

**Austin Independent School District (AISD)
2021 - 2022 PARTICIPATION FORM**

School _____

| | | | | | | | | |
|----------------------------------|------------|----------|------------|------------|---------------|------------|-------------------------------------|------------|
| Last Name | First Name | MI | Student ID | Grade | Date of Birth | Sex | Sports (List All Participating In) | |
| Street Address (No P.O. Boxes) | | | City | | | Zip | | Home Phone |
| Guardian's Name | | Employer | | Cell Phone | | Work Phone | Relationship to Student | |
| Guardian's Name | | Employer | | Cell Phone | | Work Phone | Relationship to Student | |
| Secondary Emergency Contact Name | | | | Cell Phone | | Home Phone | Relationship to Student | |

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL, INCLUDING AN ATHLETIC PERIOD.

| | <u>YES</u> | <u>NO</u> | | <u>YES</u> | <u>NO</u> |
|---|--------------------------|--------------------------|---|--------------------------|--------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports physical? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you been hospitalized overnight in the past year? | <input type="checkbox"/> | <input type="checkbox"/> | 12. Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | 13. Have you ever gotten unexpectedly short of breath with exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you ever had prior testing for the heart ordered by a physician? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been diagnosed with asthma? | <input type="checkbox"/> | <input type="checkbox"/> |
| What Age? _____ | | | Within the past year, have you experienced an asthma attack? | <input type="checkbox"/> | <input type="checkbox"/> |
| What was the diagnosis? _____ | | | Are you prescribed an inhaler? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever passed out during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had chest pain during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 15. Have you ever had a sprain, strain, or swelling after injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you get tired more quickly than your friends do during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | Have you broken or fractured any bones or dislocated any joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had racing of your heart or skipped heartbeats? | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you had high blood pressure or high cholesterol? | <input type="checkbox"/> | <input type="checkbox"/> | If yes, check appropriate box and explain below. | | |
| Have you ever been told you have a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Head <input type="checkbox"/> Chest <input type="checkbox"/> Elbow <input type="checkbox"/> Hand <input type="checkbox"/> Thigh <input type="checkbox"/> Ankle | | |
| Has any family member or relative died of heart problems or of sudden unexpected death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Neck <input type="checkbox"/> Shoulder <input type="checkbox"/> Forearm <input type="checkbox"/> Finger <input type="checkbox"/> Knee <input type="checkbox"/> Foot | | |
| Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy) hypertrophic cardiomyopathy, long QT syndrome, or other ion channelopathy (Brugada syndrome, etc.) Marfan's syndrome, or abnormal heart rhythm)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Back <input type="checkbox"/> Upper Arm <input type="checkbox"/> Wrist <input type="checkbox"/> Hip <input type="checkbox"/> Shin/Calf | | |
| Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> | 16. Are you unsatisfied with your current weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> | 17. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> | 18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever been knocked out, become unconscious, or lost your memory? | <input type="checkbox"/> | <input type="checkbox"/> | 19. Do you have any other medical conditions not previously mentioned (for example, diabetes, thyroid disease, immune disorders, bleeding disorder, etc)? | <input type="checkbox"/> | <input type="checkbox"/> |
| If yes, how many times? _____ | | | 20. Have you tested positive for Covid-19? | <input type="checkbox"/> | <input type="checkbox"/> |
| When was the last concussion? _____ | | | <u>MALES ONLY</u> | | |
| How severe was each one? (Explain below) | | | 21. Are you missing a testicle? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any testicular swelling or masses? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have frequent or severe headaches? | <input type="checkbox"/> | <input type="checkbox"/> | <u>FEMALES ONLY</u> | | |
| Have you ever had numbness or tingling in your arms, hands, legs, or feet? | <input type="checkbox"/> | <input type="checkbox"/> | 22. When was your first menstrual period? _____ | | |
| Have you ever had a stinger, burner, or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> | When was your most recent menstrual period? _____ | | |
| 5. Are you missing any paired organs? | <input type="checkbox"/> | <input type="checkbox"/> | How much time do you usually have from the start of one period to the start of another? _____ | | |
| 6. Are you currently under a doctor's care for a specific illness, injury or medical condition? | <input type="checkbox"/> | <input type="checkbox"/> | How many periods have you had in the last year? _____ | | |
| 7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills? | <input type="checkbox"/> | <input type="checkbox"/> | What was the longest time between periods in the last year? _____ | | |
| 8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> An electrocardiogram (ECG) is not required. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I have read and understand the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness form. I understand it is the responsibility of my family to schedule and pay for such ECG. | | |
| Do you have seasonal allergies that require medical treatment? | <input type="checkbox"/> | <input type="checkbox"/> | Explain Yes Answers (use another sheet if necessary) _____ | | |
| 9. Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | _____ | | |
| 10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> | _____ | | |

