

# HIGH SCHOOL ATHLETIC CONSENT FORM

Name: \_\_\_\_\_ I.D.# \_\_\_\_\_  
Last First

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ GR. 12 M/F  
(In Fall) Circle

Parent /Guardian Name: \_\_\_\_\_  
Last First

Hm. Phone: ( ) \_\_\_\_\_  
 Wk. Phone: ( ) \_\_\_\_\_  
 Cell Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_

**EMERGENCY CONTACT IN THE EVENT PARENT/GUARDIAN CANNOT BE REACHED:**

Name: \_\_\_\_\_  
Last First  
 Relationship:  Parent  Guardian  Step Parent  Relative  Friend

Hm. Phone: ( ) \_\_\_\_\_  
 Wk. Phone: ( ) \_\_\_\_\_  
 Cell Phone: ( ) \_\_\_\_\_

Name: \_\_\_\_\_  
Last First  
 Relationship:  Parent  Guardian  Step Parent  Relative  Friend

Hm. Phone: ( ) \_\_\_\_\_  
 Wk. Phone: ( ) \_\_\_\_\_  
 Cell Phone: ( ) \_\_\_\_\_

**PLEASE READ EACH STATEMENT AND SIGN AT THE BOTTOM**

**I. CONSENT FOR EMERGENCY TREATMENT**

**Treatment Consent:** In the event of an accident or emergency, I (we) give permission for the school authorities to take my (our) child to any doctor or hospital, or request their services. If not, please advise the school as to what action you would like to be taken:

**Athletic Trainer Consent:** I give my permission to the Athletic Trainer to administer first aid, communicate with the consulting physician, and follow-up treatment and rehabilitation when appropriate in his/her professional judgment, as approved by the consulting physician.  
**YES OR NO**

**II. MEDICATION DURING ATHLETICS**

My child may need medication during school hours, athletic practices, field trips, or competitions. This may include prescription medication, such as inhalers or EpiPen OR over-the-counter medication such as Advil or Tylenol. I understand that my child's physician and I, as the parent/guardian, need to complete an IUSD Parent/Guardian and Physician Request for Medication form which can be obtained from the school Health Office or www.iusd.org  
**YES OR NO**

**III. MUSCULOSKELETAL SCREENING CONSENT**

I authorize permission for my child to receive an Athletic Pre-Participation Musculoskeletal Screening at my child's school. I understand that this does not replace the athletic pre-participation physical exam by my child's Healthcare Provider.  
**YES OR NO**

**IV. INSURANCE CERTIFICATION**

I hereby certify that my child is insured for accidental death insurance in the amount of \$1,500 and for at least \$1,500 insurance protection for medical and hospital expenses resulting from accidental bodily injury while participating in inter-school athletic events or while being transported to and from such athletic events.  
**YES OR NO**

*Please check one of the following:*

- My child is insured for the above activity under our family Health/Medical Plan.  
 Name of Company \_\_\_\_\_ PPO – HMO – KAISER – OTHER (circle one)
- I have purchased the school insurance plan.
- I am unable to purchase insurance and request additional resources from the school district.

**V. TRANSFER ELIGIBILITY**

Has student attended ANY other High School? If yes, name of school \_\_\_\_\_  
**YES OR NO**

**VI. COMMUNICATION PROCEDURES**

I understand that the orderly use of the following procedures is suggested when offering input to the Athletic Department, and that written documentation is recommended.

1. Discuss needs, complaints or concerns with the Coach.
2. If not satisfied, request a conference with the Athletic Director.
3. If individual conferences with Coach and Athletic Director are not satisfying, then a conference with all parties will be held with the Assistant Principal of Athletics.
4. If the athlete and/or parent(s) are still not satisfied, then an appeal may be made to the Principal.
5. I have read and understand the Athletic Code.

**VII. PARENT OR GUARDIAN CONSENT**

I hereby give my consent for the above named student to compete in IUSD approved activity programs such as: Sports, Marching Band, Cheerleading Squad, etc. and travel with the school representative on necessary school trips. I realize that there is a risk of serious injury or death from participating in school sports and related activities. It is understood that the school district, the student body, and/or any of the employees are not financially responsible in case of accident or injury.

