

**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 eye guards? | _____ | _____ |
| 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: (_____) _____