This MEDICAL HISTORY FORM must be completed annually by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event. Sex ___ Student's Name: (print) ___ Age__ Date of Birth_ Address School Grade Personal Physician _ In case of emergency, contact: Name Relationship Phone (H) Explain "Yes" answers in the box below**. Circle questions you don't know the answers to. Yes No Have you had a medical illness or injury since your last check Have you ever gotten unexpectedly short of breath with 13. up or physical? exercise? 2. Have you been hospitalized overnight in the past year? Do you have asthma? П Have you ever had surgery? Do you have seasonal allergies that require medical treatment? П 3. Have you ever had prior testing for the heart ordered by a Do you use any special protective or corrective equipment or 14. physician? devices that aren't usually used for your activity or position Have you ever passed out during or after exercise? (for example, knee brace, special neck roll, foot orthotics, Have you ever had chest pain during or after exercise? retainer on your teeth, hearing aid)? Do you get tired more quickly than your friends do during 15. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any Have you ever had racing of your heart or skipped heartbeats? joints? Have you had high blood pressure or high cholesterol? Have you had any other problems with pain or swelling in Have you ever been told you have a heart murmur? muscles, tendons, bones, or joints? Has any family member or relative died of heart problems or of If yes, check appropriate box and explain below: sudden unexplained death before age 50? Has any family member been diagnosed with enlarged heart, Head □ Elbow Hip (dilated cardiomyopathy), hypertrophic cardiomyopathy, long Neck Forearm Thigh QT syndrome or other ion channel pathy (Brugada syndrome, Back Wrist Knee etc), Marfan's syndrome, or abnormal heart rhythm? Shin/Calf Chest Hand Have you had a severe viral infection (for example, Shoulder Finger Ankle myocarditis or mononucleosis) within the last month? Upper Arm Foot Has a physician ever denied or restricted your participation in 16. Do you want to weigh more or less than you do now? П activities for any heart problems? 17 Do you feel stressed out? Have you ever had a head injury or concussion? 18. Have you ever been diagnosed with or treated for sickle cell П Have you ever been knocked out, become unconscious, or lost trait or sickle cell disease? your memory? I choose not to provide written information on Question 19 but will discuss with a medical professional: Females Only If yes, how many times? _ 19. When was your first menstrual period? When was your last concussion? When was your most recent menstrual period? How severe was each one? (Explain below) How much time do you usually have from the start of one period to the start of Have you ever had a seizure? another? Do you have frequent or severe headaches? How many periods have you had in the last year? Have you ever had numbness or tingling in your arms, hands, What was the longest time between periods in the last year? legs or feet? I choose not to provide written information on Question 20 but will Males Only Have you ever had a stinger, burner, or pinched nerve? discuss with a medical professional: 5. Are you missing any paired organs? 20. Are you missing a testicle? Are you under a doctor's care? Do you have any testicular swelling or masses? Are you currently taking any prescription or non-prescription An electrocardiogram (ECG) is not required. I have read and understand the information (over-the-counter) medication or pills or using an inhaler? about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form. By checking Do you have any allergies (for example, to pollen, medicine, this box, I choose to obtain an ECG for my student for additional cardiac screening. I food, or stinging insects)? understand it is the responsibility of my family to schedule and pay for such ECG. 9. Have you ever been dizzy during or after exercise? EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary): 10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? 11. Have you ever become ill from exercising in the heat? 12. Have you had any problems with your eyes or vision? It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness. I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student. If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL Student Signature: Parent/Guardian Signature: Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL. For School Use Only:

Date

Signature

This Medical History Form was reviewed by: Printed Name

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION Student's Name _____ Sex ____ Age ____ Date of Birth___ Height _____ Weight____ % Body fat (optional) _____ Pulse ____ BP___/__(_/__, __/__) brachial blood pressure while sitting Vision: R 20/____ L 20/___ Corrected: □ Y □ N Pupils: □ Equal □ Unequal As a minimum requirement, this Physical Examination Form must be completed prior to junior high participation and again prior to first and third years of high school participation. It must be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * Local district policy may require an annual physical exam. NORMAL ABNORMAL FINDINGS MEDICAL Appearance Eyes/Ears/Nose/Throat Lymph Nodes Heart-Auscultation of the heart in the supine position. Heart-Auscultation of the heart in the standing position. Heart-Lower extremity pulses Pulses Lungs Abdomen Genitalia (males only) if indicated Skin Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis) Neck Back Shoulder/Arm Elbow/Forearm Wrist/Hand Hip/Thigh Knee Leg/Ankle Foot *station-based examination only **CLEARANCE** □ Cleared ☐ Cleared after completing evaluation/rehabilitation for: □ Not cleared for: Reason: Recommendations: The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted. Name (print/type) _____ Date of Examination: _____ Address: ____ Phone Number: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.

CONCUSSION ACKNOWLEDGEMENT FORM

Name of S	Student	

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention – Teach and practice safe play & proper technique.

- Follow the rules of play.
- Make sure the required protective equipment is worn for all practices and games.
- Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, chiropractor, physical therapist, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or participate again following the force or impact believed to have caused the concussion until:

- (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student 's parent or guardian or another person with legal authority to make medical decisions for the student;
- (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
- (3) the treating physician has provided a written statement indicating that, in the physician 's professional judgment, it is safe for the student to return to play; and
- (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
- (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
- (B) have provided the treating physician 's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
- (C) have signed a consent form indicating that the person signing:
- (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
- (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
- (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician 's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and (iv) understands the immunity provisions under Section 38.159.

Parent or Guardian Signature	Date	
Student Signature	Date	





University Interscholastic League

Parent and Student Agreement/Acknowledgement Form Anabolic Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

Relationship to student:

School Year (to be completed annually)

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): _____ Grade (9-12) _____

Student Signature:	Date:
PARENT/GUARDIAN CERTIFICATION AND ACKNO	DWLEDGEMENT
have read this form and understand that my student asked to submit to testing for the presence of anal submit my child to such testing and analysis by a ce the results of the steroid testing may be provided the specified in the UIL Anabolic Steroid Testing Program www.uiltexas.org. I understand and agree that the re	e to provide accurate and truthful information could
Name (Print):	
Signature: Date	:



SUDDEN CARDIAC ARREST (SCA) **AWARENESS FORM**

The Basic Facts on Sudden Cardiac Arrest

Website Resources:

American Heart Association: www.heart.org

Lead Author: Arnold Fenrich, MD and Benjamin Levine, MD

Additional Reviewers: UIL Medical **Advisory Committee**

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (shortcircuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?

Inherited (passed on from family) conditions present at birth of the heart muscle:

Hypertrophic Cardiomyopathy hypertrophy (thickening) of the left ventricle: the most common cause of sudden cardiac arrest in athletes in the U.S.

Arrhythmogenic Right Ventricular **Cardiomyopathy** – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.

Marfan Syndrome - a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.

Inherited conditions present at birth of the electrical system:

Long OT Syndrome - abnormality in the ion channels (electrical system) of the heart.

Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome - other types of

electrical abnormalities that are rare but run in families.

NonInherited (not passed on from the family, but still present at birth) conditions:

Coronary Artery Abnormalities abnormality of the blood vessels that supply blood to the heart muscle. This is the second most common cause of sudden cardiac arrest in athletes in the U.S.

Aortic valve abnormalities - failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.

Non-compaction Cardiomyopathy a condition where the heart muscle does not develop normally.

Wolff-Parkinson-White Syndrome an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.

Conditions not present at birth but acquired later in life:

Commotio Cordis - concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.

Mvocarditis - infection or inflammation of the heart, usually caused by a virus.

Recreational/Performance-Enhancing drug use.

Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of **Sudden Cardiac Arrest?**

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms and warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

What is the treatment for Sudden Cardiac Arrest?

Time is critical and an immediate response is vital.

- **CALL 911**
- **Begin CPR**
- Use an Automated External Defibrillator (AED)

What are ways to screen for Sudden Cardiac Arrest?