Date:	Signature of Parent/Guardian:
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# HIGH SCHOOL ATHLETIC PRE-PARTICIPATION EXAM FORM    Circle One: IHS   NHS   UHS   WHS

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ M/F  
 (PRINT LEGIBLY) Last First Middle or Nickname (In Fall) Circle  
 Birthdate: \_\_\_\_\_ Student ID #: \_\_\_\_\_ SPORT: \_\_\_\_\_ Fall \_\_\_\_\_ Winter \_\_\_\_\_ Spring \_\_\_\_\_

## Section A: REQUIRED HEALTH HISTORY TO BE COMPLETED BY PARENT OR GUARDIAN

Has your child: ↓ If you answer "YES" to any questions, please explain below ↓

1.	Had a medical illness or injury that has disqualified him/her from athletic participation?	YES	NO
2.	Ever been hospitalized or undergone any surgical operations(s)?	YES	NO
3.	Had an ongoing chronic or serious illness (such as diabetes, kidney problems, seizures or asthma)?	YES	NO
4.	Ever taken any supplements or vitamins to help gain/lose weight or improve athletic performance?	YES	NO
5.	Ever passed out during/after exercise or become ill from exercising?	YES	NO
6.	Ever tired earlier than expected during exercise or complained of extreme fatigue?	YES	NO
7.	Ever had chest pain or unusual/irregular heartbeats during or after exercise?	YES	NO
8.	Had any history of heart problems, heart murmur, high blood pressure or high cholesterol?	YES	NO
9.	Had any family member or relative die before the age of 50 or die of heart-related problems?	YES	NO
10.	Had any family history of specific heart issues? If "YES," check all that apply:	YES	NO
	<input type="checkbox"/> Hypertrophic Cardiomyopathy <input type="checkbox"/> Arrhythmia <input type="checkbox"/> Marfan's Syndrome <input type="checkbox"/> Long QT Syndrome		
11.	Had any history of concussion, head injury, loss of memory or being unconscious?	YES	NO
12.	Had any history of seizures, convulsions or fainting episodes?	YES	NO
13.	Had frequent or severe headaches?	YES	NO
14.	Ever had a "stinger," "burner," or pinched nerve (numbness or tingling down an extremity)?	YES	NO
15.	Had any problems with vision that require glasses, contacts, or protective eyewear?	YES	NO
16.	Had special protective or corrective equipment/devices that are not usually used for sports? Examples: knee brace, neck roll, foot orthotics, retainer for teeth, hearing aids?	YES	NO
17.	Been diagnosed with a contagious skin condition within the past month?	YES	NO
18.	Ever broken/fractured any bones or dislocated any joints?	YES	NO
19.	Had any recurring problems with pain or swelling in back, muscles, tendons, bones or joints?	YES	NO
20.	Is your child currently under the care of a physician for any medical, orthopedic or emotional concerns?	YES	NO
21.	Had any history of asthma, allergies to foods, medicines, or stinging insects? If "YES," what medications are used? Is Epi-Pen needed?	YES	NO
22.	Does your child require any special health procedure(s) during the regular school day or during athletics?	YES	NO
23.	Is your child currently taking any prescription or "over-the-counter" medications or using an inhaler or Epi-Pen?	YES	NO

If "YES," list all medications:

Medication: _____	Dose: _____	Frequency: _____
Medication: _____	Dose: _____	Frequency: _____
Medication: _____	Dose: _____	Frequency: _____

If you have answered "YES" to any of the above questions, please explain: \_\_\_\_\_

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

Date: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_

## Section C: MUSCULOSKELETAL SCREENING FOR ATHLETES:

To be completed by an ORTHOPEDIC SURGEON/ SPORTS MEDICINE SPECIALIST at your child's High School.

<b>Musculoskeletal:</b>	Normal		Normal		Normal	Comments: _____ _____ _____
Neck/Shoulder		Hips/Thighs		Arms/Hands		
Spine		Knees		Ankles/Feet		

Recommendation:    Full activity-No restrictions    Activity with restrictions    No contact sports    No participation    Other

Signature HEALTHCARE PROVIDER : \_\_\_\_\_    DATE OF EXAM: \_\_\_\_\_

School Stamp: \_\_\_\_\_



# Irvine Unified School District

Irvine High School \* Northwood High School \* University High School \* Woodbridge High School

