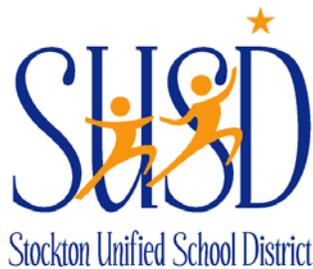


Stockton Unified School District



ATHLETIC DEPARTMENT

PLAYER INFORMATION PACKET



Dear Parents/Guardians:

The role of the parent in the education of a student is vital. The support offered in the home is shown in the ability of the student-athlete to accept the many opportunities presented at school and in life. There is a value system — established in the home, nurtured in the school — which young people are developing. Their involvement in classroom and other activities contribute to this development. Trustworthiness, citizenship, caring, fairness, and respect are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of the competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent of a student-athlete at our school, your goals should include:

- Realize that athletics are part of the education experience, and the benefits of involvement go beyond the final score of a game;
- Encourage our students to perform their best, just as we would with their classwork;
- Participate in positive cheers that encourage our student-athletes;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task that our coaches face as teachers, and support them as they strive to educate our youth;
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best, and
- Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student-athlete's attitude about academics and athletics. The leadership role you take will help you influence your child, and our community, for years to come.

We look forward to serving you in the year ahead, and appreciate your continued support.

Sincerely,

Stockton Unified School District
Athletic Department

CIF SAC-JOQUIN SECTION

CODE OF CONDUCT

1. The Code of Conduct in the Sac-Joaquin Section Bylaws shall be the Code of Conduct for each league in the Section, unless the respective leagues adopt another, which is approved by the Board of Managers.
2. Each school should teach interpretations of the Code of Conduct to students.
3. The host school principal or his designee, other than the coach, shall be in attendance at all spectator sports. The visiting school principal or designees, other than the coach, should attend contests as discretion determines. (Discretion shall be influenced by rivalries, size of anticipated crowds and previous problems.)
4. Each coach, principal and other school employees shall abide by the following regulations:
 - a. To make no demonstrations himself, which will encourage unfavorable reactions on the part of his/her players or spectators or permit any such demonstration on the part of his/her players;
 - b. To require his players to accept all decisions by the officials without question; with the expectation that the captain may make reasonable protest after he has requested a time-out for that purpose;
 - c. To limit protests of captains and coaches to decisions involving interpretations of rules;
 - d. To encourage the coaches and the players to make a positive effort to assist in controlling the conduct of the school's spectators;
 - e. To voice no public criticism of the officials;
 - f. To make no unfavorable comments regarding officials or officiating to the media;
 - g. To do everything possible to prevent the press and radio from commenting unfavorably of the officials or the officiating.
5. The home school shall provide adequate security to ensure safety at all contests.
6. Schools shall deny entrance to school athletic events to all spectators who persist in baiting the officials.
7. Each school shall make a determined effort to build a better pattern of sportsmanship through advertising, news stories, on the loud speaker and in the printed game programs.
8. Each school shall endeavor to train yell and song leaders in attitudes and methods of good sportsmanship and crowd control.

VIOLATION OF CODE OF CONDUCT

1. When the Commissioner receives notification of a violation, he will use his discretion as to whether he will take one of the following actions:
 - a. Direct the school's principal, in writing, to reprimand the violating coach. The principal is to verify in writing to the commissioner that the coach has been reprimanded;
 - b. Request the Board of Managers to invoke Article III, Section 2.2.
2. School may appeal under Bylaw 110.1.

PROTEST PROCEDURES

1. Protests shall be referred to the league for resolution. Decisions will be binding unless appealed to the Board of Managers.
2. Protests involving non-league games will be handled under Bylaw 1104 of the Sac-Joaquin Section Bylaws.

