ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION

Preparticipation Physical Evaluation Form

Revised 2018

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History

Date_____

Name_____ Sex _____ Age_____ Date of birth _____

Address _____ Phone_____

School _____ Grade _____ Sport _____

Explain "Yes" answers below:	Yes	No
1 Has a doctor ever restricted/denied your participation in sports?	☐	☐
2 Have you ever been hospitalized or spent a night in a hospital?	☐	☐
Have ever had surgery?	☐	☐
3. Do you have any ongoing medical conditions like Diabetes or Asthma?	☐	☐
4. Are you presently taking any medications or pills (prescription or over the counter?	☐	☐
5 Do you have any allergies (medicine, pollens foods, bees or other stinging insects?	☐	☐
6 Have you ever passed out during or after exercise?	☐	☐
Have you ever been dizzy during or after exercise?	☐	☐
Have you ever had chest pain or discomfort in your chest during or after exercise?	☐	☐
Do you tire more quickly than your friends during exercise?	☐	☐
Have you ever had high blood pressure?	☐	☐
Have you ever been told that you have a heart murmur, high cholesterol or heart infection?	☐	☐
Have you ever had racing of your heart or skipped heartbeats?	☐	☐
Has anyone in your family died of heart problems or a sudden death before age 50?	☐	☐
Does anyone in your family have a heart condition?	☐	☐
Has a doctor ever ordered a test on your heart (EKG, echocardiogram)?	☐	☐
7 Do you have any skin problems (itching, rashes, staph, MRSA, acne)?	☐	☐
8 Have you ever had a head injury or concussion?	☐	☐
Have you ever been knocked out or unconscious?	☐	☐
Have you ever had a seizure?	☐	☐
Have you ever had a stinger, burner, pinched nerve, or loss of feeling or weakness in your arms or legs?	☐	☐
9 Have you ever had heat or muscle cramps?	☐	☐
Have you ever been dizzy or passed out in the heat?	☐	☐
10. Do you have trouble breathing or do you cough during or after activity?	☐	☐
Do you take any medications for asthma (for instance, inhalers)?	☐	☐
11. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards etc.)?	☐	☐
12 Have you had any problems with your eyes or vision?	☐	☐
Do you wear glasses or contacts or protective eye wear?	☐	☐
13 Have you had any other medical problems (infectious mononucleosis, diabetes, infectious diseases, etc.)?	☐	☐
14. Have you had a medical problem or injury since your last evaluation?	☐	☐
15 Have you ever been told you have sickle cell trait?	☐	☐
Has anyone in your family had sickle cell disease or sickle cell trait?	☐	☐
16 Have you ever sprained/strained, dislocated fractured, broken or had repeated swelling or other injuries of any bones or joints? ☐ Head ☐ Back ☐ Shoulder ☐ Forearm ☐ Hand ☐ Hip ☐ Knee ☐ Ankle ☐ Neck ☐ Chest ☐ Elbow ☐ Wrist ☐ Finger ☐ Thigh ☐ Shin ☐ Foot	☐	☐
17 When was your first menstrual period?_____ When was your last menstrual period?_____ What was the longest time between your periods last year?_____		
Explain "Yes" answers		

I hereby state that to the best of my knowledge, my answers to the above questions are correct

Signature of athlete _____ Date _____

Signature of parent/guardian _____

DUPLICATE AS NEEDED

FORM 5

Rev. 2018 *(The revised 2018 form is the official form accepted by the AHSAA.)*

Preparticipation Physical Evaluation

Rule 1, Sec. 14 — In order for a student to be eligible for interscholastic athletics, there must be on file in the Superintendent's or Principal's office a current physician's statement certifying that the student has passed a physical exam, and that in the opinion of the examining physician (M.D. or D.O.) the student is fully able to participate in interscholastic athletics (Grade s 7-12). The AHSAA Physicians Certificate (Form 5 Rev. 2018) must be used. A physical exam will satisfy the requirement for one calendar year through the end of the month from the date of the exam. For example, a physical given on May 5, 2018, will satisfy the requirement through May 31, 2019.

_____
Student's name

Physical Examination

Height _____ Weight _____ BP ____ / ____ Pulse _____

Vision R 20 / ____ L 20 / ____ Corrected: Y N

		Normal	Abnormal Findings
LIMITED	Cardiovascular		
	Pulses		
	Heart		
	Lungs		
	Skin		
COMPLETE	E.N.T.		
	Abdominal		
	Genitalia (males)		
	Musculoskeletal		
	Neck		
	Shoulder		
	Elbow		
	Wrist		
	Hand		
	Back		
	Knee		
	Ankle		
	Foot		
	Other		

Clearance:

A. Cleared

B Cleared after completing evaluation/rehabilitation for: _____

C. Not cleared for ☐ Collision
☐ Contact
☐ Noncontact ____ Strenuous ____ Moderately strenuous ____ Nonstrenuous

Due to: _____

Recommendation: _____

_____

_____

Name of physician _____ Date _____

Address _____ Phone _____

Signature of physician _____ M.D. or D.O.

(Form must be signed and dated by the attending physician

Rev. 2018 (This [illegible] from the official [illegible] the AHSAA