



PREPARTICIPATION PHYSICAL HISTORY FORM

Students should complete and sign this form (with your parents if younger than 18) before your appointment. *History Form is retained by member school and health care provider.*

Name: _____ Date of birth: _____

Date of examination: _____ Grade: _____

Sex at birth (Female or Male): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie. Medicines, pollens, food, stinging insects). _____

Are your required vaccinations current? _____

- | | | (CIRCLE ONE) |
|---|-----|--------------|
| 1. Do you feel stressed out or under a lot of pressure? | YES | NO |
| 2. Do you ever feel sad, hopeless, depressed, or anxious? | YES | NO |
| 3. Do you feel safe at your home or residence? | YES | NO |
| 4. Have you ever tried cigarettes, chewing tobacco, snuff, or dip? | YES | NO |
| 5. During the last 30 days, did you use chewing tobacco, snuff, or dip? | YES | NO |
| 6. Have you ever taken anabolic steroids or use any other appearance/performance supplement? | YES | NO |
| 7. Have you ever taken any supplements to help you gain or lose weight or improve your performance? | YES | NO |

| GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.) | | Yes | No | HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED) | | Yes | No |
|--|--|-----|----|--|--|-----|----|
| 1. Do you have any concerns that you would like to discuss with your provider? | | | | 9. Do you get light-headed or feel shorter of breath than your friends during exercise? | | | |
| 2. Has a provider ever denied or restricted your participation in sports for any reason? | | | | 10. Have you ever had a seizure? | | | |
| 3. Do you have any ongoing medical issues or recent illness? | | | | HEART HEALTH QUESTIONS ABOUT YOUR FAMILY | | Yes | No |
| HEART HEALTH QUESTIONS ABOUT YOU | | Yes | No | 11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)? | | | |
| 4. Have you ever passed out or nearly passed out during or after exercise? | | | | 12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTs), Brugada syndrome, or catecholaminergic poly-morphic ventricular tachycardia (CPVT)? | | | |
| 5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? | | | | 13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? | | | |
| 6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? | | | | | | | |
| 7. Has a doctor ever told you that you have any heart problems? | | | | | | | |
| 8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography. | | | | | | | |

OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

| BONE AND JOINT QUESTIONS | Yes | No |
|--|-----|----|
| 14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? | | |
| 15. Do you have a bone, muscle, ligament, or joint injury that bothers you? | | |
| MEDICAL QUESTIONS | Yes | No |
| 16. Do you cough, wheeze, or have difficulty breathing during or after exercise? | | |
| 17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? | | |
| 18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? | | |
| 19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)? | | |
| 20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems? | | |
| 21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling? | | |
| 22. Have you ever become ill while exercising in the heat? | | |
| 23. Do you or does someone in your family have sickle cell trait or disease? | | |
| 24. Have you ever or do you have any problems with your eyes or vision? | | |

| MEDICAL QUESTIONS (CONTINUED) | Yes | No |
|--|-----|----|
| 25. Do you worry about your weight? | | |
| 26. Are you trying to or has anyone recommended that you gain or lose weight? | | |
| 27. Are you on a special diet or do you avoid certain types of food and food groups? | | |
| 28. Have you ever had an eating disorder? | | |
| FEMALES ONLY | Yes | No |
| 29. Have you ever had a menstrual period? | | |
| 30. How old were you when you had your first menstrual period? | | |
| 31. When was your most recent menstrual period? | | |
| 32. How many periods have you had in the past 12 months? | | |

Explain "Yes" answers here.

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

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

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OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

PHYSICAL EXAMINATION

(Physical examination must be performed on or after May 1 for the following school year.)

Name _____ Date of Birth _____ Grade _____ School Name: _____

| EXAMINATION | | | | | |
|---|--------|--------------------|---------------------------|----------------|-------------------|
| Height | Weight | Sex at Birth: Male | | Female | |
| BP / (/) | Pulse | Vision R 20/ | L 20/ | Corrected? Y N | |
| MEDICAL | | | | NORMAL | ABNORMAL FINDINGS |
| Appearance | | | | | |
| Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span height, hyperlaxity, myopia, MVP, aortic insufficiency) | | | | | |
| Eyes/ears/nose/throat | | | | | |
| Pupils equal | | | | | |
| Hearing | | | | | |
| Lymph nodes | | | | | |
| Heart | | | | | |
| Murmurs (auscultation standing, supine, +/- Valsalva) | | | | | |
| Location of point of maximal impulse (PMI) | | | | | |
| Pulses | | | | | |
| Simultaneous femoral and radial pulses | | | | | |
| Lungs | | | | | |
| Abdomen | | | | | |
| Skin | | | | | |
| HSV, lesions suggestive of MRSA, tinea corporis | | | | | |
| Neurologic | | | | | |
| MUSCULOSKELETAL | | | | | |
| | NORMAL | ABNORMAL FINDINGS | | NORMAL | ABNORMAL FINDINGS |
| Neck | | | Knee | | |
| Back | | | Leg/ankle | | |
| Shoulder/arm | | | Foot/toes | | |
| Elbow/forearm | | | Functional | | |
| Wrist/hand/fingers | | | Duck-walk, single leg hop | | |
| Hip/thigh | | | | | |

☐ 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 activities

Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the activities 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 Health Care Professional (print/type) _____ Date _____

Address _____ Phone _____ License # _____

Signature of Health Care Professional _____



UPDATED APRIL 2024

OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

PARENT/GUARDIAN CONSENT FORM

(To be retained by member school with history and parent consent forms)

STUDENT NAME: _____

DATE OF BIRTH: _____

SCHOOL: _____

The above information is correct to the best of my knowledge. I hereby give my informed consent for the above-mentioned student to participate in activities. I understand the risk of injury with participation. If my son/daughter becomes ill or is injured, necessary medical care can be instituted by physicians, coaches, athletic trainers or other personnel properly trained. I further acknowledge and consent that, as a condition for participating in activities, identifying information about the above-mentioned student may be disclosed to OSSAA in connection with any investigation or inquiry concerning the student's eligibility to participate in/or any possible violation of OSSAA rules. OSSAA will undertake reasonable measure to maintain the confidentiality of such identifying information, provided that such information has not otherwise been publicly disclosed in some manner.

SIGNATURE OF PARENT/ GUARDIAN _____ DATE _____

SIGNATURE OF STUDENT _____ DATE _____