CIF SAC-JOQUIN SECTION

SPORTSMANSHIP RESOLUTION

That the Sac-Joaquin Section will distribute a contract to each of its member schools requesting that the appropriate administrator(s) distribute, review and discuss the enclosed recommendations of the CIF State Federated Council with all members of each school's administrative staff, coaching staffs, athletic squads, spirit squads, booster clubs, drill team, marching band, faculty and any other school entity concerned or involved with interscholastic athletics.

CODE OF ETHICS

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play;
2. To eliminate all possibilities which tend to destroy the best values of the game;
3. To stress the values derived from playing the game fairly;
4. To show cordial courtesy to visiting teams and officials;
5. To establish a happy relationship between visitors and hosts;
6. To respect the integrity and judgment of sports officials;
7. To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility;
8. To encourage leadership, use of initiative and good judgment by the players on a team;
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players;
10. To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

SPORTSMANSHIP PREAMBLE

The member schools of the CIF are committed to providing a sportsmanlike environment for students, coaches and spectators. To that end, the CIF Federated Council has adopted the following sportsmanship and crowd control recommendations. Each member school is requested to commit itself to implementing these recommendations and completing the enclosed sportsmanship contract.

DEFINITION

A person who can take a loss or defeat without complaint, or victory without gloating and who treats his/her opponents with fairness, courtesy and respect.

1. The following are expected to be role models demonstrating sportsmanship at all times:
 - a. principal/administrative staff;
 - b. athletic directors;
 - c. coaches, players and cheerleaders;
 - d. faculty members;
 - e. booster club members;
 - f. band director.
2. Coaches, players, cheerleaders and spectators will respect the integrity and judgment of sports officials.
3. The conduct of coaches, players and cheerleaders generally sets the tone for CIF contests. They will be expected to maintain the highest level of decorum at all CIF contests.
4. The following behavior is unacceptable at all CIF high school contests:
 - a. Berating your opponent's school or mascot;
 - b. Berating opposing players;
 - c. Obscene cheers or gestures;
 - d. Negative signs;
 - e. Complaining about officials' calls (verbal or gestures).
5. The following rules regarding noisemakers and bands are to be followed by all CIF Sac-Joaquin Section schools:

- a. Noisemakers at ALL indoor events are prohibited. Non-mechanical handheld devices (i.e., small cow bells and thunder sticks) are allowed at outdoor events, excluding baseball and softball. One authorized, school-sponsored air-powered/mechanical noisemaker (i.e., cannon) is allowed to be used by the home team at football games only, and only after a scoring play or the end of the game; this device may not be used if the point differential is 35 points or more or a running clock is in effect. This noisemaker must be approved at a league meeting. All other whistles, air horns and other air-powered/mechanically powered noisemaking devices are prohibited.
 - b. Bands and sound systems are the sole responsibility of home schools at non-playoff contests. Visiting teams may bring school bands and sound equipment to non-playoff contests provided they receive prior administrative approval from the home school principal or designee.
 - c. Bands are encouraged to attend and participate in playoff contests. The visiting school must make prior contact with the home team if they plan on bringing a band to a playoff game to ensure appropriate seating. The Section office, prior to the event, must approve bands participating at neutral site Section finals.
 - d. Bands are not allowed to play during the course of the actual contest.
 - i. In the sport of football, bands may play during timeouts, halftime or in between plays. Bands must stop playing when a team breaks the huddler or in the case of a no huddle offense, when the quarterback lines up in position to take a snap.
 - ii. In the sport of basketball, the band may play during timeouts, at the end of each quarter or during halftime.
 - e. It is the responsibility of the site administrators to make sure the above stated regulations are enforced.
 - f. The game officials may stop a game and seek help from the site administrators if they believe the regulations are not being enforced.
6. The following action plans are recommended:
- a. A script should be provided to the announcer including:
 - i. Welcome;
 - ii. Sportsmanlike expectations;
 - iii. Acknowledgement and introduction of the game officials;
NOTE: There should be a short statement endorsing the officials as neutral persons who have been certified by the NCOA.
 - iv. Introduction of players;
 - v. Sponsorship recognition.
 - b. Include the CIF Code of Ethics in the game programs.
 - c. Each participating school's administration is expected to emphasize sportsmanlike behavior at all CIF contests.
 - i. This shall be directed to coaches, players, cheerleaders and spectators in the day(s) prior to the contest.
 - ii. Rallies, team meetings, faculty meetings and spirit club meetings, school bulletins and P.A. announcements are all appropriate venues.
 - iii. Contact the principal or administrator-in charge of the opponent's school at least one day prior to basketball and football games and other contests as appropriate to promote practical applications of the sportsmanship and to ensure the proper environment for the contest.
 - d. It is the responsibility of the administration of each participating school to designate an administrative representative:
 - i. Who will check in with the site manager 30 minutes prior to the game time and establish where he/she will be throughout the contest;
 - ii. Enforce the highest standards of sportsmanship within his/her own student body;
 - iii. Contact the administrative representative of the opponent's school to report any violations of sportsmanship by either school's supporters.

