

ARCHDIOCESE OF MIAMI

Office of Schools: All Broward Conference and All Catholic Conference

Student: _____ School: _____

Sports in which the student plans to participate: _____

- A. I/we hereby give consent for our child/ward to participate in the interscholastic sports listed above.
- B. I/we am aware of the potential danger of concussions and/or head and neck injuries in athletic participation. I also have knowledge about the risks associated with heat related illness during athletic participation and have received information as to the risk of continuing to practice or play once a concussion or head injury is sustained without proper medical clearance.
- C. I/we know of and acknowledge that my child/ward knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I/we release and hold harmless my child's/ward's school, the school against which it competes, the contest officials and coaches, and the Archdiocese of Miami including all of its affiliated entities and agents of any and all legal responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against my child's/ward's school, the schools against which it competes, the contest officials and coaches and the Archdiocese of Miami because of any claim, costs, or cause of action arising in any way from the athletic participation of my child/ward. I further authorize emergency medical treatment for my child/ward should the need arise for such treatment while my child/ward is under the supervision of the school.

I/we have read this document carefully. I/we understand the contents of the document and I/we are aware that it contains a release of liability. I/we understand that the student may not practice or compete in any sports activity until this document is on file with the principal.

Parent/Guardian

Parent/Guardian

Date

Note: This document must be completed and endorsed by the student's parent or guardian and kept on file at the school. When received, the document should be date stamped and initialed by the athletic director or the principal.



Archdiocese of Miami
 Department of Schools
Athletic Pre-participation Physical Evaluation (Page 1 of 2)
 This completed form must be kept on file by the school

Part 1. Student Information (to be completed by the parent).

Student Name: _____ Sex: _____ Age _____ Date of Birth _____ / _____ / _____
 School: _____ Grade in School _____ Sport(s) expected to play _____
 Home Address: _____ Home Phone () _____
 Name of Parent/Guardian: _____
 Person to Contact in Case of Emergency: _____
 Relationship to Student: _____ Home Phone: () _____ Work Phone: () _____
 Personal Family Physician: _____ City/State: _____ Office Phone: () _____

Part 2. Medical History (to be completed by parent). Explain "yes" answers below. Circle questions for which you do not know the answer

