

**IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION
IDAHO HEALTH EXAMINATION AND CONSENT FORM**

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 1 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 _____
 Personal Physician _____ Physician's phone number _____
 Date of Birth _____ Sex _____ School _____

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 of 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 (frequent)
 _____ Tuberculosis _____ Eye injuries _____ Stomach ulcer _____ Other
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? _____
 What was the longest time between periods last year? _____

*Explain "YES" answers here: _____

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. In the absence of parents, I also consent to the release of any information contained in this form to carry out treatment and health care operations for the above named student.

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: _____

PHYSICAL EXAMINATION FORM

Height _____ Weight _____ BP _____ / _____ T _____ Pulse _____ R _____
 Visual acuity R 20 / _____ L 20 / _____ Corrected: Y N Pupils _____

| | | |
|--------------------|--------|----------|
| | Normal | Abnormal |
| Ears, Nose, Throat | _____ | _____ |
| 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 | Softball | Track |
| Wrestling | | | | |
| Basketball | Football | Soccer | Tennis | |
| Volleyball | | | | |

 Not cleared for other school-sponsored activities:
 (Example) 1. Swimming 2. _____ 3. _____
 - _____ D. Student is *NOT* permitted to participate in high school athletics. Reason: _____

Recommendation: _____

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

Address: _____ Phone: (_____) _____