STOCKTON UNIFIED SCHOOL DISTRICT

ATHLETIC CONTRACT

I realize that it is a privilege to participate in athletic activities. Accordingly, I hereby agree to obey the following regulations set up by the California Interscholastic Federation (CIF) and Stockton Unified School District (SUSD):

These rules and regulations shall govern any and all athletes that represent SUSD in any kind of interscholastic competition. They are designed to promote the ideals of sportsmanship, teamwork, citizenship, responsibility, and pride in representing our district and its community.

1. To be eligible for any team, the student must meet CIF and SUSD eligibility requirements (see Eligibility Chart) and they must be enrolled in at least 20 semester credits (Chavez 15 semester credits). Eligibility will be checked each semester.
2. All athletes must pass physical examinations. The athlete and parents must sign an Emergency Information Sheet and the Athlete Packet Signature Form. All forms must be completed and submitted to the Athletic Director before the athlete is allowed to participate.
3. An athlete may change from one sport to another only if he/she has permission from both coaches. An athlete is not allowed to quit a sport from one season to go out for another sport the next season. The athlete MUST finish the sport from the previous season.
4. An athlete MUST be in school four out of six periods (Edison, Franklin and Stagg) or two out of four periods (Chavez) in order to participate in a game held on that day. A legal admit must be presented if the athlete misses any part of school on a game day.
5. An athlete MUST attend practices in order to play in the games.
6. An athlete MUST ride on the transportation provided by the school in order to participate in a game being held that day. If transportation is not provided by the school, the athletic must transport himself/herself.
7. An athlete will immediately become ineligible to participate in athletics for any of the following reasons until cleared by an administrator:
 - a. Quitting a sport without a justifiable reason or consent of the coach.
 - b. Smoking, drinking and/or use of illegal drugs.
 - c. Acting in a manner that may bring dishonor or shame to the community or school.
 - d. Fighting or coming off the bench or sideline during any fight on the playing area.
8. Show respect for teammates, opponents, officials and coaches.
9. Participation in a non-school sponsored team, such as city league, shall make the athlete ineligible for a school team for that same sport and could cause their team to forfeit games.
10. The athlete is personally responsible for all school athletic equipment checked out, and will return the equipment in good condition, on time. Team pictures and awards will not be given to the athlete until they do so.
11. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
12. Win with character, lose with dignity.

STOCKTON UNIFIED SCHOOL DISTRICT

CONCUSSION POLICY

The following is the Stockton Unified School District's policy regarding concussions:

A student-athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the activity for the remainder of the day, and shall not be permitted to return to the activity until he or she is evaluated by a licensed health care provider, trained in the management of concussions, acting within the scope of his or her practice. The student-athlete shall not be permitted to return to the activity until he or she receives written clearance to return to the activity from that licensed health care provider.

The Concussion Information Sheet (see next page) contains information on concussions from the California Interscholastic Federation (CIF). This Concussion Information Sheet is provided for your information only and is not intended to constitute medical advice. If you have any questions regarding concussions, please consult a medical professional. If ever you believe you may have a concussion, please seek immediate medical help.

