

Instructions for LAUSD Physical Form:

Players *must* have an approved physical on file in order to play, practice, or even try out. Only the school nurse can approve the form. Once the form is turned in to the school, it can take anywhere from 1-3 weeks to be approved by the school nurse, and the Nurse is not allowed to clear forms over summer or winter break. If the nurse goes on break before getting to your physical, you are out of luck and will have to sit out.

For students already at Eagle Rock High School, the best time to complete a physical is over winter break. The physical is valid for all sports for a calendar year.

For girls new to the school, tryouts are in early June, usually in the afternoons during the last week of school. Summer is a very busy practice time for us, as there is not enough time to bring new players up to speed once we are in season, and volleyball season is already underway by the first week of school.

Please have your physical in by Mid - May, or the player will not be approved in time, and will have to sit out for the summer, which will put them too far behind to be an effective part of the team in the fall. Players miss out every year, and there are tears. Please do not let this happen to your child! Get this form in by May 15th!!

Please fill out all the fields on your device as directed (or print and fill out by hand - the medical questions must be answered by hand), and then print this form out to take to your doctor's office on the day of your physical exam. The doctor *must* fill out the second page of this form - the *only* exception is if the doctor works for Kaiser, they have their own LAUSD-approved form.

Please pay close attention to the areas on the form that are highlighted in yellow - those are to point out common omissions that will force the school nurse to reject the form - THE MOST COMMON OMISSION IS THE STAMP FROM THE DOCTORS OFFICE. Do not let the doctor's office overlook this.

Note that there are additional forms you will need to take with you to your doctors appointment if you:

1. Have medications, either prescription or over-the-counter, that the student would need to take at school or at any sports activity - one separate form per medication; and:
2. If the student has asthma.

After the physical, please double check the form(s) carefully, make a copy for your records and then turn in all original, wet-signature forms to Athletic Director Richard Martinez in his mailbox in the main office. Please also let Coach Jeff know that the forms are in so that he knows to look for them.

Los Angeles Unified School District Pre-Participation Physical Evaluation

ATTACHMENT A

Date of Exam: _____

Student's Name: _____	Sex: _____	Age: _____	Date of Birth: _____	Grade: _____
School: <u>Eagle Rock Jr/Sr High School</u>		Sport(s): <u>Volleyball (Girls)</u>		
Address: _____		Phone: _____		
Personal Physician/Provider: _____				
In case of emergency, contact: Name: _____		Relationship: _____		
Telephone: (Home) _____		(Work) _____	(Cell) _____	(Cell) _____

Medicines and Allergies: Please list all the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking.

Do you have any allergies? Yes No If yes, please identify specific allergy below.

Medicines Pollens Food Stinging insects

This section is to be carefully completed by the student and his/ her parent(s) or legal guardian(s) before participation in interscholastic athletics. Explain Yes answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS		Yes	No	MEDICAL QUESTIONS		Yes	No
1.	Has a doctor ever denied or restricted your participation in sports for any reason?			28.	Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2.	Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____			29.	Have you ever used an inhaler or taken asthma medicine?		
3.	Have you ever spent the night in a hospital?			30.	Is there anyone in your family who has asthma?		
4.	Have you ever had surgery?			31.	Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	32.	Do you have groin pain or a painful bulge or hernia in the groin area?		
5.	Have you ever passed out or nearly passed out DURING or AFTER exercise?			33.	Have you had infectious mononucleosis (mono) within the last month?		
6.	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			34.	Do you have any rashes, pressure sores, or other skin problems?		
7.	Does your heart ever race or skip beats (irregular beats) during exercise?			35.	Have you had a herpes or MRSA skin infection?		
8.	Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> Kawasaki disease <input type="checkbox"/> A Heart Infection <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A Heart Murmur <input type="checkbox"/> High Cholesterol Other: _____			36.	Have you ever had a head injury or concussion?		
9.	In the last 14 days, have you been exposed to someone who tested positive for COVID-19?			37.	Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10.	Have you ever tested positive for COVID-19 virus? Date of (+) COVID-19 Test: _____			38.	Do you have a history of seizure disorder?		
11.	Has a doctor ever ordered a test for your heart (for example, ECG/EKG, echocardiogram)?			39.	Do you have headaches with exercise?		
12.	Do you get lightheaded or feel more short of breath than expected during exercise?			40.	Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
13.	Have you ever had an unexplained seizure?			41.	Have you ever been unable to move your arms or legs after being hit or falling?		
14.	Do you get more tired or short of breath more quickly than your friends during exercise?			42.	Have you ever become ill while exercising in the heat?		
HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No	43.	Do you get frequent muscle cramps when exercising?		
15.	Has any family member or relative died of heart problems or had an unexpected			44.	Do you or someone in your family have sickle cell trait or disease?		
16.	Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			45.	Have you had any problems with your eyes or vision?		
17.	Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			46.	Have you had any eye injuries?		
18.	Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			47.	Do you wear glasses or contact lenses?		
BONE AND JOINT QUESTIONS		Yes	No	48.	Do you wear protective eyewear, such as goggles or a face shield?		
19.	Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendinitis that caused you to miss a practice or game?			49.	Do you worry about your weight?		
20.	Have you had any broken or fractured bones or dislocated joints?			50.	Are you trying to or has anyone recommended that you gain or lose weight?		
21.	Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			51.	Are you on a special diet or do you avoid certain types of food?		
22.	Have you ever had a stress fracture?			52.	Have you ever had an eating disorder?		
23.	Have you been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			53.	Do you have any concerns that you would like to discuss with a doctor?		
24.	Do you regularly use a brace, orthotics or other assistive device?			FEMALES ONLY			
25.	Do you have a bone, muscle or joint injury that bothers you?			54.	Have you ever had a menstrual period?		
26.	Do any of your joints become painful, swollen, feel warm, or look red?			55.	How old were you when you had your first menstrual period?		
27.	Do you have any history of juvenile arthritis or connective tissue disease?			56.	How many periods have you had in the last 12 months?		
				Explain "yes" answers here:			

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

Signature of athlete _____ Signature of parent/guardian _____ Date _____

Los Angeles Unified School District Pre-Participation Physical Evaluation

Physical Examination Form

The section below is to be completed by physician or staff after history and consent forms are completed.

ATTACHMENT A

Student's Name: _____ DOB: _____
 Height: _____ Weight: _____ %BMI (optional): Pulse: _____ BP: _____ / _____, (_____ / _____, _____ / _____)
 Vision: R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal _____ Unequal _____

EMERGENCY INFORMATION

Allergies: _____
 Other Information: _____

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 ¹ • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Lungs		
Abdomen		
Genitourinary (males only) ²		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic ³		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/ Arm		
Elbow/ Forearm		
Wrist/ Hand/ Fingers		
Hip/ Thigh		
Knee		
Leg/ Ankle		
Foot/ Toes		
Functional • Duck walk, single leg hop		

¹ Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam
² Consider GU exam if in private setting. Having 3rd party present is recommended.
³ Consider cognitive evaluation or baseline neuropsychiatric setting if a history of significant concussion.

Clearance

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 evaluated the above named student and completed the pre-participation physical evaluation. The athlete does not present apparent contraindications to practice, tryout 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 parent. 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/ Provider: (print/ type/ stamp) _____ (MD, DO, NP or PA) Date: _____
 Address: _____ Phone: _____

Signature of Physician/ Provider: _____

Modified from American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine, 2010.