

Galveston Independent School District

★ **2025 – 2026 School Year** ★

FREE PHYSICALS

WHEN: May 3rd & May 17th, 8:00am – 11:00am

(We will stop accepting students at the door at 11:00am)

WHERE: Ball High School Upper Gym

(Enter through doors by ticket booth on 41st street – Door 4C)

All UIL signature forms will be ONLINE ONLY for the 2025-2026 school year.

(instructions provided in this packet)

YOU MUST BRING A PAPER COPY OF YOUR MEDICAL HISTORY FORM WITH YOU TO THE PHYSICALS; WE WILL NOT BE ABLE TO ACCESS YOUR ONLINE COPY.

There is a waiver provided if you would like your child to receive a FREE electrocardiogram directly after they have received their free physical. You DO NOT have to return the waiver if you opt out of receiving the ECG.

(Available only on May 3rd)

******PARENT(S)/GUARDIAN(S)******

Please make sure to bring the following items if they are applicable to your child. If these items are not in your child's possession at the time of the physical there is a high chance your child will not pass their physical.

A recent note (within a calendar year) from your child's physician if they have ANY of the following preexisting conditions, or marked "YES" on any medical history question:

- Asthma
- Diabetes
- Pre-existing Heart Condition
- Family History Concern
- Heart Murmur
- Elevated Blood Pressure
- Vision (BRING GLASSES/CONTACTS)
- Currently being seen by physicians (not regular check-up)

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RANK ONE* *SPORT

ONLINE FORMS INSTRUCTIONS

1. Visit: <https://rankone.com/parent/parent>
2. Click "[Welcome to the Rank One Parent Portal](#)"
3. Click "ONLINE FORMS: Go To Forms"
4. Select "Texas"
5. Select "G"
6. Select "Galveston ISD"
7. Click "Proceed To Online Forms"
8. Create or Sign in to Rank One account
 - a. If you DO NOT have an account - Select "New to Rank One? Create New Account" and proceed to create a new Parent Portal account
 - b. If you DO have an account – login with your information from previous years
9. Once you have logged in with your account choose the appropriate grade level for your student-athlete if prompted
10. Click and sign/complete each electronic form listed

****YOU MUST BRING A PAPER COPY OF YOUR MEDICAL HISTORY TO THE DOCTOR FOR YOUR PHYSICAL****

All forms must be completed online prior to participation; this includes summer workouts, tryouts, before, during or after school practices, and any competitions or games.

GISD Sports Medicine will no longer accept paper forms. The only paper form that is required to be turned into GISD Sports medicine is the pre-participation examination form that is signed by the physician or nurse practitioner.

Please contact GISD Sports Medicine if you have any questions or your child is not currently enrolled in GISD.

Athletic Trainer: Paul Sundre, LAT: paulsundre@gisd.org

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PREPARTICIPATION PHYSICAL EVALUATION – MEDICAL HISTORY

2024

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.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____
 Grade _____ School _____
 Personal Physician _____ Phone _____
In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers in the box below**. Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<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"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity 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 passed out 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"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<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 had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below:		
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
Has any family member or relative died of heart problems or of sudden unexplained death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
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"/> Chest	<input type="checkbox"/> Hand	<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"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
Has a physician ever denied or restricted your participation in activities for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
When was your last concussion? _____					
How severe was each one? (Explain below)					
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	Females Only <input type="checkbox"/> I choose not to provide written information on Question 19 but will discuss with a medical professional:		
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	19. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____		
Have you ever had numbness or tingling in your arms, hands, legs or feet?	<input type="checkbox"/>	<input type="checkbox"/>	Males Only <input type="checkbox"/> I choose not to provide written information on Question 20 but will discuss with a medical professional:		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	20. Are you missing a testicle? _____ Do you have any testicular swelling or masses? _____		
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> An electrocardiogram (ECG) is not required. I have read and understand the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I understand it is the responsibility of my family to schedule and pay for such ECG.		
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>			
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>			
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"/>			
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>			
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>			

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 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: _____

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:

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

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	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			
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: _____

Signature: _____

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.



ELECTROCARDIOGRAM CONSENT FORM AND RELEASE OF LIABILITY

Galveston ISD

An electrocardiogram (ECG or EKG) screen can help identify young athletes who are at risk for Sudden Cardiac Arrest (SCA), a condition where death can result from an abrupt loss of heart function. An ECG screening may assist in diagnosing several different heart conditions that may contribute to SCA.

By signing below, I am either electing or declining an ECG screen provided by **Galveston ISD** for my child. By electing to receive an ECG screen, I acknowledge the limitations of an ECG screen and that SCA or other cardiac events may still occur, despite this screening. I further acknowledge that students with an abnormal ECG will be required to undergo further testing (e.g. an echo or ultrasound) and/or a medical consultation prior to being released to resume participation for **Galveston ISD** extracurricular activities. By my signature below, I hereby release and forever discharge, and waive, any and all claims against The Cody Stephens Go Big Or Go Home Memorial Foundation (GBOGH) and **Galveston ISD**, their employees, trustees, consultants, volunteers and contractors that relate to my election regarding and/or my child's participation in the ECG screening. I authorize medical personnel to review the ECG results, and interpret and use the same for diagnostic and aggregated statistical purposes in accordance with the Family Educational Rights and Privacy Act and Health Insurance Portability and Accountability Act of 1996.

☐ **I DO** hereby **CONSENT** to participation in the ECG screen on behalf of my minor child
☐ **I DO NOT** consent to participation in the ECG screen on behalf of my minor child.

Galveston ISD is offering heart screenings free this school year due to a generous donation from the **Harris & Eliza Kempner Fund**. Please help "Pay It Forward" with a donation so Galveston ISD families can participate in this program in the future.

☐ I want to help "Pay It Forward." My donation is attached as cash or check payable to Cody Stephens Foundation.
Thank you for your generosity!

Child's Name Printed _____

Date _____

Parent/Guardian Name Printed _____

Parent/Guardian Signature _____

Parent/Guardian E-Mail address (Please print) _____

Parent/Guardian Phone # _____

Participant Information

Student Last Name: _____ Student First Name: _____

Male _____ Female _____ Race: _____ Birthdate ____/____/____

Student ID#: _____ Weight: _____ Height: _____ Sport: _____ Grade: _____

Student Cardiac History (if any): _____

Family Cardiac History (if any): _____

Does student currently take any of the following medication? (Mark all that apply):

ADD/ADHD _____ Asthma medication/inhaler _____ Heart-related _____ Seizure _____

For more information about Cody's story, the foundation formed in his name, or heart screening in general, see www.codystephensfoundation.org

During the screening, you will be asked the following questions. Please be sure to ask the screening staff or volunteers if you have any questions or concerns about answering them.

- Have you ever experienced chest pain or discomfort with exercise?
 -
- Have you ever passed out or nearly passed out?
 -
- Have you ever had excessive shortness of breath or fatigue with exercise?
 -
- Have you been told you have a heart murmur?
 -
- Have you had high blood pressure?
 -
- Does anyone in your family have genetic or heart arrhythmia problems?
 -
- Has anyone in your family under the age of 50 died suddenly or unexpectedly from heart disease?
 -
- Has anyone in your family under the age of 50 been disabled from heart disease?
 -
- Have you had a prior restriction from participation in sports because of your heart?
 -
- Have you had a physician order a heart test for you?
 -