It is understood that even though protective equipment is worn by the athletes, whenever needed, the possibility of accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs. If, in the judgement 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 such account of such care and treatment of such 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 injury.

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: _____ Date: _____

| | |
|---|---|
| This Medical History Form was reviewed by: Doctor: _____ <div style="text-align: right;">Signature</div> | School Official: _____ <div style="text-align: right;">Signature</div> |
|---|---|

PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ Pulse _____

| | | | |
|----|---|---|---|
| BP | / | / | / |
|----|---|---|---|

% Body fat (optional) _____

brachial blood pressure while sitting

Vision R 20/____ L 20/____

Corrected: Y N

Pupils: Equal _____ Unequal _____

| | NORMAL | ABNORMAL FINDINGS | INITIALS* |
|---|--------|-------------------|-----------|
| 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 | | | |
| MUSCULOSKELETAL | | | |
| Neck | | | |
| Back | | | |
| Shoulder/Arm | | | |
| Elbow/Forearm | | | |
| Wrist/Hand | | | |
| Hip/Thigh | | | |
| Knee | | | |
| Leg/Ankle | | | |
| Foot | | | |
| Marfan's stigmata (arachnodactyly, pectus, excavatum, joint hypermobility, scoliosis) | | | |

Austin ISD requires that each athlete have an annual physical dated after April 15, 2021

CLEARANCE

Cleared; Recommendations: _____

Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____

Reason: _____

| | |
|---|--|
| <p>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.</p> | |
| Name (print/type) _____ | Date of Examination: _____ |
| Address: _____ | Phone: _____ |
| Signature: _____ | SIGNATURE ALSO REQUIRED BELOW MEDICAL HISTORY ON FRONT OF FORM |

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.

****Athletics Only****

austinisd.rankonesport.com

Austin ISD Athletic Department has switched over to online forms. You will complete all signatures and paperwork online, with the exception of the medical history and physical exam. Both the online forms and the physical exam must be completed before your student can participate in any practice or game, including the athletic period.

Online forms must be completed by the parent/guardian and student athlete simultaneously.

INSTRUCTIONS:

- Go to: **austinisd.rankonesport.com** or scan the QR code below
- Enter your students ID number and name as it is shown on their report card
- There are two separate electronic participation forms to complete: Contact Info and Signature Page
- Read, complete, and electronically sign both forms. Student and Parent/Guardian must sign at the same time
- Print a copy of the forms for your records only, if desired. Do not send in hard copies of online materials
- Complete the physical exam with your physician and return both the medical history and physical page along with the emergency card below, to the designated school official



Name _____

PLEASE PRINT

Austin Independent School District
EMERGENCY STUDENT INFORMATION CARD

Sport(s)

Austin ISD policy requires the completion of this permit for participation in athletics.

1. _____

If, in the judgment of any representative of the school, the above student needs 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 to said student by any physician, athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school district and any school representative from any claim by any person whatsoever on account of such care and treatment of said student.

2. _____

3. _____

Parent Signature _____ Date _____

Name (Last, First) _____ Grade _____ StudentID# _____

School Attending _____ Home Phone _____

Home Address _____ City _____ Zip _____

Parent/Guardian(s) Name _____

Work _____ Cell _____ Email _____

Parent's Insurance Co. _____ Preferred Hospital _____

Family Physician: _____ Office Phone _____

