



Nebraska School Activities Association
School Sports Qualifying Screening Evaluation
Please Complete in Ink

INSTRUCTIONS FOR COMPLETING THE PRE-PARTICIPATION FORM

REASONS FOR RECOMMENDED CHANGES IN PRE-PARTICIPATION PHYSICAL FORMS

The NSAA's Sports Medicine Advisory Committee has recommended that schools utilize a different form and different procedures than have previously been used for activities pre-participation physical examinations. Medical professionals on the NSAA Sports Medicine Advisory Committee expressed concerns that some of the processes of collection of and access to confidential student medical information for athletic participation purposes would likely constitute an infringement of privacy.

In the past, the two-part NSAA pre-participation physical form included (1) a page of student medical history, and (2) a page with the actual examination report. Once the physical examination was completed, both the medical history and examination report were filed with the student's high school, often by the physician or medical clinic—a practice that has been challenged as infringing on privacy.

The attached form is a product of and used with the approval of the American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

This proposed three-part form includes (1) a History Form; (2) the actual Physical Examination Form; and (3) the Clearance Form. It is anticipated that the examining physician would retain on file the History Form and the Physical Examination Form, with only the Clearance Form being returned to the student to be placed on file in the school office.

SCHOOL ENTRY PHYSICAL EXAMINATIONS

This physical examination form and procedures is intended for pre-participation athletic physicals. In the past, some schools have utilized the NSAA physical form for school-entry physicals. This form could be used for that purpose, as well, but it is important to note that there may be important components of the school-entry physical examination requirements that are not included on this form (e.g., vision examination).

SIGNATURE(S)

For the form to be valid, it must be signed by a physician or medical person within the scope of his/her training and within the limits defined by state statutes as to services which can be legally performed by the field of practice to which the individual belongs.

PARENTAL CONSENT FORM

The Parental Consent Form is a form based on current language making sure parents and athletes understand completely there are risks with any athletic activity. This form is very "generic" and can be easily modified to fit the individual school. Since some schools may want to be very specific in their forms, this form may be modified. It is currently designed to refer to a school's specific sets of policies, rules and regulations for athletic participation. The Parental Consent Form should be placed on file for every student who participates in NSAA activities, athletic and non-athletic.

Preparticipation Physical Evaluation

**HISTORY
FORM**

DATE OF EXAM _____

Name _____ Sex _____ Age _____ Date of birth _____
 Grade _____ School _____ Sport(s) _____
 Address _____ Phone _____
 Personal physician _____
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 |
|--|------------|-----------|
1. Has a doctor ever denied or restricted your participation in sports for any reason?
 2. Do you have an ongoing medical condition (like diabetes or asthma)?
 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?
 4. Do you have allergies to medicines, pollens, foods, or stinging insects?
 5. Have you ever passed out or nearly passed out DURING exercise?
 6. Have you ever passed out or nearly passed out AFTER exercise?
 7. Have you ever had discomfort, pain, or pressure in your chest during exercise?
 8. Does your heart race or skip beats during exercise?
 9. Has a doctor ever told you that you have (check all that apply):
 High blood pressure A heart murmur
 High cholesterol A heart infection
 10. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram)
 11. Has anyone in your family died for no apparent reason?
 12. Does anyone in your family have a heart problem?
 13. Has any family member or relative died of heart problems or of sudden death before age 50?
 14. Does anyone in your family have Marfan syndrome?
 15. Have you ever spent the night in a hospital?
 16. Have you ever had surgery?
 17. Have you ever had an injury, like a sprain, muscle or ligament tear or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below:
 18. Have you had any broken or fractured bones, or dislocated joints? If yes, circle below:
 19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:
- | | | | | | | | |
|------------|------------|----------|-----------|-------|-----------|--------------|-----------|
| Head | Neck | Shoulder | Upper arm | Elbow | Forearm | Hand/fingers | Chest |
| Upper back | Lower back | Hip | Thigh | Knee | Calf/shin | Ankle | Foot/toes |
20. Have you ever had a stress fracture?
 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?
 22. Do you regularly use a brace or assistive device?
 23. Has a doctor ever told you that you have asthma or allergies?

- | | | |
|--|------------|-----------|
| | Yes | No |
|--|------------|-----------|
24. Do you cough, wheeze, or have difficulty breathing during or after exercise?
 25. Is there anyone in your family who has asthma?
 26. Have you ever used an inhaler or taken asthma medicine?
 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?
 28. Have you had infectious mononucleosis (mono) within the last month?
 29. Do you have any rashes, pressure sores, or other skin problems?
 30. Have you had a herpes skin infection?
 31. Have you ever had a head injury or concussion?
 32. Have you been hit in the head and been confused or lost your memory?
 33. Have you ever had a seizure?
 34. Do you have headaches with exercise?
 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?
 36. Have you ever been unable to move your arms or legs after being hit or falling?
 37. When exercising in the heat, do you have severe muscle cramps or become ill?
 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?
 39. Have you had any problems with your eyes or vision?
 40. Do you wear glasses or contact lenses?
 41. Do you wear protective eyewear, such as goggles or a face shield?
 42. Are you happy with your weight?
 43. Are you trying to gain or lose weight?
 44. Has anyone recommended you change your weight or eating habits?
 45. Do you limit or carefully control what you eat?
 46. Do you have any concerns that you would like to discuss with a doctor?
- FEMALES ONLY**
47. Have you ever had a menstrual period?
 48. How old were you when you had your first menstrual period? _____
 49. How many periods have you had in the last year? _____

Explain "Yes" answers here: _____

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

Signature of athlete _____ Signature of parent/guardian _____ Date _____

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I hereby give permission for the release of the attached student medical history and the results of the actual physical examination to the school for the purposes of participation in athletics and activities.

Parent or Legal Guardian Signature _____ Date _____

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____/____ (____/____, ____/____)

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

Follow-Up Questions on More Sensitive Issues

- | | Yes | No |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Do you feel stressed out or under a lot of pressure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you feel safe? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you ever tried cigarette smoking, even 1 or 2 puffs? Do you currently smoke? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. During the past 30 days, did you use chewing tobacco, snuff, or dip? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. During the past 30 days, have you had at least 1 drink of alcohol? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever taken steroid pills or shots without a doctor's prescription? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Have you ever taken any supplements to help you gain or lose weight or improve your performance? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Questions from the Youth Risk Behavior Survey (http://www.cdc.gov/HealthyYouth/yrbs/index.htm) on guns, seatbelts, unprotected sex, domestic violence, drugs, etc | <input type="checkbox"/> | <input type="checkbox"/> |

Notes:

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary [†]			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

*Multiple-examiner set-up only.

[†]Having a third party present is recommended for the genitourinary examination.

Notes:

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

Preparticipation Physical Evaluation

CLEARANCE FORM

Name _____ Sex _____ Age _____ Date of birth _____

Cleared without restriction

Cleared, with recommendations for further evaluation or treatment for: _____

Not cleared for All sports Certain sports: _____ Reason: _____

Recommendations: _____

EMERGENCY INFORMATION

Allergies _____

Other Information _____

IMMUNIZATIONS (eg, tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis; pneumococcal; meningococcal; varicella)

Up to date (see attached documentation) Not up to date Specify _____

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO