

This form should be placed into the athlete's medical file and should **not** be shared with schools or sports organizations. The Medical Eligibility Form is the only form that should be submitted to a school or sports organization.

Disclaimer: Athletes who have a current Preparticipation Physical Evaluation (per state and local guidance) on file should not need to complete another History Form.

## ■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

### HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Date of examination: \_\_\_\_\_ Sport(s): \_\_\_\_\_

Sex assigned at birth (F, M, or intersex): \_\_\_\_\_ How do you identify your gender? (F, M, or other): \_\_\_\_\_

Have you had COVID-19? (check one): ☐ Y ☐ N

Have you been immunized for COVID-19? (check one): ☐ Y ☐ N If yes, have you had: ☐ One shot ☐ Two shots  
☐ Three shots ☐ Booster date(s) \_\_\_\_\_

List past and current medical conditions. \_\_\_\_\_

Have you ever had surgery? If yes, list all past surgical procedures. \_\_\_\_\_

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). \_\_\_\_\_

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). \_\_\_\_\_

#### Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

|                                             | Not at all | Several days | Over half the days | Nearly every day |
|---------------------------------------------|------------|--------------|--------------------|------------------|
| Feeling nervous, anxious, or on edge        | 0          | 1            | 2                  | 3                |
| Not being able to stop or control worrying  | 0          | 1            | 2                  | 3                |
| Little interest or pleasure in doing things | 0          | 1            | 2                  | 3                |
| Feeling down, depressed, or hopeless        | 0          | 1            | 2                  | 3                |

(A sum of  $\geq 3$  is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

| GENERAL QUESTIONS<br>(Explain "Yes" answers at the end of this form.<br>Circle questions if you don't know the answer.) |     |    |
|-------------------------------------------------------------------------------------------------------------------------|-----|----|
|                                                                                                                         | Yes | No |
| 1. Do you have any concerns that you would like to discuss with your provider?                                          |     |    |
| 2. Has a provider ever denied or restricted your participation in sports for any reason?                                |     |    |
| 3. Do you have any ongoing medical issues or recent illness?                                                            |     |    |
| HEART HEALTH QUESTIONS ABOUT YOU                                                                                        |     |    |
|                                                                                                                         | Yes | No |
| 4. Have you ever passed out or nearly passed out during or after exercise?                                              |     |    |
| 5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?                            |     |    |
| 6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?                   |     |    |
| 7. Has a doctor ever told you that you have any heart problems?                                                         |     |    |
| 8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.       |     |    |

| HEART HEALTH QUESTIONS ABOUT YOU<br>(CONTINUED)                                                                                                                                                                                                                                                                       |     |    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
|                                                                                                                                                                                                                                                                                                                       | Yes | No |
| 9. Do you get light-headed or feel shorter of breath than your friends during exercise?                                                                                                                                                                                                                               |     |    |
| 10. Have you ever had a seizure?                                                                                                                                                                                                                                                                                      |     |    |
| HEART HEALTH QUESTIONS ABOUT YOUR FAMILY                                                                                                                                                                                                                                                                              |     |    |
|                                                                                                                                                                                                                                                                                                                       | Yes | No |
| 11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?                                                                                                                                      |     |    |
| 12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? |     |    |
| 13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?                                                                                                                                                                                                                            |     |    |



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## ■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

### PHYSICAL EXAMINATION FORM

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

#### PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

| EXAMINATION                                                                                                                                                                                                                                                            |               |                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------|
| Height: _____                                                                                                                                                                                                                                                          | Weight: _____ |                                                                                              |
| BP: _____ / _____ ( _____ / _____ )                                                                                                                                                                                                                                    | Pulse: _____  | Vision: R 20/____ L 20/____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N |
| COVID-19 VACCINE                                                                                                                                                                                                                                                       |               |                                                                                              |
| Previously received COVID-19 vaccine: <input type="checkbox"/> Y <input type="checkbox"/> N                                                                                                                                                                            |               |                                                                                              |
| Administered COVID-19 vaccine at this visit: <input type="checkbox"/> Y <input type="checkbox"/> N If yes: <input type="checkbox"/> First dose <input type="checkbox"/> Second dose <input type="checkbox"/> Third dose <input type="checkbox"/> Booster date(s) _____ |               |                                                                                              |
| MEDICAL                                                                                                                                                                                                                                                                | NORMAL        | ABNORMAL FINDINGS                                                                            |
| Appearance <ul style="list-style-type: none"> <li>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)</li> </ul>                                        |               |                                                                                              |
| Eyes, ears, nose, and throat <ul style="list-style-type: none"> <li>Pupils equal</li> <li>Hearing</li> </ul>                                                                                                                                                           |               |                                                                                              |
| Lymph nodes                                                                                                                                                                                                                                                            |               |                                                                                              |
| Heart <sup>a</sup> <ul style="list-style-type: none"> <li>Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)</li> </ul>                                                                                                                     |               |                                                                                              |
| Lungs                                                                                                                                                                                                                                                                  |               |                                                                                              |
| Abdomen                                                                                                                                                                                                                                                                |               |                                                                                              |
| Skin <ul style="list-style-type: none"> <li>Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis</li> </ul>                                                                                  |               |                                                                                              |
| Neurological                                                                                                                                                                                                                                                           |               |                                                                                              |
| MUSCULOSKELETAL                                                                                                                                                                                                                                                        | NORMAL        | ABNORMAL FINDINGS                                                                            |
| Neck                                                                                                                                                                                                                                                                   |               |                                                                                              |
| Back                                                                                                                                                                                                                                                                   |               |                                                                                              |
| Shoulder and arm                                                                                                                                                                                                                                                       |               |                                                                                              |
| Elbow and forearm                                                                                                                                                                                                                                                      |               |                                                                                              |
| Wrist, hand, and fingers                                                                                                                                                                                                                                               |               |                                                                                              |
| Hip and thigh                                                                                                                                                                                                                                                          |               |                                                                                              |
| Knee                                                                                                                                                                                                                                                                   |               |                                                                                              |
| Leg and ankle                                                                                                                                                                                                                                                          |               |                                                                                              |
| Foot and toes                                                                                                                                                                                                                                                          |               |                                                                                              |
| Functional <ul style="list-style-type: none"> <li>Double-leg squat test, single-leg squat test, and box drop or step drop test</li> </ul>                                                                                                                              |               |                                                                                              |

<sup>a</sup> Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

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## ■ PREPARTICIPATION PHYSICAL EVALUATION

### MEDICAL ELIGIBILITY FORM

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: \_\_\_\_\_

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

### SHARED EMERGENCY INFORMATION

Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

Other information: \_\_\_\_\_

Emergency contacts: \_\_\_\_\_