

Revised 03/10

# Preparticipation Physical Evaluation (Page 1 of 3)

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ome Address:								_ Home Ph	one: (	_)		
me of Parent/Guardian:					E	-mail:						
rson to Contact in Case of Emergency:												
lationship to Student: Home						)		Celi	l Phone: (			
rsonal/Family Physician:				City/State:								
art 2. Medical History (to be completed by	studení Yes	or pai No	rent). I	Explain "yes" s	answers	below.	Circle	questions	you don	't knov		ers to N
Have you had a medical illness or injury since your la	st		26.	Have you ever	become	ill from	exercisi	ng in the h	eat?		200	•
check up or sports physical?				Do you cough,	wheeze	or have t	trouble l	breathing d	luring or at	ter		
Do you have an ongoing chronic illness?	-			activity?								
Have you ever been hospitalized overnight?	_	_		Do you have a							-	-
Have you ever had surgery?	_	_		Do you have so								_
Are you currently taking any prescription or non-	_		30.	Do you use any								_
prescription (over-the-counter) medications or pills or using an inhaler?				medical device (for example, k								
Have you ever taken any supplements or vitamins to				retainer on you				om, noor or	moues, sn	uni,		
help you gain or lose weight or improve your	-	_	31.	Have you had		_		ves or visio	on?			
performance?				Do you wear g								2-
Do you have any allergies (for example, pollen, latex,				Have you ever								
medicine, food or stinging insects)?			34.	Have you brok	en or fra	ctured an	y bones	or disloca	ted any joi	nts?		
Have you ever had a rash or hives develop during or after exercise?	_	_	35.	J			s with p	pain or swe	lling in m	uscles,		
Have you ever passed out during or after exercise?				tendons, bones								
Have you ever been dizzy during or after exercise?		_		If yes, check ap Head	propriai	_ Elbow	іпа ехрі					
Have you ever had chest pain during or after exercise				Neck	_	_ Forearr	m	Hip Thigh				
Do you get tired more quickly than your friends do				Back		_ Voican		Knee				
during exercise?				Chest	_	_ Hand		C1	alf			
Have you ever had racing of your heart or skipped				Shoulder		_ Finger		Snin/C Ankle				
heartbeats?				Upper Arm		Foot						
Have you had high blood pressure or high cholesterol?		_	36.	Do you want to	weigh r	nore or le	ess than	you do nov	w?			
Have you ever been told you have a heart murmur?	-	_	37.	Do you lose we	eight reg	ularly to r	meet we	ight requir	ements for	your		
Has any family member or relative died of heart problems or sudden death before age 50?				sport?								
Have you had a severe viral infection (for example,				Do you feel stre								
myocarditis or mononucleosis) within the last month?	_	_		Have you ever							-	_
Has a physician ever denied or restricted your				Have you ever								_
participation in sports for any heart problems?			41,	Record the date Tetanus:	s or you	r most red	cent imi	munization	s (shots) to	or:		
Do you have any current skin problems (for example,		_		Hepatitus B:		N	hickorn					
itching, rashes, acne, warts, fungus, blisters or pressure so	es)?			Tiepatius D			mekemp	00X:				
Have you ever had a head injury or concussion?		-	FEI	MALES ONLY	(options	n						
Have you ever been knocked out, become unconscious or lost your memory?		-		When was your			eriod?					
Have you ever had a seizure?			43.	When was your	most re	cent men	strual pe	eriod?				
Do you have frequent or severe headaches?	-	_	44.	How much time	e do you	usually h	ave from	m the start	of one per	iod to		
Have you ever had numbness or tingling in your arms,	-			the start of anot	her?				_			
hands, legs or feet?			45.	How many peri	ods have	you had	in the la	ast year?_				
Have you ever had a stinger, burner or pinched nerve?			46.	What was the lo	ngest tin	ne betwee	n period	ls in the las	t year?			
lain "Yes" answers here:												
combination to the beautiful to the second	. 1			1								
ereby state, to the best of our knowledge, that our answers to tites, and FHSAA Bylaw 9.7, we understand and acknowledge t	ne above qu hat we are l	estions a hereby a	are comp dvised th	lete and correct. In at the student show	addition	to the routi	ine media zascular s	cal evaluatio	a required b	y s.1006 nchide e	.20, Flori	da
as electrocardiogram (EKG), echocardiogram (ECG) and/or ca	rdio stress	test.			models	- 2 AM (11/1)	- assengt 2	ovooustill, \	шау п	uu5 81	ren magn	UBLIC

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## Florida High School Athletic Association

