WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION
SCHOOL PHYSICAL EXAMINATION
MEDICAL RECORD

PHYSICIANS STATEMENT MUST BE DATED AFTER MAY 1 TO BE VALID FOR THE UPCOMING SCHOOL YEAR

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. Have you had a medical illness or injury since your last check up or sports physical?	[ ]	[ ]
2. Have you ever been hospitalized overnight?	[ ]	[ ]
3. Are you currently taking any prescription of nonprescription (over-the-counter) medications or pills or using an inhaler?	[ ]	[ ]
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	[ ]	[ ]
5. Have you ever passed out during or after exercise?	[ ]	[ ]
Have you ever 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 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 (for example, itching, rashes, acne, warts, fungus, or blisters)?	[ ]	[ ]
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?	[ ]	[ ]
Have you ever had a stinger, burner, or pinched nerve?	[ ]	[ ]
8. Have you ever become ill from exercising in the heat?	[ ]	[ ]
9. Do you cough, wheeze, or have trouble breathing during or after activity?	[ ]	[ ]
Do you have asthma?	[ ]	[ ]
Do you have seasonal allergies that require medical treatment?	[ ]	[ ]

	Yes	No
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 aid)?	[ ]	[ ]
11. Have you had any problems with your eyes or vision?	[ ]	[ ]
Do you wear glasses, contacts, or protective eyewear?	[ ]	[ ]
12. Have you ever had a sprain, strain, or swelling after 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 appropriate box and explain below

Head	Elbow	Hip
Neck	Forearm	Thigh
Back	Wrist	Knee
Chest	Hand	Shin/calf
Shoulder	Finger	Ankle
Upper Arm		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. Do you feel stressed out? [ ] [ ]

15. Record the dates of your most recent immunizations (shots) for:

Tetanus _____ Measles _____`

Hepatitis B _____ Chickenpox _____`

FEMALES ONLY

16. 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?

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 _____`

PARENT/GUARDIAN CONSENT FOR EMERGENCY MEDICAL ASSISTANCE

I hereby authorize _____ School District and its faculty members in charge of my child named below to obtain all necessary medical care for my child in the event that I cannot be reached to authorize it myself. I hereby authorize any licensed physician and/or medical personnel to render necessary medical treatment to my child.

Student's Name _____ Work Phone Number; Father _____
Address _____ Mother _____
_____ Home Phone Number _____

INSURANCE INFORMATION: Company _____ Policy # _____
Insured Person _____

Signature acknowledges that we have read and understand the above warning and we give consent for emergency assistance that might be needed.

Date _____ Signature of Parent/Guardian _____

SCHOOL PHYSICAL EXAMINATION
MEDICAL RECORD

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DATE OF EXAM _____

Name _____ Date of Birth _____`

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

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

	NORMAL	ABNORMAL FINDINGS
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		

*Normal indicated by check or N

Cleared

* **Cleared after completing evaluation/rehabilitation for:** _____

_____

_____

_____

_____

* **Not cleared for:** _____ **Reason:** _____

Recommendations: _____

_____

_____

_____

***IF THESE BOXES ARE CHECKED, A COPY OF THIS FORM NEEDS TO BE SENT TO THE APPROPRIATE SCHOOL DISTRICT.**

Name of provider (print/type) **Beth Keller, DNP / Amy Johansson, FNP / Matt Jacobson, FNP** **Date** _____

Address **Cowboy Clinic. & Urgent Care 108 E. 20th Ave. Torrington, WY 82240** **Phone** **307-260-0947**

Signature of physician_____, **FNP**

STUDENT/PARENT/GUARDIAN INFORMED CONSENT

Participation in all activities requires the acceptance of risk of possible serious injury. The risk can be minimized by following your coaches' rules and procedures, by familiarizing yourself with the rules of the activity, and by following the specific rules issued by manufacturers for the safe use of your activity equipment. The risk is always there, but you can help minimize it by making safety a shared responsibility. When you make the decision to participate in an activity, you are assuming the shared responsibility of following the activities rules, the coaches' rules, and the equipment manufacturer's rules. You, as a participant, can help make the activity safer by not intentionally using techniques which are illegal and which can cause serious injury.

Your signature below indicates that you have been informed about the importance of following rules in activities participation; and you realize that there is a risk of being injured that is inherent in all activities. You realize that the risk of injury may be severe, including the risk of fractures, brain injuries, paralysis or even death.

Activity programs specifically excluded: _____

Date _____ Signature of Student _____

Signature of Parent _____