

Hawaii State Department of Education PHYSICAL EXAMINATION FOR ATHLETES

Student's Name _____ M/F _____ Date of Birth ____/____/____ Grade ____
(Print) Last First MI Month Day Year

Address _____ Home Phone _____ Student Resides With _____
Street No. City State Zip Code

Fall Sport _____ Winter Sport _____ Spring Sport _____

Father/Legal Guardian's Name _____ Bus. Phone _____ Cellular Phone _____
 Mother/Legal Guardian's Name _____ Bus. Phone _____ Cellular Phone _____
 Emergency Contact _____ Bus. Phone _____ Cellular Phone _____
Name & Relationship

Emergency Contact _____ Bus. Phone _____ Cellular Phone _____
Name & Relationship

Emergency Contact _____ Bus. Phone _____ Cellular Phone _____
Name & Relationship

Health and/or Insurance Carrier _____ Policy # _____

The student and parent/legal guardian consent and authorize school officials through an Athletic Health Care Trainer (AHCT), qualified coach/staff, or physician as determined by the school, to provide any first aid and/or emergency care as well as follow-up first aid or medical treatment that may be reasonably necessary for the student as determined by a school official in the course of athletic practice, competition or travel.

The student and parent/legal guardian further consent and authorize the school's AHCT to provide appropriate therapeutic modalities in order to return the student to athletic competition, such care to be conducted under the direction of a physician.

The student and parent/legal guardian further consent and authorize the school's AHCT to administer baseline and/or post injury concussion management assessment in order to manage a concussion or suspected head trauma, such care to be conducted under the direction of a physician.

The student and parent/legal guardian hereby consent to the release of medical information by the physician to the school to obtain information regarding the medical history, records of injury or surgery, serious illness, and rehabilitation results of the student from his/her physician(s). We understand that the purpose of this request for medical information is to assist the school in the management or rehabilitation of an injury/illness. This information is confidential and except as provided in this release will not be otherwise released by the parties in charge of the information. This release remains valid until revoked by the adult student or parent/legal guardian in writing.

Student's Signature _____ Parent/Legal Guardian's Signature _____ Date _____

(Parent/Legal Guardian: Please Fill Out the Back Side of this Form)

To Be Completed By Physician Only

Height _____ feet & inches Weight _____ lbs Blood Pressure _____ / _____ Pulse _____ bpm
 Vision: R 20/ _____ L 20/ _____ Corrected: Yes No Pupils: Equal _____ Unequal _____
 Asthma _____ (Medication Used) Diabetes _____ (Medication Used) Allergies _____ (Medication Used)

PHYSICIAN	DATE	COMMENTS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph nodes		
Heart/Murmurs		
Pulses		
Lungs		
Abdomen		
Skin		
Genitalia		
MUSCULOSKELETAL		
Neck		
Back/Spine		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Calf/Ankle		
Foot/Toes		
Other		

Parent/Legal Guardian and Student to fill out BEFORE Physical Examination

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

	Yes	No		Yes	No
Has a doctor ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	25. Do you cough, wheeze or have difficulty during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an ongoing medical condition (like diabetes or asthma)?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently taking any prescription or nonprescription (over the counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have allergies to medicines, pollens, foods or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had discomfort, pain or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	31. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>
Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	32. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever told you that you have: (check ALL that apply)			33. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> High blood pressure			34. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> A heart murmur			35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> High Cholesterol			36. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> A heart infection			37. When exercising in the heat, do you have severe muscle cramps, or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	38. Do you have any hearing problems?	<input type="checkbox"/>	<input type="checkbox"/>
Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	39. Do you have a hearing device?	<input type="checkbox"/>	<input type="checkbox"/>
Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you have a family member with hearing problems?	<input type="checkbox"/>	<input type="checkbox"/>
Has any family member or relative died of heart problems or of sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	41. Has a doctor told you that you, or does someone in your family have sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
Has a family member died while exercising?	<input type="checkbox"/>	<input type="checkbox"/>	42. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
Does anyone in your family have Marfan Syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	43. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	44. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	45. Are you happy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had an injury, like sprain, muscle or ligament tear, or tendonitis, that caused you to miss a practice or game?	<input type="checkbox"/>	<input type="checkbox"/>	46. Would you like to lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, list affected area: _____			47. Would you like to gain weight?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had any broken or fractured bones or dislocated joints?	<input type="checkbox"/>	<input type="checkbox"/>	48. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, list affected area: _____			49. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>	50. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, list affected area: _____			51. Do you feel depressed?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	52. Do you have a history of multiple or long nosebleeds?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	53. MALES ONLY: Do you ever have or had swelling of your testicles or groin?	<input type="checkbox"/>	<input type="checkbox"/>
Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY		
Has a doctor ever told you that you have asthma or wheezing?	<input type="checkbox"/>	<input type="checkbox"/>	54. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
			55. How many periods have you had in the last 12 months? _____		

EXPLAIN "YES" answers here: (Add additional pages if necessary)

I hereby verify to the best of my knowledge that the answers which have been provided to the above questions are correct.