# Preparticipation Physical Evaluation (Page 2 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.

Date of Birth   Height:   Weight:   Weight:   Weight:   Weight:   Should ressure:   / ( / Temperature:   Hearing: right: P F left: P F   F   Visual Acuity   Right 20/   Left 20/   Corrected: Yes   No   Pupits: Equal   Unequal	
Temperature:   Hearing: right: P	
Visual Acuity   Right 20/	,/)
MEDICAL   1.   Appearance   2.   Eyes/Ears/Nose/Throat   3.   Lymph Nodes   4.   Heart   5.   Pulses   6.   Lungs   7.   Abdomen   8.   Genitalia (males only)   9.   Skin   MUSCULOSKELETAL   10.   Neck   11.   Back   12.   Shoulder/Arm   13.   Elbow/Forearm   14.   Wrist/Hand   15.   Hip/Thigh   16.   Knee   17.   Leg/Aakle	
MEDICAL   1. Appearance   2. Eyes/Ears/Nose/Throat   3. Lymph Nodes   4. Heart   5. Pulses   6. Lungs   7. Abdomen   8. Genitalia (males only)   9. Skin   MUSCULOSKELETAL   10. Neck   11. Back   12. Shoulder/Arm   13. Elbow/Forearm   14. Wrist/Hand   15. Hip/Thigh   16. Knee   17. Leg/Ankle   17. Leg/Ankle   18. Separation   17. Leg/Ankle   18. Separation   1	
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14. Wrist/Hand 15. Hip/Thigh 16. Knee 17. Leg/Ankle	
15. Hip/Thigh 16. Knee 17. Leg/Ankle	-
16. Knee  17. Leg/Ankle	
17. Leg/Ankle	
18. Foot	
- station-based examination only	
SCECCMENT OF EVALUATION WINGSOLD AND STORY AND ACCOUNT	
ASSESSMENT OF EXAMINING PHYSICIAN/PHYSICIAN ASSISTANT/NURSE PRACTITIONER hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclus	
Cleared without limitation	ion(s):
Disability: Diagnosis:	<u> </u>
Precautions:	
Not cleared for: Reason:	<del>-</del>
Cleared after completing evaluation/rehabilitation for:	
Referred toFor:	
ecommendations:	
fame of Physician/Physician Assistant/Nurse Practitioner (print):	
ddress:	<del></del>
ignoture of Dhysigina / Dhysigina Aggistant / Nurse Departitioner	



# Preparticipation Physical Evaluation (Page 3 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.

ASSESSMENT OF PHYSICIAN TO WHOM REF		l under my direct supervisi	on with the follow	ving co	onclusion(s)
Cleared without limitation					
Disability:	Diagnosis:				
Precautions:					
Not cleared for:		Reason:			
	n for:			_	
Recommendations:					
Name of Physician (print):			Date:	1	/
Address:					
Signature of Physician:					
Based on recommendations developed by the American Acade dic Society for Sports Medicine and American Osteopathic Aca	my of Family Physicians, American Academy of Pediatrics ademy for Sports Medicine.	, American Medical Society fo	r Sports Medicine, A	merica	n Orthopae-





