North Coast Schools
Insurance Group

# Preparticipation Physical Evaluation
# HISTORY FORM

**JPA-24 (Page 1)**

*Physicians may use the Child Health and Disability Prevention Pre-participation Physical Evaluation History form instead of the JPA-24.*

DATE OF EXAM _____

Name _____ Sex ____ Age ____ Date of Birth _____
Grade ___ School _____ Sport(s) _____
Address _____ Phone _____
Personal Physician _____
In Case of Emergency, Contact _____
Name _____ Relationship _____ Phone (H)_____ (W) _____

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

| | Yes | No |
|---|---|---|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason? | ☐ | ☐ |
| 2. Do you have an ongoing medical condition (like diabetes or asthma)? | ☐ | ☐ |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? | ☐ | ☐ |
| 4. Do you have allergies to medicines, pollens, foods, or stinging insects? | ☐ | ☐ |
| 5. Have you ever passed out or nearly passed out DURING exercise? | ☐ | ☐ |
| 6. Have you ever passed out or nearly passed out AFTER exercise? | ☐ | ☐ |
| 7. Have you ever had discomfort, pain, or pressure in your chest during exercise? | ☐ | ☐ |
| 8. Does your heart race or skip beats during exercise? | ☐ | ☐ |
| 9. Has a doctor ever told you that you have (check all that apply): ☐ High blood pressure ☐ A heart murmur ☐ High cholesterol ☐ A heart infection | | |
| 10. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram) | ☐ | ☐ |
| 11. Has anyone in your family died for no apparent reason? | ☐ | ☐ |
| 12. Does anyone in your family have a heart problem? | ☐ | ☐ |
| 13. Has any family member or relative died of heart problems or of sudden death before age 50? | ☐ | ☐ |
| 14. Does anyone in your family have Marfan syndrome? | ☐ | ☐ |
| 15. Have you ever spent the night in a hospital? | ☐ | ☐ |
| 16. Have you ever had surgery? | ☐ | ☐ |
| 17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below: | | |
| 18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below: | | |
| 19. 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: | | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Head | Neck | Shoulder | Upper arm | Elbow | Forearm | Hand/ fingers | Chest |
| Upper back | Lower back | Hip | Thigh | Knee | Calf/shin | Ankle | Foot/toes |

| | | |
|---|---|---|
| 20. Have you ever had a stress fracture? | ☐ | ☐ |
| 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? | ☐ | ☐ |
| 22. Do you regularly use a brace or assistive device? | ☐ | ☐ |
| 23. Has a doctor ever told you that you have asthma or allergies? | ☐ | ☐ |
| 24. Do you cough, wheeze, or have difficulty breathing during or after exercise? | ☐ | ☐ |
| 25. Is there anyone in your family who has asthma? | ☐ | ☐ |
| 26. Have you ever used an inhaler or taken asthma medicine? | ☐ | ☐ |
| 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? | ☐ | ☐ |
| 28. Have you had infectious mononucleosis (mono) within the last month? | ☐ | ☐ |
| 29. Do you have any rashes, pressure sores, or other skin problems? | ☐ | ☐ |
| 30. Have you had a herpes skin infection? | ☐ | ☐ |
| 31. Have you ever had a head injury or concussion? | ☐ | ☐ |
| 32. Have you been hit in the head and been confused or lost your memory? | ☐ | ☐ |
| 33. Have you ever had a seizure? | ☐ | ☐ |
| 34. Do you have headaches with exercise? | ☐ | ☐ |
| 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? | ☐ | ☐ |
| 36. Have you ever been unable to move your arms or legs after being hit or falling? | ☐ | ☐ |
| 37. When exercising in the heat, do you have severe muscle cramps or become ill? | ☐ | ☐ |
| 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? | ☐ | ☐ |
| 39. Have you had any problems with your eyes or vision? | ☐ | ☐ |
| 40. Do you wear glasses or contact lenses? | ☐ | ☐ |
| 41. Do you wear protective eyewear, such as goggles or a face shield? | ☐ | ☐ |
| 42. Are you happy with your weight? | ☐ | ☐ |
| 43. Are you trying to gain or lose weight? | ☐ | ☐ |
| 44. Has anyone recommended you change your weight or eating habits? | ☐ | ☐ |
| 45. Do you limit or carefully control what you eat? | ☐ | ☐ |
| 46. Do you have any concerns that you would like to discuss with a doctor? | ☐ | ☐ |
| **FEMALES ONLY** | | |
| 47. Have you ever had a menstrual period? | ☐ | ☐ |
| 48. How old were you when you had your first menstrual period? | _____ | |
| 49. How many periods have you had in the last 12 months? | _____ | |

Explain "YES" answers here: _____

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

Athlete signature _____ Parent/guardian signature _____ Date _____

# Preparticipation Physical Evaluation
# PHYSICAL EXAMINATION FORM

**JPA-24 (Page 2)**

Name _____ Date of birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ___/ ____( ____ / ____, ____ / ____ )

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

## PHYSICIAN REMINDERS (**Consider additional questions on more sensitive issues)**

1. Do you feel stressed out or under a lot of pressure?
2. Do you ever feel sad, hopeless, depressed, or anxious?
3. Do you feel safe at your home or residence?
4. Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
5. During the past 30 days, did you use chewing tobacco, snuff, or dip?
6. Do you drink alcohol or use any other drugs?
7. Have you ever taken anabolic steroids or used any other performance supplement?
8. Have you ever taken any supplements to help you gain or lose weight or improve your performance?
9. Do you wear a seat belt, use a helmet, and use condoms?
10. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

Notes:

| | NORMAL | ABNORMAL FINDINGS | INITIALS * |
|---|---|---|---|
| **MEDICAL** | | | |
| Appearance | | | |
| Eyes/ears/nose/throat | | | |
| Hearing | | | |
| Lymph nodes | | | |
| Heart | | | |
| Murmurs | | | |
| Pulses | | | |
| Lungs | | | |
| Abdomen | | | |
| Genitourinary (males only)** | | | |
| Skin | | | |
| **MUSCULOSKELETAL** | | | |
| Neck | | | |
| Back | | | |
| Shoulder/arm | | | |
| Elbow/forearm | | | |
| Wrist/hand/fingers | | | |
| Hip/thigh | | | |
| Knee | | | |
| Leg/ankle | | | |
| Foot/toes | | | |

* Multiple-examiner set-up only. ** Having a third party present is recommended for the genitourinary examination.

Notes:

Sports participation: Approved: _____ Conditional: _____ Denied: _____

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____ , MD, DO, ND, NP or PA

North Coast Schools
Insurance Group

# Preparticipation Physical Evaluation
# CLEARANCE FORM



Name_____ Sex ☐ M ☐ F Age_____ Date of birth _____

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

_____

☐ Not cleared

- ☐ Pending further evaluation
- ☐ For any sports
- ☐ For certain sports _____

Reason _____

Recommendations _____

_____

_____

_____

_____

_____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contra-indications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record In my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____ MD, DO, ND, NP or, PA

**EMERGENCY INFORMATION**

Allergies _____

_____

_____

_____

_____

_____

Other information _____

_____

_____

_____

_____

_____

**This page must be returned to the school in order for the student to be eligible for participation.**