Student's Signature _____ Parent/Legal Guardian's Signature _____ Date _____

Clearance: (Place a check in appropriate box below)

Cleared for **all** sports

Cleared **after** completing evaluation/rehabilitation for _____

Not cleared for: Collision (Football)

Contact (Baseball, Basketball, Cheerleading, Judo, Softball, Soccer, Volleyball, Wrestling)

Non contact Strenuous Moderately Strenuous Non-strenuous

Reason not cleared _____

Physician's Recommendation _____ Date of Physical Exam _____

Physician's Name _____ Telephone _____

Address _____ Fax Number _____

Physician's Signature _____



Hawaii State Department of Education

Concussion Management Program and Study for School Year _____

The Hawaii State Department of Education (DOE) and the Athletic Health Care Trainers' (AHCT) program have instituted a Concussion Management Program (CMP) to ensure student athletes return to athletic participation safely. CMP has aligned the AHCT program with the National Athletic Trainers' Association Position Statement, 2004¹; the Consensus Statement on Concussion in Sport, 2009²; and the National Federation of State High School Association (NFHS) Concussion Guidelines, 2009³. The National Athletic Trainers' Association Position Statement, Consensus Statement on Concussion in Sport, and the NFHS Association Concussion Guidelines were developed by physicians, neuropsychologists, and AHCTs trained in concussion management. The NFHS Association established a new rule in the fall of 2010, **"any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional."**⁴

To comply with the NFHS Association rule change and national guidelines, the DOE and AHCT program have instituted the following guidelines for all student athletes participating in collision and contact sports. All ninth and eleventh grade student athletes participating in collision and contact sports along with tenth and twelfth grade student athletes participating in collision and contact sports for the first time will be administered baseline assessments (described below) which will provide the high school AHCT and the student athletes' primary care physician with objective information to compare pre-and-post injury.

- Graded Symptom Checklist baseline assessment
- Cognitive status baseline assessment (Immediate Post-Concussion Assessment and Cognitive Test (ImPACT) or Standard Assessment of Concussion (SAC))
- Postural Stability baseline assessment

A student athlete with a possible concussion, will receive two forms: (1) **Graded Symptom Checklist for Concussed Athlete** (GSC List) and (2) **Medical Referral Form for Concussed Athlete**. The GSC List form provides your child's symptoms at the time of injury. It also includes signs and symptoms to watch for and recovery recommendations. The medical referral form provides information for your child's physician regarding his/her head injury and recommendations for return to activity. After a student athlete takes the cognitive status assessments, the AHCT will collaborate with the student athlete's physician and/or a neuropsychologist to determine if the student athlete is ready to start a **Return to Activity Plan** (see below). This team approach ensures the health and safety of each concussed student athlete.

Return to Activity Plan (RAP):

- Step 1. Complete cognitive rest. This may include staying home from school or limiting school hours and study for several days which would be determined by a physician and AHCT, and supported by school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery.
- Step 2. Return to school full time.
- Steps 3-7. Will be supervised by the high school AHCT and is subject to clearance by the treating physician. These steps cannot begin until cleared by the treating physician for further activity.

(Each STEP is separated by a minimum of at least 24 hours.)

- Step 3. Light exercise. Walking or riding a stationary bike.
- Step 4. Running in the gym or on the field.
- Step 5. Non-contact training drills in full equipment. Weight training can begin.
- Step 6. Full contact practice or training.
- Step 7. Play in game.

The AHCT program will continually monitor its CMP to ensure the health and safety of Hawaii's student athletes. To assist the AHCT program in its CMP monitoring, the DOE will be conducting a study to ensure CMP quality.

By signing below, you acknowledge receipt of information about the DOE's CMP and the signs and symptoms of a concussion.

(Parent/Legal Guardian or Adult Student's Signature)

(Date)

(Student Athlete's Signature)

(Date)

Concussion Management Study (Voluntary)

Participation in this school year's Concussion Management Study is strictly voluntary and your child will not be penalized if he/she elects not to participate. By agreeing to participate in this study, your student athlete's concussion data will be included in the study. The Concussed student athlete's injury will be managed whether he/she participates or not in this study. Personal identification information will not be disclosed and will be destroyed at the end of the study.

I, _____ the parent/legal guardian of _____
(Parent/Legal Guardian) (Name of Student Athlete)

Agree to allow my student athlete to participate in school year _____ Concussion Management Study.

Do not agree to allow my student athlete to participate in school year _____ Concussion Management Study.

(Parent/Legal Guardian or Adult Student's Signature)

(Date)

(Student Athlete's Signature)

(Date)

References:

1. National Athletic Trainers' Association Position Statement. *JAT 2004;39(3):280-297*
2. Consensus Statement on Concussion in Sport. *Clin J Sport Med 2009; 19:185-200*
3. National Federation of State High School Association Concussion Guidelines, 2009
4. National Federation of State High School Association. New Rule Release March 4, 2010.



