

Northside ISD Medical History

| | |
|--|-----------------------------------|
| Sport _____ | Year _____ |
| Student's Name (Last, First, Middle) Sex _____ Age _____ | Date of Birth _____ |
| Student's Address (Street, City, Zip Code) _____ | Student's Home Phone Number _____ |
| Parent/Guardian/Other Contact _____ | Home Phone _____ |
| Parent/Guardian/Other Contact _____ | Home Phone _____ |
| Parent/Guardian/Other Contact _____ | Phone # 1 _____ |

| |
|----------------------------|
| School _____ |
| Grade _____ |
| Student's Cell Phone _____ |
| Work Phone _____ |
| Work Phone _____ |
| Phone #3 _____ |

This MEDICAL HISTORY FORM must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Explain "Yes" answers in the box below **. Circle questions to which you don't know the answers. **Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination.** Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches.

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|---|---|------------------------------------|--------------------------------|------------------------------|-------------------------------|----------------------------------|--------------------------------|-------------------------------|--------------------------------|-------------------------------|--------------------------------|-------------------------------|------------------------------------|-----------------------------------|---------------------------------|--------------------------------|------------------------------------|--|-------------------------------|
| <p>1. Have you had a medical illness or injury since your last check up or sports physical? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>2. Have you been hospitalized overnight in the past year? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you ever had surgery? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>3. Have you ever passed out during or after exercise? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you ever had chest pain during or after exercise? Yes <input type="checkbox"/> No <input type="checkbox"/> Do you get tired more quickly than your friends do during exercise? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you ever had racing of your heart or skipped heartbeats? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you had high blood pressure or high cholesterol? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you ever been told you have a heart murmur? Yes <input type="checkbox"/> No <input type="checkbox"/> Has any family member or relative died of heart problems or of sudden unexpected death before age 50? Yes <input type="checkbox"/> No <input type="checkbox"/> Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm)? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Yes <input type="checkbox"/> No <input type="checkbox"/> Has a physician ever denied or restricted your participation in sports for any heart problems? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>4. Have you ever had a head injury or concussion? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you ever been knocked out, become unconscious, or lost your memory? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, how many times? _____ When was the last concussion? _____ How severe was each one? (Explain below) _____ Have you ever had a seizure? Yes <input type="checkbox"/> No <input type="checkbox"/> Do you have frequent or severe headaches? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you ever had numbness or tingling in your arms, hands, legs, or feet? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you ever had a stinger, burner, or pinched nerve? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>5. Are you missing any paired organs? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>6. Are you under a doctor's care? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>9. Have you ever been dizzy during or after exercise? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>11. Have you ever become ill from exercising in the heat? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>12. Have you had any problems with your eyes or vision? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>13. Have you ever gotten unexpectedly short of breath with exercise? Yes <input type="checkbox"/> No <input type="checkbox"/> Do you have asthma? Yes <input type="checkbox"/> No <input type="checkbox"/></p> | <p>Do you have seasonal allergies that require medical treatment? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>14. Do you use 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)? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>15. Have you ever had a sprain, strain, or swelling after injury? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you broken or fractured any bones or dislocated any joints? Yes <input type="checkbox"/> No <input type="checkbox"/> Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, check appropriate box and explain below.</p> <table border="0" style="width: 100%;"> <tr> <td><input type="checkbox"/> Head</td> <td><input type="checkbox"/> Elbow</td> <td><input type="checkbox"/> Hip</td> </tr> <tr> <td><input type="checkbox"/> Neck</td> <td><input type="checkbox"/> Forearm</td> <td><input type="checkbox"/> Thigh</td> </tr> <tr> <td><input type="checkbox"/> Back</td> <td><input type="checkbox"/> Wrist</td> <td><input type="checkbox"/> Knee</td> </tr> <tr> <td><input type="checkbox"/> Chest</td> <td><input type="checkbox"/> Hand</td> <td><input type="checkbox"/> Shin/Calf</td> </tr> <tr> <td><input type="checkbox"/> Shoulder</td> <td><input type="checkbox"/> Finger</td> <td><input type="checkbox"/> Ankle</td> </tr> <tr> <td><input type="checkbox"/> Upper Arm</td> <td></td> <td><input type="checkbox"/> Foot</td> </tr> </table> <p>16. Do you want to weigh more or less than you do now? Yes <input type="checkbox"/> No <input type="checkbox"/> Do you lose weight regularly to meet weight requirements for your sport? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>17. Do you feel stressed out? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Females Only</p> <p>19. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____</p> <p>An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (questions three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.</p> <p>**EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (Attach additional sheet if necessary)</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div> | <input type="checkbox"/> Head | <input type="checkbox"/> Elbow | <input type="checkbox"/> Hip | <input type="checkbox"/> Neck | <input type="checkbox"/> Forearm | <input type="checkbox"/> Thigh | <input type="checkbox"/> Back | <input type="checkbox"/> Wrist | <input type="checkbox"/> Knee | <input type="checkbox"/> Chest | <input type="checkbox"/> Hand | <input type="checkbox"/> Shin/Calf | <input type="checkbox"/> Shoulder | <input type="checkbox"/> Finger | <input type="checkbox"/> Ankle | <input type="checkbox"/> Upper Arm | | <input type="checkbox"/> Foot |
| <input type="checkbox"/> Head | <input type="checkbox"/> Elbow | <input type="checkbox"/> Hip | | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> Neck | <input type="checkbox"/> Forearm | <input type="checkbox"/> Thigh | | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> Back | <input type="checkbox"/> Wrist | <input type="checkbox"/> Knee | | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> Chest | <input type="checkbox"/> Hand | <input type="checkbox"/> Shin/Calf | | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> Shoulder | <input type="checkbox"/> Finger | <input type="checkbox"/> Ankle | | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> Upper Arm | | <input type="checkbox"/> Foot | | | | | | | | | | | | | | | | | |