The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.

The UIL Pre-Participation Physical Evaluation - Medical History form includes ALL 14 of these important cardiac elements and is mandatory annually.

Revised 2016

What are the current recommendations for screening young athletes?

The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.

It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.

The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1st and 3rd years of high school participation. The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no additional evaluation or testing is recommended for cardiac issues/concerns.

Are there additional options available to screen for cardiac conditions?

Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (\sim 10%) of "false positives", which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of "false negatives", since not all cardiac conditions will be identified by additional screening.

When should a student athlete see a heart specialist?

If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

Can Sudden Cardiac Arrest be prevented just through proper screening?

A proper evaluation (Preparticipation Physical Evaluation - Medical History) should find many, but not all, conditions that could cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health Signatures history need to be performed on a yearly I certify that I have read and basis. With proper screening and evaluation, most cases can be identified and prevented.

Why have an AED on site during sporting events

The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).

Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public high schools the following must be available:

- An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium
- All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED.

Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.

The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1 1 /2 minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.

Student & Parent/Guardian

understand the above information.

Parent/Guardian Signature Parent/Guardian Name (Print) Date Student Signature Student Name (Print) Date

SEALY ISD ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

RETURN TO TRAINER

The Sealy Handbook is posted on the Sealy ISD Website under the Athletics Tab for your viewing.

Because participation in extracurricular activities is a privilege and not a right, Sealy ISD is authorized to set higher standards for participants of extracurricular activities than it would be for those students who choose to not participate in these activities. Therefore, this Athletic Handbook extends beyond the Sealy ISD code of conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. We have both read the Sealy ISD handbook and fully understand all of the policies of the Sealy ISD Athletic Department Handbook. We both agree to abide by and support these policies.

Athlete's Printed Name

Athlete's Signature			Date	
Parent/Guardian's Print	ed Name			
Parent/Guardian's Signa	ature		Date	
(The Athletic Direct	or will deal with	h any circumstance not co	overed in the Athletic Guidelines.)
	High	School Students Sealy ISD	Only	
Consent to Par	icipation i	n Mandatory Stude	ent Drug Testing Progra	ı m
that as a condition of particip premises at Sealy High Scho signatures below, we authori: named student will provide o We understand that at the tin or doctor's verification related envelope to school personne testing lab. We further unders	ation in extracuriol, the student not ze Sealy ISD to on the dates and the of the test, we do to any medicine I, we understand that the late of the drug testing	ricular programs and a cond lamed below must participate conduct drug testing on any times specified by the Sealy e, at our own discretion, may es the student may be taking d that the sealed envelope we b will be instructed to consid	ry Drug Testing Program. We understition for parking and driving on school in the drug testing program. By our urine specimen/breathalyzer testing ISD school officials. It provide a copy of any medical prestig. If we provide this information in a still be forwarded unopened to the dester the student's use of such medicat formation will not be disclosed by the	ol r that the cription sealed signated tion to
Student ID#		Student's Name		
N	lale	Female	(Circle One)	
Signature of Parent/Gua	ardian		Date	
Signature of Student			Date	



SEALY ATHLETICS CONSENT TO TREAT FORM



Name: _			Address:	
			Phone:	Family Physician:
			ıse list:	
Other Me	edical Alerts _	If so,	, please list:	
			[Do you wear contact lenses?
				(EMS), hospitals, and Sealy coaches need to be aware of:
(1)				
Where ca	an a parent, g	uardian, or close r	relative be reached in case of	of an emergency?
()	-	Name	Relationship
()		Name	Relationship
				Relationship
				Relationship
If, in the	judgement of	any school repres	entative, the student (named	d above) should need immediate care and treatment as may be
given by	an physician,	trainer, nurse, or	school representative, and I	do hereby indemnify and save harmless the school and any
school o	r hospital repr	esentative from ar	ny claim by any person whor	msoever on account of such care and treatment of said student.
Signature	e of Parent/Gu	uardian		