1st of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the principal prior to the first practice.

Name _____ Home Address _____ Phone _____

Grade _____ Sports _____ Physician's Phone Number _____

Personal Physician _____ Sex _____ School _____

Date of Birth _____

HISTORY FORM

*Fill in details of "YES" answers in space below:

- | | YES | NO | | YES | NO |
|---|-------|-------|---|-------|-------|
| 1. A. Have you ever been hospitalized? | _____ | _____ | 5. Do you have any skin problems? (itching, rash, acne) | _____ | _____ |
| B. Have you ever had surgery? | _____ | _____ | 6. A. Have you ever had a head injury? | _____ | _____ |
| 2. Are you presently taking any medication or pills? | _____ | _____ | B. Have you ever been knocked out or unconscious? | _____ | _____ |
| 3. Do you have any allergies? (medicine, bees, other stinging insects) | _____ | _____ | C. Have you ever had a seizure? | _____ | _____ |
| 4. A. Have you ever passed out during or after exercise? | _____ | _____ | D. Have you ever had a stinger, burner, or pinched nerve? | _____ | _____ |
| B. Have you ever been dizzy during or after exercise? | _____ | _____ | 7. A. Have you ever had heat cramps? | _____ | _____ |
| C. Have you ever had chest pain during or after exercise? | _____ | _____ | B. Have you ever been dizzy or passed out in the heat? | _____ | _____ |
| D. Do you tire more quickly than your friends during exercise? | _____ | _____ | 8. Do you have trouble breathing or cough during or after exercise? | _____ | _____ |
| E. Have you ever had high blood pressure? | _____ | _____ | 9. Do you use special equipment, pads, braces, mouth or eyeguards? | _____ | _____ |
| F. Have you ever been told you have a heart murmur? | _____ | _____ | 10. A. Have you had problems with your eyes or vision? | _____ | _____ |
| G. Have you ever had racing of your heart or skipped beats? | _____ | _____ | B. Do you wear glasses, contacts or protective eyewear? | _____ | _____ |
| H. Has anyone in your family died of heart problems or a sudden death before age 50? | _____ | _____ | | | |
| 11. Have you ever sprained/strained, dislocated, fractured/broken, or had repeated swelling or other injuries to any of your bones or joints? | _____ | _____ | | | |
| Head _____ Neck _____ Chest _____ Back _____ Hip _____ | | | | | |
| Shoulder _____ Elbow _____ Forearm _____ Wrist _____ Hand _____ | | | | | |
| Thigh _____ Knee _____ Shin/Calf _____ Ankle _____ Foot _____ | | | | | |
| 12. Have you ever had any other medical problems such as: | | | | | |
| Mononucleosis _____ Diabetes _____ Asthma _____ Hepatitis _____ Headaches _____ | | | | | |
| Tuberculosis _____ Eye injuries _____ Stomach ulcer _____ Other _____ (frequent) | | | | | |
| 13. Have you had a medical problem or injury since last exam? | _____ | _____ | | | |
| 14. When was your last tetanus shot? _____ When was your last measles immunization? _____ | | | | | |
| 15. When was your first menstrual period? _____ When was your last menstrual period? _____ | | | | | |

* Explain "YES" answers here: _____

PHYSICAL EXAMINATION FORM

Height _____ Weight _____ BP _____ / _____ T _____ Pulse _____ R _____

Visual acuity: R 20 / _____ L 20 / _____ Corrected Y N Pupils _____

Ears, Nose, Throat _____ Normal Abnormal

Cardiopulmonary _____

Pulses _____

Heart _____

Lungs _____

Skin _____

Abdominal _____

Genitalia _____

Musculoskeletal _____

Neck _____

Shoulder _____

Elbow _____

Wrist _____

Hand _____

Back _____

Knee _____

Ankle _____

Foot _____

CLEARANCE / RECOMMENDATIONS

Clearance: _____

A. Cleared for all sports and other school-sponsored activities.

B. Cleared after completing evaluation/rehabilitation for: _____

C. NOT cleared to participate in the following IHSAA-sponsored sports:
 Baseball _____ Cross Country _____ Golf _____ Tennis _____ Volleyball _____
 Basketball _____ Football _____ Softball _____ Track _____ Wrestling _____

NOT cleared for other school-sponsored activities:
 (Example) 1. Soccer _____ 2. Swimming _____ 3. _____ 4. _____

D. Student is NOT permitted to participate in high school athletics. Reason: _____

Recommendation: _____

CONSENT FORM: (Parent or Guardian and Student Permission and Approval)

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated by school authorities for any illness or injury resulting from his/her athletic participation.

PARENT OR GUARDIAN SIGNATURE _____ DATE _____
 This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the State Association.

SIGNATURE OF STUDENT _____ DATE _____

Examiner's Signature: _____ Date: _____
 (This Physical form must be signed by a licensed physician, physician's assistant or nurse practitioner)
 Address: _____ Phone: (_____) _____