



Montana High School Association

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**TO: PARENTS OF MHSA SPORTS PARTICIPANTS
LICENSED MEDICAL PROFESSIONALS**

FROM: MARK BECKMAN, EXECUTIVE DIRECTOR

RE: NEW MHSA PRE-PARTICIPATION PHYSICAL EXAM FORM

Article II, Section (3) of the MHSA Handbook requires that a physical exam must be performed for each student in order for that student to be considered eligible for participation in an Association Contest. Physical exams must be completed prior to the first practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation for the following school year.

The MHSA Executive Board approved a new pre-participation physical examination form on the recommendation of the MHSA Medical Advisory Committee. The form is more detailed and this format has been approved by a variety of medical professional groups. **Specifically, questions concerning the cardiac history and cardiac health of the student have been added (questions 6-15). The MHSA Medical Advisory Committee strongly recommends that if any of those questions are answered affirmatively the student be referred to the appropriate medical professional for further screening.**

The MHSA pre-participation form is the only form that will be allowed for the student's exam (no other forms will be accepted). The following process should be followed:

- Parent(s)/Legal Guardian(s) and each student should fill out the questionnaire and history portion of the form together, which is the front page of the MHSA pre-participation physical examination form.
- The student must sign this form confirming that he/she was involved in the completion process.
- The form goes to the medical provider for use during the examination.
- The medical provider reviews the form with the student and parent/guardian, performs the exam and makes the decision on whether to clear the student for participation. A signature from the medical provider is required.
- The physical exam form is given to the parent/guardian. He/she must sign the permission and release section of the form for final clearance.
- The completed pre-participation physical exam form is given to the appropriate school administrator.

The MHSA is committed to the safety and health of our student activity participants and believes this new form will facilitate that objective.

If you have any questions regarding the new pre-participation examination form please contact me or Brian Michelotti, MHSA Assistant Director.

MHSA CONFIDENTIAL ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

See Montana High School Association, Article II, Section (3), Physical Exam. A physical examination is required for each student in order to be considered eligible for participation in an Association contest. Physical examinations must be completed prior to the first practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. **A physical examination conducted before May 1st is not valid for participation for the following school year. All information is to remain confidential.**

HISTORY – To be completed by the student and parent(s).

QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (PLEASE PRINT)			
Name _____	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Grade _____ Date of Birth _____
Home Address _____	Phone Number _____		
Parent's Name _____	Family Physician _____		
Current School _____	Date _____		
Student Signature _____			

Explain "Yes" answers below. Circle questions to which you don't know the answer.

- | | | | | | |
|--|------------|-----------|--|------------|-----------|
| | | | | | |
| | Yes | No | | Yes | No |
1. Has a doctor ever denied or restricted your participation in sports for any reason? Yes No
 2. Do you have an ongoing medical condition (like diabetes or asthma)? Yes No
 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? Yes No
 4. Are you taking medicine for ADHD? Yes No
 5. Do you have allergies to medicines, pollens, foods, or stinging insects? Yes No
 6. Have you ever passed out or nearly passed out DURING exercise? Yes No
 7. Have you ever passed out or nearly passed out AFTER exercise? Yes No
 8. Have you ever had discomfort, pain, or pressure in your chest during exercise? Yes No
 9. Does your heart race or skip beats during exercise? Yes No
 10. Has a doctor ever told you that you have (circle all that apply):
 High blood pressure A heart murmur
 High cholesterol A heart infection
 11. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram) Yes No
 12. Has anyone in your family died for no apparent reason? Yes No
 13. Does anyone in your family have a heart problem? Yes No
 14. Has any family member or relative died of heart problems or of sudden death before age 50? Yes No
 15. Does anyone in your family have Marfan syndrome? Yes No
 16. Have you ever spent the night in a hospital? Yes No
 17. Have you ever had surgery? Yes No
 18. Have you ever had an injury, like a sprain, muscle or ligament tear or tendonitis that caused you to miss a practice or game: If yes, circle affected area below:

Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand / fingers	Chest
Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot / toes
 19. Have you had any broken or fractured bones, or dislocated joints? If yes, circle below: Yes No
 20. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Yes No
 21. Have you ever had a stress fracture? Yes No
 22. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? Yes No
 23. Do you regularly use a brace or assistive device? Yes No
 24. Has a doctor ever told you that you have asthma or allergies? Yes No
 25. Do you cough, wheeze, or have difficulty breathing during or after exercise? Yes No
 26. Is there anyone in your family who has asthma? Yes No
 27. Have you ever used an inhaler or taken asthma medicine? Yes No
 28. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? Yes No
 29. Have you had infectious mononucleosis (mono) within the last month? Yes No
 30. Do you have any rashes, pressure sores, or other skin problems? Yes No
 31. Have you had a herpes skin infection? Yes No
 32. Have you ever had a head injury or concussion? Yes No
 33. Have you been hit in the head and been confused or lost your memory? Yes No
 34. Have you ever had a seizure? Yes No
 35. Do you have headaches with exercise? Yes No
 36. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? Yes No
 37. Have you ever been unable to move your arms or legs after being hit or falling? Yes No
 38. When exercising in the heat, do you have severe muscle cramps or become ill? Yes No
 39. Has a doctor told you that your or someone in your family has sickle cell trait or sickle cell disease? Yes No
 40. Have you had any problems with your eyes or visions? Yes No
 41. Do you wear glasses or contact lenses? Yes No
 42. Do you wear protective eyewear, such as goggles or a face shield? Yes No
 43. Are you happy with your weight? Yes No
 44. Are you trying to gain or lose weight? Yes No
 45. Have anyone recommended you change your weight or eating habits? Yes No
 46. Do you limit or carefully control what you eat? Yes No
 47. Do you have any concerns that you would like to discuss with a doctor? Yes No

FEMALES ONLY

48. Have you ever had a menstrual period? Yes No
49. How old were you when you had your first menstrual period? _____
50. How many periods have you had in the last year? _____

Explain "Yes" answers here:

Allergies: _____

Immunizations: (eg, tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis, pneumococcal; meningococcal, varicella)

Date of last known tetanus shot: _____

PROVIDER'S PHYSICAL EXAMINATION FORM

Name _____ Date of Birth _____

Height _____ Weight _____ Pulse _____ BP: Left Arm _____ / _____ Right Arm _____ / _____

Vision R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Hernia			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hands/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

*Multiple examiner set-up only.

Notes: _____

CLEARANCE

Cleared without restriction
 Cleared with recommendations for further evaluation or treatment for: _____

Not cleared for All sports Certain sports _____ Reason: _____

Recommendations: _____

Name of physician/medical provider [print or type] _____ Date _____

Address _____ Phone _____

Signature of physician/medical provider _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I certify that the information provided by the student/parent(s) is accurate to the best of my knowledge. I hereby give my consent for the above student to engage in approved athletic activities as a representative of his/her school, except those indicated above by the licensed professional. I also give my permission for the team physician, athletic trainer, or other qualified personnel to have access to information provided here as well as to give first aid treatment to this student at an athletic event in case of injury. If emergency service involving medical action or treatment is required and the parents(s) or guardian(s) cannot be contacted, I hereby consent for the student named above to be given medical care by the doctor or hospital selected by the school.

 Typed or printed name of parent or guardian

 Signature of parent or guardian

 Date

 Address

 Insurance (Company name)

 Parent's Home Phone

 Parent's Work Phone

 Parent's Cell Phone

 Additional Phone (if any-specify)

ALL INFORMATION IS TO REMAIN CONFIDENTIAL

(Updated 3/10)