

**Perris Union High School District
Athletic Emergency/Medical Information & Participation Form**

FALL <input type="checkbox"/> Cross Country <input type="checkbox"/> Football <input type="checkbox"/> Girls Tennis <input type="checkbox"/> Boys Water Polo <input type="checkbox"/> Girls Volleyball <input type="checkbox"/> Girls Golf	WINTER <input type="checkbox"/> Basketball <input type="checkbox"/> Soccer <input type="checkbox"/> Wrestling <input type="checkbox"/> Girls Water Polo	SPRING <input type="checkbox"/> Baseball <input type="checkbox"/> Boys Golf <input type="checkbox"/> Softball <input type="checkbox"/> Swimming <input type="checkbox"/> Boys Tennis <input type="checkbox"/> Track <input type="checkbox"/> Boys Volleyball	MULTI <input type="checkbox"/> Cheer <input type="checkbox"/> Team Manager <input type="checkbox"/> Band <input type="checkbox"/> Color Guard <input type="checkbox"/> NJROTC <input type="checkbox"/> OTHER:
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Athlete's Name:			Address:			Today's Date:		
City:	State: CA	Zip Code:	Home Phone:					
Grade:	Age:	Gender:	Date of Birth:			Place of Birth:		
Father/Guardian's Name:			Phone:			Employer:		
Mother/Guardian's Name:			Phone:			Employer:		
Emergency Phone Number:			Cell #:			E-Mail:		
Family Physician:			Phone Number:			School attended previous semester:		
List all schools attended in the last 12 months:								

Medical History Questionnaire- This Section must be completed:

	Y	N		Y	N
1. Are you currently under a doctor's care for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	15. Do you have any trouble breathing before or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever been hospitalized?	<input type="checkbox"/>	<input type="checkbox"/>	16. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you wear glasses or contacts or protective eye wear?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you currently taking any medications or pills	<input type="checkbox"/>	<input type="checkbox"/>	18. Do you use any special equipment? (splint, neck rolls, mouth guards, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have any allergies? (medicine, bee sting, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	19. Has anyone in your family died of heart problems or sudden death before the age of 50?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever been dizzy or fainted during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	20. Do you only have one working organ of usually paired organs? (eye, kidney, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had chest pains during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	21. Have you ever sprained, broken, dislocated, or had repeated swelling or pain of any bones or joints?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever had high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	22. Are any of the following currently bothering you? Hand / Wrist / Elbow / Forearm / Hip / Thigh / Knee / Ankle / Shin / Calf / Foot	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	23. Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever had a racing heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	24. Have you ever had any medical problems or injuries? (asthma, mono, diabetes, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
11. Have you had a head injury?	<input type="checkbox"/>	<input type="checkbox"/>	25. Have you had any medical problems since your last evaluation?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you ever been knocked unconscious?	<input type="checkbox"/>	<input type="checkbox"/>	26. Were there any special instructions or precautions given by the Medical Practitioner?	<input type="checkbox"/>	<input type="checkbox"/>
13. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	27. What was the date of your tetanus shot?		
14. Have you ever been dizzy or passed out due to the heat?	<input type="checkbox"/>	<input type="checkbox"/>	28. (Women Only) Date of your first menstrual period: When was your last menstrual period? Longest period of time between periods last year?		

Explain all "Yes" answers by question numbers, indicate dates for each item and include any special instructions.

I/we hereby state, to the best of my/our knowledge, the answers to the questions for the medical history questionnaire above are true. I/we understand that by performing this examination, the undersigned physician does not assume responsibility for medical care of this individual. I/we verify that I/we have read and understand all material presented and all information I/we have provided is correct and I/we give permission for my/our child or ward to receive a physical exam and to participate in athletics. In the event reasonable attempts to contact the parent/guardian at the above phone numbers meets with no success, full authorization is given for the administration of any treatment deemed necessary by a medical practitioner, and the transfer of son/daughter or ward to any medical practitioner, and the transfer of my/our son/daughter or ward to any licensed hospital or emergency clinic reasonably accessible. 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 on the part of school authorities and aforesaid agent(s) to give reasonable care. Facts are provided above concerning the student athlete's medical history which a medical practitioner should know.

Family Health Insurance Co.		Policy ID #
Signature of Athlete		Date:
Signature of Parent or Guardian		Date:

	Blood Pressure	HEENT	Skin	Heart	Lungs	Abdomen	Flexibility/Strength
Normal							
Abnormal							

While this does not constitute a physical nor replace the need for a periodic health evaluation by a family physician, this individual appears to be physically capable of participation in interscholastic sports as of this date except as indicated below.

<input type="checkbox"/> Cleared for sport without restrictions <input type="checkbox"/> Cleared with the following restrictions: <input type="checkbox"/> Cleared after completing evaluation/rehabilitation for: <input type="checkbox"/> Not cleared for participation in athletics		
Doctor's Office Stamp:	Physician's Signature:	Date:

**CONSENT TO PARTICIPATE AND AGREEMENT TO WAIVE LIABILITY, RELEASE,
ASSUME RISK, HOLD HARMLESS AND OBEY RULES AND INSTRUCTIONS**

Name of School: _____ Date: _____

Athletic/Sport Activity: _____

Participation in the above athletic/sport activity **IS VOLUNTARY** and **IS NOT REQUIRED** as a part of the regular school program. Consent is hereby given for student _____ to participate in the above athletic/sport activity.

