



PHONE: (602) 385-3810 PARTNER OF THE AIA (The parent or guardian should fill out this form with assistance from the student-athlete) Exam Date: In case of emergency contact: Name: Home Address: ______ Name: _____ Phone: Relationship: Date of Birth: Phone (Home): _____ Age: _____ Phone (Work): Sex Assigned at Birth: Phone (Cell): Grade: School: Name: Sport(s): ______ Relationship: Personal Physician: Phone (Home): _____ Hospital Preference: _ Phone (Work): Explain "Yes" answers on the following page. Phone (Cell): _____ Circle questions you don't know the answers to. 1) Has a doctor ever denied or restricted your participation in sports for any reason? 2) List past and current medical conditions: 3) Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify): ___ 4) Do you have allergies to medicines, pollens, foods or stinging insects? (Please specify): 5) Does your heart race or skip beats during exercise? 6) Has a doctor ever told you that you have (check all that apply): High Blood Pressure | A Heart Murmur | High Cholesterol A Heart Infection 7) Have you ever had surgery? (Please list): ______ 8) Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) that caused you to miss a practice or game? (If yes, check affected area in the box below in question 10) 9) Have you had any broken/fractured bones or dislocated joints? (If yes, check affected area in the box below in question 10): 10) Have you had a bone/joint injury that required X-rays, MRI, CT, surgery, injections, rehabilitation physical therapy, a brace, a cast or crutches? (If yes, check affected area in the box below): Neck Shoulder Upper Arm Elbow Forearm

Upper Back

Ankle

Chest

Calf/Shin

Hand/Fingers

Knee

Lower Back

Foot/Toes

qiH

Thigh



ARIZONA INTERSCHOLASTIC ASSOC. 7007 N. 18TH ST., PHOENIX, AZ 85020 PHONE: (602) 385-3810

2024-25 **ANNUAL PREPARTICIPATION PHYSICAL EVALUATION**



EXCLUSIVE URGENT CARE PARTNER OF THE AIA





Student Name: ___ Date of Birth: _____ **Patient History Questions: Please Share About Your Child** 1) Has your child fainted or passed out DURING or AFTER exercise, emotion or startle? Has your child ever had extreme shortness of breath during exercise? 3) Has your child had extreme fatigue associated with exercise (different from other children)? 4) Has your child ever had discomfort, pain or pressure in his/her chest during exercise? 5) Has a doctor ever ordered a test for your child's heart? 6) Has your child ever been diagnosed with an unexplained seizure disorder? 7) Has your child ever been diagnosed with exercise-induced asthma not well controlled with medication? Explain "Yes" Answers Here COVID-19 1) Was your child hospitalized as a result for complications of COVID-19? 2) Has your child had any long-term complications from COVID-19? Did your child have any special tests ordered for their heart or lungs or were referred to a heart specialist (cardiologist) to be cleared to return to sports? Explain "Yes" Answers Here

3





Patient Health Questionnaire Version 4 (PHQ-4)

This page must be completed by the student-athlete

Over the last two weeks, how often have you been bothered by any of the following problems? (circle responses)

	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.)

If you score a sum of 3 or greater on either questions 1 and 2, or 3 and 4, you may have anxiety or depression that is affecting you more than normal. In this case, it is recommended that you talk to a trusted health care provider such as your primary care physician, your athletic trainer at school, or a counselor at school. If there is not someone you feel comfortable talking to or you are interested in learning more to help yourself or a friend, please use the resources provided below.

For more information regarding student-athlete mental health:

<u>Quiet Suffering - A Resource for Student-Athlete Mental Health</u>

spark.adobe.com/page/lLtwyoLpTAp0V/

Teen Lifeline Call and Text Crisis Line (602) 248-8336 (TEEN)

Outside Maricopa county call: 1-800-248-8336 (TEEN)

Hours are: Call 24/7/365 | Text weekdays 12-9 p.m. & weekends 3-9 p.m. | Peer counseling 3-9

p.m. daily

Crisis text line: Text HOME to 741741 to connect with a crisis counselor

National Suicide Prevention Lifeline 988 or suicidepreventionlifeline.org

The Trevor Lifeline 866-488-7386 (for gender diverse youth)





