

LIBERTY CHRISTIAN SCHOOL

Pre-Participation Physical Evaluation

Student's Name: _____	ID # _____	School: _____	Date of Exam: _____
Gender: M _____ F _____	Age: _____	DOB: _____	Grade: _____ Sport(s): _____
Home Address: _____		Phone: _____	
Personal Physician's Name: _____			
Emergency Contact: Name _____			
Relationship: _____	Phone: _____	Cell _____	Alt. _____

**To be carefully completed by the student and/or parent/guardian. Explain YES answers below.
Circle questions to which you do not know the answer:**

	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?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever been hospitalized overnight? Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have any current skin problems (itching, rashes, acne, warts, fungus, or blisters, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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.)?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you wear glasses, contacts, or protective eyewear?	<input type="checkbox"/>	<input type="checkbox"/>
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: <input type="checkbox"/> Head <input type="checkbox"/> Neck <input type="checkbox"/> Back <input type="checkbox"/> Chest <input type="checkbox"/> Shoulder <input type="checkbox"/> Upper Arm <input type="checkbox"/> Elbow <input type="checkbox"/> Forearm <input type="checkbox"/> Wrist <input type="checkbox"/> Hand <input type="checkbox"/> Finger <input type="checkbox"/> Hip <input type="checkbox"/> Thigh <input type="checkbox"/> Knee <input type="checkbox"/> Shin/Calf <input type="checkbox"/> Ankle <input type="checkbox"/> Foot	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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? _____		
Explain any "yes" answers:		

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:** _____

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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 page 1
 _____ Cleared after completing evaluation/rehabilitation for: _____
 _____ Not cleared for: _____ Reason: _____
 Recommendations: _____

PHYSICIAN'S ADDRESS AND SIGNATURE

Name of Physician (print or type): _____ Address: _____ Phone: _____ Date: _____ Signature of Physician: _____ MD or DO	Stamp with Name of Doctor or Medical Office/Clinic
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LIBERTY CHRISTIAN SCHOOL Athletic Department

Authorization To Treat A Minor

I (we) the undersigned, parents or legal guardian of _____
Student Name

a minor, do hereby authorize and consent to any x-ray examination, anesthetic, medical, or surgical diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Dental Practice Act and on the staff of any acute general hospital holding a current license to operate a hospital from the State of California Department of Public Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power to render care which the aforementioned physician in the exercise of his best judgment may deem advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient but that any of the above treatment will not be withheld if the undersigned cannot be reached. This authorization is given pursuant to provisions of section 25.8 of the Civil Code of California.

List any restrictions: _____

_____ Date

_____ Signature of Parent or Legal Guardian

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This is to certify that _____ is covered
for accidents or injury resulting from school activities.

Insurance Company: _____

Policy Number: _____

Expiration Date _____

Circle all that apply:

Fall Sports: Football
Girls Volleyball
Flag Football
Girls Basketball

Spring Sports: Baseball
Softball
Boys Volleyball

Winter Sports: Boys/Girls Basketball
Girls Volleyball

Fall/Winter Sport: Cheerleading