I am aware that participating, playing, practicing to play or preparing to practice/play in any athletic/sport activity can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of participating, playing, practicing to play or preparing to practice/play in the above athletic/sport activity include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, and serious injury or impairment to other aspects of my (or my student's) body, general health and well-being. I understand that the dangers and risks of participating, playing, practicing to play or preparing to practice/play in the above athletic/sport activity may result not only in serious injury, but in a serious impairment of my (or my student's) future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. I especially acknowledge that baseball, softball, football, and wrestling are more dangerous sports involving even greater risk of injury than other sports.

In the event of an accident or sudden illness, Perris Union High School District has permission to render whatever emergency medical treatment may be deemed necessary for the above named student. I will assume the cost of ambulance service in the case of an emergency and understand that the district does not pay for ambulance service. I further understand and accept the responsibility for obtaining a written confirmation from the physician indicating that the student may return to practice and competition with his/her team anytime a student is seen by such personnel.

Because of the dangers of participating, playing, practicing to play or preparing to practice/play in the above athletic/sport activity, I (or on behalf of my student) recognize the importance of following coaches' instructions regarding playing techniques, training and game and other team rules and agree to obey such instructions/rules. It is also recognized that attendance and academic performance are essential for student success. This success provides the eligibility for participation in the above athletic/sport activity. **TO ENSURE THIS, STUDENTS MUST ATTEND ALL CLASSES ON THE DAY OF THE CONTEST OR THE DAY PRIOR TO A SATURDAY EVENT.** Appointments on game days must follow the attendance policy as stated in the student handbook.

Transportation to and from most athletic contests will be provided by Perris Union High School District. It is never permissible for students to transport other students to athletic contests. Students are expected to use this transportation as a representative of their school. Any other arrangements due to emergency or family circumstances must be requested in writing by the parent/guardian (who has signed this form) the day before the trip and cleared through the school office.

In consideration of the Perris Union High School District permitting me (or my student) to try out for the above athletic/sport activity at the above school and to **ENGAGE IN ALL ACTIVITIES RELATED TO THE TEAM**, including, but not limited to, trying out, preparing for, transporting to or from, practicing for, playing or otherwise participating in the above athletic/sport activity, **I (OR ON BEHALF OF MY STUDENT) HEREBY ASSUME ALL RISKS ASSOCIATED WITH PARTICIPATION AND AGREE TO WAIVE LIABILITY AND HOLD THE PERRIS UNION HIGH SCHOOL DISTRICT, ITS EMPLOYEES, AGENTS, REPRESENTATIVES, COACHES, AND ALL VOLUNTEERS HARMLESS FROM ANY AND ALL LIABILITY, ACTIONS, CAUSES OF ACTIONS, DEBTS, CLAIMS, OR DEMANDS OF ANY KIND AND NATURE WHATSOEVER WHICH MAY ARISE BY OR IN CONNECTION WITH MY (OR MY STUDENT'S) PARTICIPATION IN ANY ACTIVITIES RELATED TO THE TEAM.** The terms hereof shall serve as a **RELEASE** and **ASSUMPTION OF RISK** for me, my heirs, estate, executor, administrator, assignees, and for all members of my family.

THE UNDERSIGNED HAS CAREFULLY READ THE FOREGOING RELEASE AND ASSUMPTION OF RISK AGREEMENT AND FULLY UNDERSTANDS IT.

Parent/Guardian - Print Name

Parent/Guardian Signature

Student Signature

Health Insurance/Student Accident Insurance Carrier*

Policy Number

*If you do not have accident insurance, the district provides forms for you to obtain insurance as required by law. The forms are available at the school office. Insurance must be maintained at all times. Notify the athletic director of cancellation/change in policy.

ATHLETIC CLEARANCE

Quick steps for parents/students using the online athletic clearance process.

Updated: May 2023

Online Athletic Clearance 24-25 Registrations opens May 2024.

1. Visit www.homecampus.com, select “For Students & Parents”, then choose your state.
2. **New Users select “Create an Account”**, register using a valid email username and password. You will be asked to type in a code to verify you are human. If this step is skipped your account will not be activated.
3. **Login:** using your email address that you registered with
4. Select “**Start Clearance Here**” to start the process.
5. Choose the school: **Heritage: 26001 Briggs Rd.**
School Year in which the student plans to participate & the Sport.
6. Student Information: Complete all required fields for Student Information, Educational History, Medical History. (We suggest declining NCSA recruitment as our school also includes recruitment opportunities)
7. Digital Signature: Requires a parent and athlete to read our policies and consent with a digital signature.
8. Files page: PUHSD now requires proof of insurance. Please upload a photo of your insurance card. If you do not have insurance coverage, the district offers a low-cost option with Myers-Stevens and Toohey: <https://myers-stevens.com/>.
Download the school physical forms file if needed. Return the physical form (with wet signatures/Black or Blue ink pen only) to the athletics office in person.
9. **Confirmation page** you have completed the process.

All of this data will be electronically filed with your school’s athletic department for **review**. When the student has been **cleared for participation**, an email notification will be sent.

Online Athletic Clearance FAQ

What is my Username?

Your username is the email address that you registered with.

Multiple Sports

Once you complete a clearance for one sport and arrive at the Confirmation Message, you will have the option to check off additional sports/activities for the current school year. PLEASE ONLY CHECK OFF SPORTS YOU KNOW YOU WILL PLAY. If you would like to change sports after submission, please contact your athletics department.

Physicals

The physical form your school uses can be downloaded on the Physicals page. Remember to turn in a hard copy of the Physical and Waivers to the Athletic department.

Why haven't I been cleared?

Your school will review the information you have submitted and Clear or Deny your student for participation. You will receive an email when the student is cleared.

My sport is not listed!

Please contact your school's athletic department and ask for your sport to be activated.