Family History Questions: Please Share About Any Of The Following In Your Family

11	And the second s	10 d d d d d d d d d d d d d d d d d d d	Y deskions	N
1)	drowning or near drowning)	ted/unexplained death before age 35? (including SIDS, car	accidents	Ш
2)	Are there any family members who died suddenly of "hec	art problems" before age 35?		
3)	Are there any family members who have unexplained fair	nting or seizures?		
4)	Are there any relatives with certain conditions, such as:			
	Y N		Y	N
	Enlarged Heart	Catecholaminergic Polymorphic Ventricular Tachycard	ia (CPVT)	
	Hypertrophic Cardiomyopathy (HCM)	Arrhythmogenic Right Ventricular Cardiomyopathy (A	_	同
	Dilated Cardiomyopathy (DCM)	Marfan Syndrome (Aortic Rupture)		Ħ
	Heart Rhythm Problems	Heart Attack, Age 35 or Younger	H	H
	Long QT Syndrome (LQTS)	Pacemaker or Implanted Defibrillator	H	H
	Short QT Syndrome	Deaf at Birth	H	H
	Brugada Syndrome	5041 G. 511111		ш
	Explain	"Yes" Answers Here		
Ad	lditional History			
	•			
			Y	N
1)	Have you ever tried cigarettes, e-cigarettes, chewing toba	acco, snuff or dip?		
2)	Do you drink alcohol or use illicit drugs?			
3)	Have you ever taken anabolic steroids or used any other	performance-enhancing supplements?		
4)	Have you ever taken any supplements to help you gain or	r lose weight, or improve your performance?		
5)	Do you always wear a seatbelt while in a vehicle?			
rec		e, my answers to all of the above questions and that my eligibility may be revoked if I have ove questions.		
Sigi	nature of Student-Athlete Sig	nature of Parent/Guardian Da	te	
<u></u>				
ગgા	nature of MD/DO/ND/NMD/NP/PA-C/CCSP	Date		



PHONE: (602) 385-3810

2024-25 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION



EXCLUSIVE URGENT CARE PARTNER OF THE AIA

Name:		Date of Birth: Sex:	
•		Weight:	
1		Pulse	
		BP: / (/ /) Corrected: Y N	
	_ L20/_	Corrected: Y N	
Pupils: Equal 🗌	Unequ	al 🗌	
	Normal	Abnormal Findings	Initials *
Medical			
Appearance			
Eyes/Ears/Throat/Nose			
Hearing			
Lymph Nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary &			
Skin			
Musculoskeletal			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hands/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			
* - Multi-exami	ner set-up only	& - Having a third party present is recommended for the genitourinary examination	
NOTES:			
Cleared Without Restriction			<u></u>
		ain Sports: Reason:	
Medically eligible f	or all sports wi	ithout restriction with recommentations for further evaluation or treatment of	:
Recommendations:			
Name of Physician (Print/Tyr	pe):	Exam Date:	
	•	Phone:	
		, MD/DO/ND/NMD/NP/PA	

AIA

ARIZONA
INTERSCHOLASTIC
ASSOCIATION

OUR STUDENTS, OUR TEAMS . . . OUR FUTURE.

Arizona Interscholastic Association, Inc. Mild Traumatic Brain Injury (MTBI) / Concussion Annual Statement and Acknowledgement Form

I, ______ (student), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., coaches, team physicians, athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (http://www.cdc.gov/concussion/HeadsUp/youth.html) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athle	ete:			
Print Name:		Signature:	Date:	
Parent or lea	al auardian must print and sia	n name below and indicate date signed:		
Print Name	ar godraidir mosi prim ana sigi	Signature:	Date:	



2024-25 **CONSENT TO TREAT FORM**



2024-25 CONSENT TO TREAT FORM

Parental consent for minor athletes is generally required for sports medicine services, defined as services including, but not limited to, evaluation, diagnosis, first aid and emergency care, stabilization, treatment, rehabilitation and referral of injuries and illnesses, along with decisions on return to play after injury or illness. Occasionally, those minor athletes require sports medicine services before, during and after their participation in sport-related activities, and under circumstances in which a parent or legal guardian is not immediately available to provide consent pertaining to the specific condition affecting the athlete. In such instances it may be imperative to the health and safety of those athletes that sports medicine services necessary to prevent harm be provided immediately, and not be withheld or delayed because of problems obtaining consent of a parent/guardian.