By signing the Signature Form, both the participating student athlete and the parents, legal guardians/ caregiver hereby agrees to the Stockton Unified School District's policy regarding concussions and the Concussion Information Sheet.

STOCKTON UNIFIED SCHOOL DISTRICT

CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|---|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patters | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|---|--|

Signs observed by teammates, parents and coaches include:

- | |
|--|
| <ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignments• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness |
|--|

Adapted from the CDC and the 3rd International Conference on Concussion in Sport. Document created 5/20/2010.

STOCKTON UNIFIED SCHOOL DISTRICT

CONCUSSION INFORMATION SHEET

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.”

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport. Document created 5/20/2010.

STOCKTON UNIFIED SCHOOL DISTRICT

ELIGIBILITY CHART

- Students must have passed:
 - 20 credits in the previous semester.
 - 50 credits combined in the previous two semesters.
 - 9th-11th Grade Students
 - AND/OR must be on track to graduate
 - 12th Grade Students
 - AND/OR must be on track to graduate

Traditional		
Grade	1st Semester	2nd Semester
9	0	25
10	50	75
11	90	120
12	150	180

- Students must have a 2.0 grade point average (GPA) from the previous semester as well as fulfilled the credit requirement.
 - There is a freshman only probationary period of 1 semester for freshman who do not have a 2.0 GPA. The probationary period is automatically used if the student plays a Fall Sport. If the student does not use freshman probation, it does NOT roll over to grades 10-12. It is a use it or lose it probation.
 - There is a second probation period for students in grades 10-12 who do not earn a 2.0 GPA. This probation period can only be used one time during the 10-12 grades. Students must meet the credit requirement to be eligible to use probation.

STOCKTON UNIFIED SCHOOL DISTRICT

PARTICIPATION POLICY

WARNING CONCERNING INVOLVEMENT IN EXTRA-CURRICULUM ACTIVITY (SPORTS):

Participation in extra-curricular activity may result in severe injury, up to and including paralysis or death. Better medical coverage, and improvement in equipment have somewhat reduced these risks, but it is impossible to totally eliminate the occurrence of severe injury. Participants may reduce the chance of injury by obeying all rules, including safety rules for their particular activity and by reporting any physical problem immediately to the supervising faculty member. Participants should also follow a proper conditioning program, inspect their equipment daily and report or replace any damaged equipment immediately.

Even if all safety requirements are met, all the rules are followed, the athlete continues the necessary conditioning program and the athlete is using equipment that is in good condition, a serious injury or accident may still occur.

By signing the Signature Form, I acknowledge that I have read the material above. I assume the risks of injury that participation in this extra-curricular activity entails.

STOCKTON UNIFIED SCHOOL DISTRICT

STEROID USE POLICY

As a condition of membership in the CIF, all schools shall adopt policies **prohibiting the use and abuse of androgenic/anabolic steroids**. All member schools shall have participating students and their parents, legal guardians/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

By signing the Signature Form, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognize by the AMA) to treat a medical condition.

We also recognize that under CIF Bylaw 200.D. there could be penalties for false or fraudulent information.

We also understand that Stockton Unified School District's and this high school's policy regarding the use of illegal drugs will be enforced for any violations of these rules.

STOCKTON UNIFIED SCHOOL DISTRICT

SIGNATURE FORM

I have read and reviewed the information provided in the Stockton Unified School District Athletic Department’s Player Information Packet.

My signature below acknowledges my understanding and acceptance of the following forms and policies:

- CIF Sac-Joaquin Section - Code of Conduct
- CIF Sac-Joaquin Section - Sportsmanship Resolution
- Stockton Unified School District (SUSD)
 - Athletic Contract
 - Concussion Policy
 - Concussion Information Sheet
 - Eligibility Chart
 - Participation Policy
 - Steroid Use Policy

Student-Athlete Signature

Student Identification No.