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student. If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.
 Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

For School Use only:

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

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

Brachial blood pressure while sitting

Vision R 20/____ L 20/____

Corrected: Y N

Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. ***Local district policy may require an annual physical exam.**

| | NORMAL | ABNORMAL FINDINGS | INITIALS* |
|--|--------|-------------------|-----------|
| MEDICAL | | | |
| Appearances | | | |
| Eyes/Ears/Nose/Throat | | | |
| Lymph Nodes | | | |
| Heart-Auscultation of the heart in the supine position | | | |
| Heart-Auscultation of the heart in the standing position | | | |
| Heart-Lower extremity pulses | | | |
| Pulses | | | |
| Lungs | | | |
| Abdomen | | | |
| Genitalia (Males only) | | | |
| Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis) | | | |
| MUSCULOSKELETAL | | | |
| Neck | | | |
| Back | | | |
| Shoulder/Arm | | | |
| Elbow/Hand | | | |
| Hip/Thigh | | | |
| Knee | | | |
| Leg/Ankle | | | |
| Foot | | | |
| | | | |
| | | | |
| | | | |

*station-based examination only

Cleared

Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone Number: _____

Signature: _____

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AIR QUALITY ALERT – NORTHSIDE ATHLETICS PARENT CONSULTATION FORM

If you have identified your son/daughter as having a heart or respiratory condition (question 3 or 13 on Medical History form) and feel that a consultation is necessary or would be helpful, please contact either of the Athletic Trainers at your high school to set up an appointment (either in person or by phone) to discuss any special medical concerns or procedures for your son/daughter. Any information provided will be shared with the appropriate coach.

Your signature is required below if you have checked yes to questions 3 and/or 13.

| | | |
|--------------------------------|--------------|-------|
| _____ | _____ | _____ |
| Signature of Parent / Guardian | Phone number | Date |

MEDICATION PERMISSION

The Northside ISD athletic trainers and coaches are not allowed to administer prescription or non-prescription medication without orders from a physician. Administration of prescription medications will only be made if the medication is in the original prescription container and accompanied by a written request from the parent/guardian.

INSURANCE INFORMATION

Northside ISD requires that all Northside athletes be covered by some form of medical insurance. Please check one of the following three options.

_____ We have personal/employee/government paid insurance that covers my child. Insurance Company Name _____

Policy# _____ Group or Certificate # _____ HMO _____ PPO _____

_____ We are military and military medical services are available for my child.

_____ We will purchase the district endorsed student insurance plan, understanding that the plans offered have LIMITED benefits and are designed to supplement other insurance. We also understand that if the plan is purchased for grades 9-12 football, the NISD will pay the extra football premium only. School insurance forms can be obtained from the school's administration office or athletic training room.

Form given to _____ (athlete signature) on _____ (date) by _____ (Athletic Trainer)

| | |
|-------------------------------|-------|
| _____ | _____ |
| Signature of Parent/ Guardian | Date |

ANABOLIC STEROID USE AND RANDOM STEROID TESTING PARENT AND STUDENT AGREEMENT/ACKNOWLEDGEMENT FORM

Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law. Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose. Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person. Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil.utexas.edu. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

| | |
|-----------------------------|--------------------|
| Student Name (Print): _____ | Grade (9-12) _____ |
| Student Signature: _____ | Date: _____ |

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil.utexas.edu. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

| | |
|-------------------------------------|--------------------------------|
| Parent/Guardian Name (Print): _____ | Relationship to Student: _____ |
| Parent/Guardian Signature: _____ | Date: _____ |

CONCUSSION MANAGEMENT AGREEMENT

-A concussion is a brain injury resulting from an impact to the head or body and causing a change in brain function and a temporary or prolonged altered mental state.
 -A student who a coach, athletic trainer, or physician believes might have sustained a concussion during an interscholastic athletics practice or competition shall be removed from the practice or competition immediately and may not be permitted to practice or compete during the 24-hour period following the impact that is believed to have caused a concussion.
 - Before the student may be allowed to practice or compete after that period: 1) the student must be evaluated by a licensed medical personnel knowledgeable of current evidence based concussion protocols, and 2) complete a return to play protocol as directed by the physician and/or the school's athletic trainer.

| | | |
|--------------------------|----------------------------------|-------------|
| Student Signature: _____ | Parent/Guardian Signature: _____ | Date: _____ |
|--------------------------|----------------------------------|-------------|

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ACKNOWLEDGEMENT OF RULES/ PARENT OR GUARDIAN'S PERMIT

- I hereby give my consent for the above student to compete in University Interscholastic League approved sports, and travel with the coach or other representative of the school on any trips.
- It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.
- I have read and understand the University Interscholastic League rules listed below and agree that my son/daughter will abide by all of the University Interscholastic League rules.
- The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.
- If, in the judgment of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.
- I have been provided the UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL..
- The UIL Parent Information Manual is located at www.uillexas.org/files/athletics/manuals/parent-information-manual.pdf.

Your signature below gives authorization that is necessary for the school district, its licensed athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

Signature of Parent/Guardian

Date

GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: exception: See Section 1209 of the Constitution and Contest Rules),
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball.
- Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

GENERAL ELIGIBILITY RULES

According to UIL standards, students could be eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See Section 446 of the Constitution and Contest Rules for exception.)
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school they wish to represent.
- initially enrolled in the ninth grade not more than four years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.
- have not represented a college in a contest.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not receive valuable consideration for allowing their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- did not change schools for athletic purposes.

I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.
I have read the regulations cited above and agree to follow the rules.

Date

Signature of student

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