Accordingly, as a member of the Arizona Interscholastic Association (AIA), (name of school or district) requires as a pre-condition of participation in interscholastic activities, that a parent/auardian provide written consent to the rendering of necessary sports medicine services to their minor athlete by a qualified medical provider (QMP) employed or otherwise designated by the school/district/AIA, to the extent the QMP deems necessary to prevent harm to the student-athlete. It is understood that a QMP may be an athletic trainer, physician, physician assistant or nurse practitioner licensed by the state of Arizona (or the state in which the student-athlete is located at the time the injury/illness occurs), and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by Arizona law. In emergency situations, the QMP may also be a certified paramedic or emergency medical technician, but only for the purpose of providing emergency care and transport as designate PLEASE PRINT LEGIBLY OR TYPE

_____, the undersigned, am the parent/legal guardian of, _____ a minor and student-athlete at _____ (name of school or district) who intends to participate in interscholastic sports and/or activities. I understand that the school/district/AIA employs or designates QMP's (as defined above) to provide sports medicine

services (as also defined above) to the school's interscholastic athletes before, during or after sport-related activities, and that on certain occasions there are sport-related activities conducted away from the school/district facilities during which other QMP's are responsible for providing such sports medicine services. I hereby give consent to any such QMP to provide any such sports medicine services to the above-named minor. The QMP may make decisions on return to play in accordance with the defined scope of practice under the designated state license, except as otherwise limited by Arizona law. I also understand that documentation pertaining to any sports medicine services provided to the above-named minor, may be maintained by the QMP. I hereby authorize the QMP who provides such services to the above-named minor to disclose such information about the athlete's injury/illness, assessment, condition, treatment, rehabilitation and return to play status to those who, in the professional judgment of the QMP, are required to have such information in order to assure optimum treatment for and recovery from the injury/illness, and to protect the health and safety of the minor. I understand such disclosures may be made to above-named minor's coaches, athletic director, school nurse, any classroom teacher required to provide academic accommodation to assure the student-athlete's recovery and safe return to activity, and any treating QMP.

If the parent believes that the minor is in need of further treatment or rehabilitation services for the injury/illness, the minor may be treated by the physician or provider of his/her choice. I understand, however, that all decisions regarding same day return to activity following injury/illness shall be made by the QMP employed/designated by the school/ district/AIA.

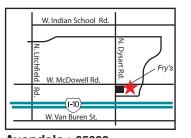
Date:	Signature:



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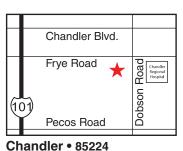
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Avondale • 85392 13075 W. McDowell Rd.. Suite #D106



1683 E. Florence Blvd., Suite #7



600 S. Dobson Road, Suite #C-26



1155 W. Ocotillo Road, Suite #4



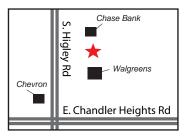
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Flagstaff • 86001 1000 N. Humphreys St., Suite #104



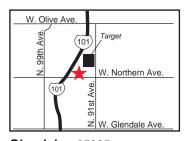
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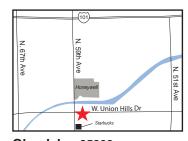
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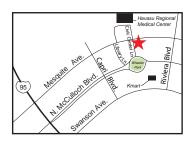
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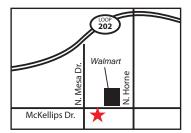
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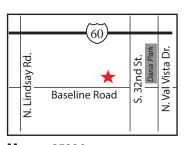
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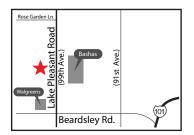
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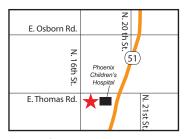
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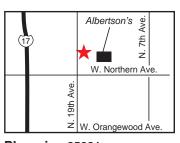
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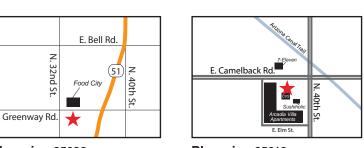
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4730 E. Indian School Rd., Suite #211



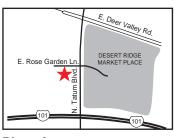
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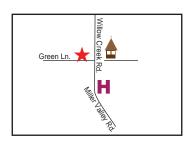
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3229 E. Greenway Rd., Suite #102 3931 E. Camelback Road



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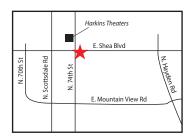
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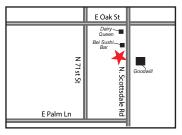
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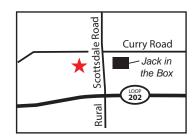
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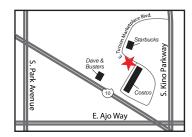
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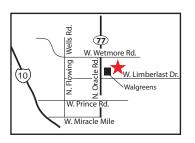
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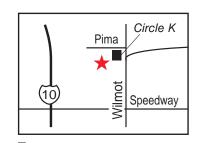
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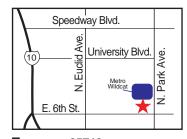
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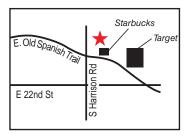
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