Print Name

Date

Parent/Guardian Signature

Print Name

Date

This signature form must be submitted with your emergency information to your Athletic Director prior to participation in your sport.

**HARD COPY OF THIS SIGNATURE FORM
WILL BE HANDED OUT IN THE PLAYER
TRYOUT PACKET.**

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of 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

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?			26. 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 <input type="checkbox"/> Other _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Have you been confined to bed by missing a walking, an eye, a tendon (muscle), your spine, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. 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)?			31. Have you had structure (musculoskeletal) issues within the last month?		
6. Have you ever had dislocated, torn, tightened, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you ever had a herpes or MMR skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Coronary disease			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headache with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexplained or unexpected sudden death before age 35 (including drowning, unexplained or sudden infant death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertension, cardiomyopathy, Mitral regurgitation, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
BONE AND JOINT QUESTIONS	Yes	No	43. Have you had any problems with your eyes or vision?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			44. Have you had any eye injuries?		
18. Have you ever had any broken or fractured bones or dislocated joints?			45. Do you wear contact or contact lenses?		
19. Have you ever had an injury that required a cast, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			46. Do you wear protective devices, such as goggles or a face shield?		
20. Have you ever had a stress fracture?			47. Do you worry about your weight?		
21. Have you ever been told that you have or have you had an injury to your neck instability or atlantoaxial instability (Cervical syndrome or disorder)?			48. Are you trying to lose the weight recommended that you gain or lose weight?		
22. Do you regularly use a knee, cervical, or other assistive device?			49. Are you on a special diet or do you avoid certain types of foods?		
23. Do you have a bone, muscle, or joint injury that bothers you?			50. Have you ever had an eating disorder?		
24. Do any of your joints become painful, swollen, hot, warm, or look red?			51. Do you have any concerns that you would like to discuss with a doctor?		
25. Do you have any history of joint problems or connective tissue disorder?					

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.
 Signature of athlete _____ Signature of parent/guardian _____ Date _____

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PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS
 1. Consider screening questions on more sensitive issues
 • Do you feel stressed out or under a lot of pressure?
 • Do you ever feel sad, hopeless, depressed, or stressed?
 • Do you feel safe at your home or residence?
 • Have you ever had cigarettes, chewing tobacco, snuff, or dip?
 • During the past 30 days, did you use chewing tobacco, snuff, or dip?
 • Do you drink alcohol? If so, any other drug?
 • Have you ever taken anabolic steroids or used any other performance supplement?
 • Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 • Do you wear a seat belt, use a helmet, and use condoms?
 2. Consider screening questions on cardiovascular symptoms (questions 5-16)

EXAMINATION	Height	Weight	Sex	Male	Female	Normal	LSD	Abnormal	Findings
MEASUREMENTS									
APPEARANCE									
• Mental status (hypotension, high arching palate, facial asenation, anisocoria, asymmetry, arm span > height, hyperstatic nipples, MVI, axillary freckling)									
• Eyes (conjunctivae)									
• Pupils equal									
• Vision normal									
• Lymph nodes									
• Heart (auscultation standing, supine, +1, -1/2)									
• Location of point of maximal impulse (PMI)									
• Tricus									
• Simultaneous heave and radial pulse									
• Lungs									
• Abdomen									
• Rectum (male only)									
• Pelvis									
• GLE: female suggestive of MVA, three corpora									
• Neurologic									
MUSCULOSKELETAL									
• Neck									
• Head									
• Shoulder/arm									
• Elbow/wrist									
• Wrist/hand/finger									
• Hip/leg									
• Foot									
• Ligaments									
• Reflexes									
• Functional									
• Neck with straight leg test									
• Consider 150, when/when and when to working for abnormal neck flexion or mass.									
• Consider 12 when a 100m walking being first prep present in recommended.									
• Consider negative relation or heave energy both being in history of significant concussion.									

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: _____

Name of physician (print) _____ Date _____
 Address _____ Phone _____
 Signature of physician _____ MD or DO

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