Pre-Participation Physical Evaluation

Student's Name:_____ ID #_____ School:_____ Date of Exam: _____

Gender: M____ F____ Age:_____ DOB:_____ **Class** : **20**_____ Sport(s): _____

Home Address:_____ Phone:_____

Personal Physician's Name: _____

Emergency Contact: Name_____

Relationship:_____ Phone: Home_____ Work _____

Check **YES** or **NO** for questions below and **explain any "yes" answers**. **Circle** questions you don't know the answers to.

	YES	NO
1. Have you had a medical illness or injury since your last check up or sports physical?	☐	☐
Do you have an ongoing or chronic illness?	☐	☐
2. Have you ever been hospitalized overnight?	☐	☐
Have you ever had surgery?	☐	☐
3. Are you currently taking any prescription or nonprescription medications or using an inhaler?	☐	☐
Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	☐	☐
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	☐	☐
Have you ever had a rash or hives develop during or after exercise?	☐	☐
5. Have you ever passed out or been dizzy during or after exercise?	☐	☐
Have you ever had chest pain during or after exercise?	☐	☐
Do you get tired more quickly than your friends do during exercise?	☐	☐
Have you ever had racing of your heart or skipped heartbeats?	☐	☐
Have you ever had high blood pressure or high cholesterol?	☐	☐
Have you ever been told you have a heart murmur?	☐	☐
Has any family member or relative died of heart problems or of sudden death before age 50?	☐	☐
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	☐	☐
Has a physician ever denied or restricted your participation in sports for any heart problems?	☐	☐
6. Do you have any current skin problems (itching, rashes, acne, warts, fungus, or blisters, etc.)?	☐	☐
7. Have you ever had a head injury or concussion?	☐	☐
Have you ever been knocked out, become unconscious or lost your memory?	☐	☐
Have you ever had a seizure?	☐	☐
Do you have frequent or severe headaches?	☐	☐
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	☐	☐
8. Have you ever become ill from exercising in the heat?	☐	☐
9. Do you cough, wheeze, or have trouble breathing during or after an activity?	☐	☐
Do you have asthma or seasonal allergies that require medical treatment?	☐	☐
10. 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 aids, etc.)?	☐	☐
11. Do you wear glasses, contacts, or protective eyewear?	☐	☐
12. Have you ever had a sprain, strain, or swelling after an injury?	☐	☐
Have you broken or fractured any bones or dislocated any joints?	☐	☐
Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	☐	☐
If ***yes***, check the appropriate box and explain below:		
☐ Head ☐ Neck ☐ Back ☐ Chest ☐ Shoulder ☐ Upper Arm ☐ Elbow		
☐ Forearm ☐ Wrist ☐ Hand ☐ Finger ☐ Hip ☐ Thigh ☐ Knee		
☐ Shin/Calf ☐ Ankle ☐ Foot		
13. Do you want to weigh more or less than you do now?	☐	☐
Do you lose weight regularly to meet weight requirements for your sport?	☐	☐
14. Record the dates of most recent immunizations: Tetanus: Chickenpox: Measles: Hepatitis B:		
15. **For Females Only**: When was your first menstrual period? _____		
When was your most recent menstrual period? How many days between periods?		
16. Have you ever tested positive or been diagnosed with COVID-19? If yes, when? **YES**____ **NO**____ Date positive/diagnosis_____		
Please explain any "YES" answers on the other side of this form		

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

Athlete's Signature: _____ **Parent's Signature:**_____ **Date:** _____

HUNTINGTON BEACH UNION HIGH SCHOOL DISTRICT

Pre-Participation Physical Evaluation

PHYSICAL EXAMINATION

Student's Name:_____ Date of Birth: _____

Height:_____ Weight:_____ % of Body Fat (optional):_____ Pulse:_____ BP ___/___(___/___, ___/___)

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

	Normal	Abnormal Findings	Initials*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

* Station based examination only

CLEARANCE

_____ Cleared and have reviewed questionnaire on reverse side

_____ Cleared after completing evaluation/rehabilitation for: _____

_____ Not cleared for:_____ Reason:_____

Recommendations: _____

PHYSICIAN'S ADDRESS AND SIGNATURE

Name of Physician, NP,PA (print or type): _____

Address:_____

Phone:_____ Date: _____

Signature of Physician:

MD, DO, Nurse Practitioner, Physician Assistant

Stamp with Name of Doctor or Medical Office/Clinic (Required to be accepted)

PROOF OF REQUIRED ATHLETICS MEDICAL INSURANCE

Required Proof of Medical Insurance: Under California Education Code Sections 32220-32224, school districts are required to verify that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses of at least $1,500. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. The Huntington Beach High School District ("District") makes available, on request, insurance through **Myers-Stevens Insurance. Meyers-Stevens Insurance** can be utilized by all students and meets the above insurance requirements. Forms for this insurance are available online and at the Athletic Director/Trainer offices. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling 1-800-880-4305 for information on healthy families and *Medi-Cal* programs.

Students must have insurance and a physical before they are allowed to tryout/practice/participate in athletic programs.

STUDENT ATHLETE - MEDICAL INSURANCE COVERAGE CERTIFICATION

1. My Child has Medi-Cal coverage Yes ___ No ___
2. My child has private medical insurance Yes ___ No ___

   Name of Company: _____

   Member/Policy #: _____
3. I am purchasing optional Myers-Stevens Insurance: Yes ___ No ___

   Policy #: _____

I/We certify that my/our child, _____, is covered by valid medical insurance which meets or exceeds the above requirements.

Parent/Guardian Signature: _____ Date: _____