



High School Pre-Participation Physical Exam - (2026-27)

Name: _____ Gender: _____ Birth date: _____ Age: _____

_____ Incoming Grade (Circle one): 9 10 11 12

To be completed by participant (must be completed each year):

Head Injury / Concussion? Yes No Allergies / Skin Problems? Yes No Bone / Joint Disorder?

Yes No Allergic to bee stings? Yes No

Broken Bones / Fractures? Yes No Epi-Pen Needed? Yes No

Dislocations? Yes No Stinger / Burner? Yes No

Eye or Ear Problems? Yes No Heat or Muscle Cramps? Yes No

Fainting or Convulsions? Yes No Heat Exhaustion or Stroke? Yes No

High or Low Blood Pressure? Yes No Mental Illness? Yes No

Anemia, Leukemia or Bleeding Yes No Surgery? Yes No

Disorder? Yes No Please Explain: _____ Diabetes? Yes No

_____ Insulin Needed? Yes No

_____ Ulcers, colitis, or other stomach Yes No

_____ problems? Yes No Other Illness? _____ Kidney or bladder problems? Yes

No _____ Hernia? Yes No Tetanus Booster Date:

_____ Have you had any new injuries since your last physical? (Please explain)

Are you currently taking **any** medications? (Please name any medications and their purpose)

Are you allergic to any medications, insect stings, etc? (Please explain)

To be completed by a physician:

Height: _____ Weight: _____ Blood Pressure: _____ / _____ Pulse: _____ Vision: R 20/

_____ L 20/ _____ Vision Corrected: N/A R 20/ _____ L 20/ _____

Heart Normal Abnormal Lungs Normal Abnormal **Cleared For Sport Participation?** Yes _____ No _____

Skin Normal Abnormal Limitations: _____ Abdomen Normal

Abnormal _____

Genitalia Normal Abnormal Neurologic Normal _____

Abnormal _____

Musculoskeletal Normal Abnormal Further Evaluation Required: _____ Neck Normal

Abnormal _____

Shoulder Normal Abnormal Elbow Normal _____

Abnormal _____

Wrist / Hand Normal Abnormal **Physician Signature:** _____ Back Normal

Abnormal Physician Name: _____ Knee Normal Abnormal Physician ID #: _____

_____ Ankle / Foot Normal Abnormal Date: _____

Please go to <https://www.internationalsf.org/school-life/athletics/high-school/new-athletes> for more information.