## Attention All Parents of IUSD Student Athletes Sports Clearance Information for the 2011-12 Athletic Program

**Parent Responsibilities for 2011-12 – Please note changed requirements this year.**

1. **NEW Format:**
  - a. Everyone fills out the "High School Athletic Consent Form"
  - b. **Freshmen, Juniors** - Complete the health history, a full physical exam through a family physician, and musculoskeletal exam is recommended.
  - c. **Sophomores, Seniors** - Complete the health history, and musculoskeletal exam.
2. **Musculoskeletal Screening** - We highly recommend your son or daughter participate in an IUSD/CHOC school-sponsored Orthopedic/Sports Medicine Musculoskeletal Screening (there is no fee for this screening but a donation of any amount will go to help fund school athletics.) You may also choose to have your child's health care provider complete the Musculoskeletal Screening at the time of your child's physical exam appointment.
3. Return your child's completed Pre-Participation Physical Exam (PPE) form and the H.S. Athletic Consent Form to your student/athlete's high school Athletic Office - Please Do NOT have your child return it to his/her coach.
4. It is imperative that all prospective athletes have their PPE and Consent Form completed and on file with their high school Health Office **BEFORE** any participation in summer camps or fall sports practices. Students will not be allowed to participate in sports without both pieces of information on file.

### Important Points:

- The California Interscholastic Federation (CIF) **requires an annual health screening for all athletes** who wish to participate in high school athletics. The purpose of this required health screening is to review a student's health history, offer anticipatory guidance to prevent injury, identify and refer suspected health issues that can put an athlete at risk, and determine a student's ability to safely participate in sports for that school year.
- Each year, we read about high school athletes who suffer life changing injuries or even sudden death due to undiagnosed health issues. Both the Pre-Participation Physical Exam (PPE) and the Musculoskeletal Screening meet the required C.I.F. regulations allowing participation in high school sports and help identify possible risks for athletes.
- **70-80% of all sports injuries involve the musculoskeletal system.** Because of this reality, all athletes are encouraged to take part in **IUSD's Musculoskeletal Screening** performed by CHOC orthopedic specialists at your child's high school (see date below) to determine sports participation readiness and prevent possible injury.

### Scheduled Musculoskeletal Screening

	DATE	TIME	LOCATION
University High School	Tuesday June 6	Girls 5:30pm - Boys 6pm	Uni Boys Locker room

If your child is unable to attend his/her own high school's Musculoskeletal Screening date, please contact your child's high school Athletic Office for alternative information.

**Donations** for the IUSD/CHOC Musculoskeletal Screenings are appreciated but not required.

Suggested donation:

\_\_\_ \$25    \_\_\_ other    Please make checks payable to University High School (UHS)

The High School Pre-Participation Physical Exam (PPE)/Athletic Consent Form is attached to this letter and is available at each high school site. Please contact your high school Athletic Office at 936-7784.

# ATHLETIC PACKET REQUIREMENTS

All requirements **MUST** be completed  
**PRIOR** to participation

**\*\*\*\*\*Incomplete forms will delay student participation\*\*\*\*\***

## **HIGH SCHOOL ATHLETIC CONSENT FORM: Front side of PPE**

Please complete all fields, including **Date and Parent/Guardian Signature**.

## **PRE-PARTICIPATION EXAM (PPE)FORM:**

**Freshman and Juniors - Full Physical Required** (Good for 2 years)

**Sophomores and Seniors – Musculoskeletal Screening ONLY** (good for 1 year)

**ALL** athletes **MUST** have a Physical and Musculoskeletal Screening on file with UHS athletics prior to starting practice or camp. Physicals must be completed by physician. Musculoskeletal Screening may be completed by physician or school screening.

**(Date listed below)**

**Students participating in SUMMER CAMPS** must provide a copy of their physical to the coach and **submit the original** physical to the **Athletic Office** for the upcoming school year.

## **MEDICATION DURING ATHLETICS:**

California Education Code requires all students needing medication during the school day, on field trips, and all school sponsored activities where school personnel are responsible for the supervision and direct care of students to have on file a completed IUSD medication form for both prescription **and** over the counter medication. The IUSD medication form must be completed by both parent **and** the student's physician with the appropriate physician's office stamp. This form may be obtained from the school Health Office or downloaded from the IUSD website, [www.iusd.org](http://www.iusd.org)

## **MEDICAL INSURANCE:**

All athletes **MUST** have medical insurance. Students may purchase insurance thru Meyer Stevens if family insurance is not available. Forms are available in the Athletic Office and Front Office.

**PLEASE TURN IN COMPLETED ORIGINAL FORMS TO:**  
**UNIVERSITY HIGH SCHOOL**  
**ATHLETIC OFFICE OR FRONT OFFICE**  
**PLEASE DO NOT GIVE ORIGINAL TO THE COACH**