- | | Yes | No | | Yes | No |
|--|-------|-------|--|-------------|---------------|
| 1. Has child had a medical illness or injury since the last check up or sports physical? | _____ | _____ | 26. Has child ever become ill from exercising in the heat? | _____ | _____ |
| 2. Does child have an ongoing chronic illness? | _____ | _____ | 27. Does child cough, wheeze or have trouble breathing during or after activity? | _____ | _____ |
| 3. Has child ever been hospitalized overnight? | _____ | _____ | 28. Does child have asthma? | _____ | _____ |
| 4. Has child ever had surgery? | _____ | _____ | 29. Does child have seasonal allergies that require medical treatment? | _____ | _____ |
| 5. Is child currently taking any prescription or nonprescription (over the counter) medications or pill or using an inhaler? | _____ | _____ | 30. Does child have 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)? | _____ | _____ |
| 6. Has child ever taken any supplements or vitamins to help gain or lose weight or improve performance? | _____ | _____ | 31. Has child had any problems with his/her eyes or vision? | _____ | _____ |
| 7. Does child have any allergies (for example to pollen, medicine, food or stinging insects)? | _____ | _____ | 32. Does child wear glasses, contacts, or protective eye wear? | _____ | _____ |
| 8. Has child ever had rash or hives develop during or after exercise? | _____ | _____ | 33. Has child ever had a sprain, strain, or swelling after injury? | _____ | _____ |
| 9. Has child ever passed out during or after exercise? | _____ | _____ | 34. Has child broken or fractured any bones or dislocated any joints? | _____ | _____ |
| 10. Has child ever been dizzy during or after exercise? | _____ | _____ | 35. Has child had any other problems with pain or swelling in muscles, tendons, bones, or joints? | _____ | _____ |
| 11. Has child ever had chest pain during or after exercise? | _____ | _____ | <i>If yes, check appropriate blank and explain below:</i> | | |
| 12. Does child get tired more quickly than friends during exercise? | _____ | _____ | ___ Head | ___ Elbow | ___ Hip |
| 13. Has child ever had racing of the heart or skipped heartbeats? | _____ | _____ | ___ Neck | ___ Forearm | ___ Thigh |
| 14. Has child had high blood pressure or high cholesterol? | _____ | _____ | ___ Back | ___ Wrist | ___ Knee |
| 15. Has child ever been told he/she has a heart murmur? | _____ | _____ | ___ Chest | ___ Hand | ___ Shin/Calf |
| 16. Has any family member or relative died of heart problems or sudden death before age 50? | _____ | _____ | ___ Shoulder | ___ Finger | ___ Ankle |
| 17. Has child had severe viral infection (for example, myocarditis or mononucleosis) within the last month? | _____ | _____ | ___ Upper Arm | ___ Foot | |
| 18. Has a physician ever denied or restricted child's participation in sports for any heart problems? | _____ | _____ | 36. Does child want to weigh more or less than child weighs now? | _____ | _____ |
| 19. Does child have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | _____ | _____ | 37. Does child lose weight regularly to meet weight requirements for a sport? | _____ | _____ |
| 20. Has child ever had a head injury or concussion? | _____ | _____ | 38. Does child feel stressed out? | _____ | _____ |
| 21. Has child ever been knocked out, become unconscious, or lost his/her memory? | _____ | _____ | 39. Record the dates of his/most recent immunizations (shots) for: | | |
| 22. Has child ever had a seizure? | _____ | _____ | Tetanus _____ Measles: _____ | | |
| 23. Does child have frequent or severe headaches? | _____ | _____ | Hepatitis B _____ Chickenpox: _____ | | |
| 24. Has child ever had numbness or tingling in his/her arms, hands, legs, or feet? | _____ | _____ | | | |
| 25. Has child ever had a stinger, burner, or pinched nerve? | _____ | _____ | | | |

Explain "Yes" answers here: _____

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

Signature of Parent/Guardian _____ Date: _____



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 Department of Schools
Athletic Pre-participation Physical Evaluation (Page 2 of 2)
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Part 3. Physical Examination (to be completed by physician).

Student Name: _____ Date of Birth _____ / _____ / _____
 Height: _____ Weight: _____ % Body Fat (optional): _____ Pulse: _____ Blood Pressure: _____ / _____ (_____ / _____ , _____ / _____)
 Visual Acuity: Right 20/ _____ Left 20/ _____ Corrected: Yes No Pupils: Equal _____ Unequal _____

FINDINGS	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
1. Appearance	_____	_____	_____
2. Eyes/Ears/Nose/Throat	_____	_____	_____
3. Lymph Nodes	_____	_____	_____
4. Heart	_____	_____	_____
5. Pulses	_____	_____	_____
6. Lungs	_____	_____	_____
7. Abdomen	_____	_____	_____
8. Skin	_____	_____	_____
MUSCULOSKELETAL			
9. Neck	_____	_____	_____
10. Back	_____	_____	_____
11. Shoulder/Arm	_____	_____	_____
12. Elbow/Forearm	_____	_____	_____
13. Wrist/Hand	_____	_____	_____
14. Hip/Thigh	_____	_____	_____
15. Knee	_____	_____	_____
16. Leg/Ankle	_____	_____	_____
17. Foot	_____	_____	_____

* - Station-based examination only

ASSESSMENT

_____ Cleared without limitation

_____ Cleared after completing evaluation/rehabilitation for: _____

_____ Not cleared for: _____ Reason: _____

Recommendations: _____

Name of Physician (print or type): _____ Date: _____

Address: _____

Signature of Physician: _____, MD or DO

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.