Revised 05/13

# Consent and Release from Liability Certificate (Page 1 of 2)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable.

School:	School District (if applicable):	
to represent my school in interscholastic athletic competiti decisions. I know that athletic participation is a privilege. for a concussion, and even death, is possible in such participating welfare while participating in athletics, with full understanguardian(s), I hereby release and hold harmless my schoo responsibility and liability for any injury or claim resulting mishap involving my athletic participation. I hereby authoribecome necessary. I hereby grant to FHSAA the right to revand attendance, academic standing, age, discipline, finance me and further to use my name, face, likeness, voice and apreservation or limitation. The released parties, however, are	ted on the reverse side of this "Consent and Release Certificate" and I on. If accepted as a representative, I agree to follow the rules of my s I know of the risks involved in athletic participation, understand the ipation, and choose to accept such risks. I voluntarily accept any and ding of the risks involved. Should I be 18 years of age or older, or shoul, the schools against which it competes, the school district, the come afrom such athletic participation and agree to take no legal action against the use or disclosure of my individually identifiable health informative all records relevant to my athletic eligibility including, but not limes, residence and physical fitness. I hereby grant the released parties the pearance in connection with exhibitions, publicity, advertising, promounder no obligation to exercise said rights herein. I understand that the my time by submitting said revocation in writing to my school. By do	ichool and FHSAA and to abide by their at serious injury, including the potentia all responsibility for my own safety anculd I be emancipated from my parent(s) test officials and FHSAA of any and all inst FHSAA because of any accident or tion should treatment for illness or injury ited to, my records relating to enrollmenthe right to photograph and/or videotape tional and commercial materials without authorizations and rights granted herein.
tom; where divorced or separated, parent/guardian with	nowledgement and Release (to be completed and signed a legal custody must sign.) in any FHSAA recognized or sanctioned sport EXCEPT for the form	
is possible in such participation and choose to accept any at the risks involved, I release and hold harmless my child's/w and all responsibility and liability for any injury or claim rescident or mishap involving the athletic participation of my cwhile my child/ward is under the supervision of the school. I should treatment for illness or injury become necessary. I c to his/her athletic eligibility including, but not limited to, his physical fitness. I grant the released parties the right to phot appearance in connection with exhibitions, publicity, advert are under no obligation to exercise said rights herein.  D. I am aware of the potential danger of concussions an participate once such an injury is sustained without proper in READ THIS FORM COMPLETE!  MINOR CHILD ENGAGE IN A PING THAT, EVEN IF MY CHILD COMPETES, THE SCHOOL DISTSONABLE CARE IN PROVIDING BE SERIOUSLY INJURED OR KITHERE ARE CERTAIN DANGERS ED OR ELIMINATED. BY SIGNIN AND YOUR RIGHT TO RECOVE AGAINST WHICH IT COMPETS AND FHSAA IN A LAWSUIT FOR CHILD OR ANY PROPERTY DAN URAL PART OF THE ACTIVITY.  AND MY CHILD'S/WARD'S SCHOOL DISTRICT, THE CONTS CHOOL DISTRICT, THE CONTS COMPANY CHILD PARTICIP COMPANY CHILD	ys of, the risks involved in interscholastic athletic participation, undersund all responsibility for his/her safety and welfare while participating ard's school, the schools against which it competes, the school district sulting from such athletic participation and agree to take no legal action hild/ward. I authorize emergency medical treatment for my child/ward further hereby authorize the use or disclosure of my child's/ward's indonsent to the disclosure, by my child's/ward's school, to the FHSAA, scher records relating to enrollment and attendance, academic standing tograph and/or videotape my child/ward and further to use said child's itsing, promotional and commercial materials without reservation or lind/or head and neck injuries in interscholastic athletics. I also have knowledge in the school of the school o	in athletics. With full understanding of the contest officials and FHSAA of any nagainst the FHSAA because of any acshould the need arise for such treatment lividually identifiable health information upon its request, of all records relevant, age, discipline, finances, residence and sward's name, face, likeness, voice and mitation. The released parties, however, owledge about the risk of continuing to EING TO LET YOUR Y. YOU ARE AGREE-AGAINST WHICH IT ID FHSAA USES REACE YOUR CHILD MAY ACTIVITY BECAUSE HICANNOT BE AVOIDOUR CHILD'S RIGHT OOL, THE SCHOOLS ONTEST OFFICIALS ONTEST OFFICIALS ONTEST OFFICIALS ONTEST OFFICIALS IS DEATH, TO YOUR KS THAT ARE A NATIOSIGN THIS FORM, IIT COMPETES, THE ERIGHT TO REFUSE M. IIIY OF my child's team participation in tholastic athletics.
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date /
Name of Parent/Guardian (printed)  I HAVE READ THIS CAREF	Signature of Parent/Guardian FULLY AND KNOW IT CONTAINS A RELEASE (studen	Date t must sign)
Name of Student (printed)	Signature of Student	Date /

Revised 05/13



Florida High School Athletic Association

## Consent and Release from Liability Certificate (Page 2 of 2)

This completed form must be kept on file by the school.

## Attention Student and Parent(s)/Guardian(s)

Your school is a member of the Florida High School Athletic Association (FHSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an FHSAA recognized sport (i.e. bowling, competitive cheerleading, girls flag football, lacrosse, boys volleyball, water polo and girls weightlifting or sanctioned sport (i.e. baseball, basketball, cross country, tackle football, golf, soccer, fast-pitch softball, swimming & diving, tennis, track & field, girls volleyball, boys weightlifting and wrestling), the student:

- 1. Must be regularly enrolled and in regular attendance at your school. If the student is a home education student or attends a charter school or Florida Virtual School Full time Program or a special/alternative school or certain small non-member private schools, the student must declare in writing his/her intention to participate in athletics to the school at which the student is permitted to participate. Home education students and students attending small non-member private schools must must be approved through the use of a separate form prior to any participation. (FHSAA Bylaw 9.2, Policy 16 and Administrative Procedure 1.)
- 2. Must attend school within 10 days of the beginning of each semester to be eligible during that semester. (FHSAA Bylaw 9.2)
- 3. Must maintain at least a cumulative 2.0 grade point average on a 4.0 unweighted scale prior to the semester in which the student wishes to participate. This GPA must include all courses taken since the student entered high school. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester. (FHSAA Bylaw 9.4)
- 4. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4)
- 5. Must participate at the school in which the student first enrolls (attends), or at which the student first takes part in an athletic practice, at the beginning of the school year. (FHSAA Bylaw 9.2)
- 6. Must not transfer schools after the first day of practice of a sport, or otherwise the student cannot participate at the new school for the remainder of the school year. Exceptions may apply. See your school's principal/athletic director after first attending the new school. (FHSAA Bylaw 9.3)
- 7. Must not participate on a non-school team (i.e., AAU, American Legion, club setting, etc.) which is affiliated with a school or coached by a representative of a school other than the one the student attends, or has attended, and then attend that school, otherwise the student will be ineligible there for one year. (FHSAA Bylaw 9.2) Exceptions may apply. See your school's principal/athletic director after first attending the new school.
- 8. Must not transfer to a school that the student's coach has relocated to within a year, otherwise the student may be ineligible there for one year. (FHSAA Bylaw 9.3)
- 9. Must not have enrolled in the ninth grade for the first time more than four school years ago. If the student is a sixth, seventh or eighth grade student, the student must not participate if repeating that grade. (FHSAA Bylaw 9.5)
- 10. Must have signed permission to participate from the student's parent(s)/guardian(s) on a form (EL3) provided the school, (Bylaw 9.8)
- 11. Must be less than 19 years 9 months old to participate in high school; 16 years 9 months old to participate in junior high school, and 15 years 9 months old to participate in middle school, otherwise the student becomes ineligible to participate at that level. (FHSAA Bylaw 9.6)
- 12. Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics (form EL2). The physical evaluation is valid for 365 calendar days from the date that it was administered after which time the student must successfully undergo another physical evaluation to continue his/her participation. Parents and students must also submit a completed EL3CH which serves to address heat illness and concussion dangers. (FHSAA Bylaw 9.7)
- 13. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating. (FHSAA Bylaw 9.9)
- 14. Must not participate in an all-star contest in a sport prior to completing his/her high school eligibility in that sport. (FHSAA Policy 26)
- 15. Must display good sportsmanship and follow the rules of competition **before**, **during and after** every contest in which the student participates. If not, the student may be suspended from participation for a period of time. (FHSAA Bylaw 7.1)
- 16. Must not provide false information to his/her school or to the FHSAA to gain eligibility. (FHSAA Bylaw 9.1)
- 17. Youth exchange, other international and immigrant students must be approved by the FHSAA office prior to any participation. Exceptions may apply. See your school's principal/athletic director. (FHSAA Policy 17)
- 18. This form is non-transferable; a separate form must be completed for each different school at which a student participates.

If the student is declared or ruled ineligible due to one or more of the FHSAA rules and regulations, the student has the right to request that the school file an appeal on behalf of the student. See the principal or athletic director for information regarding this process.





# Consent and Release from Liability Certificate for Concussion and Heat-Related Illness (Page 1 of 2)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

#### Concussion Information

#### What is a concussion?

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

#### What are the signs and symptoms of concussion?

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- · Vacant stare or seeing stars
- Lack of awareness of surroundings
- · Emotions out of proportion to circumstances (inappropriate crying or anger)
- · Headache or persistent headache, nausea, vomiting
- Altered vision
- · Sensitivity to light or noise
- Delayed verbal and motor responses
- · Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo(spinning) or loss of equilibrium (being off balance or swimming sensation)
- · Decreased coordination, reaction time
- · Confusion and inability to focus attention
- Memory loss
   Sudden change in academic performance or drop in grades
- · Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases. loss of consciousness

#### What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

#### What do I do if I suspect my child has suffered a concussion?

Any athlete suspected of suffering a concussion should be removed from the activity immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459. Florida Statutes), or a licensed physicians assistant under the direct supervision of a MD/DO (as per Chapters 458 and 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

#### When can my child return to play or practice?

Following physician evaluation, the return to activity process requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit http://www.cdc.gov/concussioninyouthsports/ or http://www.seeingstarsfoundation.org

#### Statement of Student Athlete Responsibility

I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	////





# Consent and Release from Liability Certificate for Concussion and Heat-Related Illness (Page 2 of 2)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

#### FHSAA Heat-Related Illnesses Information

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

Heat Stroke is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

Heat Exhaustion is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

Heat Cramps usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

#### Who's at Risk?

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

By signing this agreement, the undersigned acknowledges that the information on page 1 and page 2 have been read and understood.

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date / J
Name of Parent/Guardian (printed)	Signature of Parent Guardian -2-	Date *