Hawaii State Department of Education
**STUDENT PARTICIPATION AND PARENT/LEGAL GUARDIAN
 CONSENT, RELEASE, AND ASSUMPTION OF RISK FORM**

This consent, release, and assumption of risk agreement is made and entered into by and between _____, Minor Student
 born _____, Birthdate _____, and _____, Parent/Legal Guardian of Minor Student
 and the Department of Education, an agency of the State of Hawaii, this _____ day of _____, 20 _____.

OR

This consent, release, and assumption of risk agreement is made and entered into by and between _____, Adult Student
 (i.e. Adult student is 18 years old or older at the time of this agreement), born _____, Birthdate _____, and the Department of Education,
 an agency of the State of Hawaii, this _____ day of _____, 20 _____.

WITNESSETH

WHEREAS _____, Student _____ is a minor or an adult student (hereafter referred to as "student") attending
 _____, School _____

WHEREAS, student is a member of the school's _____, Sport _____ interscholastic athletic team;

WHEREAS we, the student & parent/legal guardian, understand that competition in interscholastic athletics activities is entirely voluntary on our part. We fully understand that we must comply with the rules and regulations of the Department, League, and the Hawaii High School Athletic Association (HHSAA);

WHEREAS, student has been evaluated by the athletic staff of the school as well as by student's physician or therapist and has been informed of the risks associated with his/her participation in interscholastic athletic competition;

WHEREAS, student and parent/legal guardian have been apprised that no protective equipment can prevent head, neck, brain, or other bodily injury that may result from athletic competition;

WHEREAS, student and parent/legal guardian acknowledge that equipment such as football helmets must not be used to butt, spear or ram opposing players and to do so is a violation of the rules of the game and can result in serious injury to self and others; and,

WHEREAS, student and parent/legal guardian, after having been informed of the risks to student, affirm that student has had full disclosure of the risks involved explained to student by the Department of Education, understand the risks, and agree to assume those risks as their own and make this decision as their own free will and not by coercion or influence from anyone.

NOW, THEREFORE, based upon the above understanding, student, for himself/herself, his/her heirs, executors, administrators and assigns, and, _____, Parent/Legal Guardian of Minor Student as parent/legal guardian of student, hereby acknowledge that they have been

apprised of the risks inherent in student's participation in interscholastic athletic competition, which could result in serious bodily injury and even death, and hereby consent to the participation of student in such athletic activity and competition, agree to assume these risks as their own and hereby release the Department of Education, State of Hawaii, its officials and agents of any and all claims and liabilities whatsoever from or by reason of any athletic injury to student, while participating as a member of the _____, Sport _____ interscholastic athletic team in sports activities that are sanctioned by the HHSAA, including travel.

WHEREAS, student and parent/legal guardian understand that the Department of Education strongly recommends that the student have medical/health insurance coverage prior to participating in interscholastic sports activities and further understand that all insurance and medical costs related to any injury are the sole responsibility of the parent/legal guardian. The Department of Education will NOT assume and is NOT responsible for any of these costs.

The student and parent/legal guardian further consent to allow the student to travel as a team member in local, interisland and out-of-state athletic events. The student and parent/legal guardian further authorize the school officials through a certified athletic health care trainer (AHCT), qualified coach/staff, or a physician as may be determined by school officials, to provide any emergency care and/or follow-up medical treatment that may be deemed by school officials to be necessary for the student in the course of such athletic practice, competition or travel.

The student and parent/legal guardian further consent and authorize the school's AHCT to provide appropriate therapeutic modalities in order to return student to athletic competition, such care to be conducted under the direction of a physician. Rev. 5/13, RS 13-1288 (Rev. of RS 12-0988)

The student and parent/legal guardian further consent and authorize the school's AHCT to administer baseline and/or post injury concussion management assessment in order to manage a concussion or suspected head trauma, such care to be conducted under the direction of a physician.

The student and parent/legal guardian hereby consent to the release of medical information by the physician to the school for purposes of allowing the school to obtain information regarding the medical history, records of injury or surgery, serious illness, and rehabilitation results of the student from his/her physician(s). We understand that the purpose of this request for medical information is to assist the school in the management or rehabilitation of an injury/illness. This information is normally confidential and except as provided in this release will not be otherwise released by the parties in charge of the information. This release shall remain valid until revoked by the adult student or parent/legal guardian in writing.

The student and parent/legal guardian expressly agree that this assumption of risk and release agreement is intended to be as broad and inclusive in favor of the State of Hawaii as permitted by the laws of the State of Hawaii and that if any provision herein is held to be invalid, it is agreed that the remaining provisions shall, notwithstanding, continue in full force and effect.

The parties understand and agree that this agreement is made with full knowledge of the facts and legal implications of entering into such an agreement and they further agree that this agreement contains the entire agreement between the parties, hereto, and that the terms of this agreement are contractual and not mere recitals.

The laws of the State of Hawaii shall control this agreement.

IN WITNESS WHEREOF, the parties hereby execute this agreement, effective the date first indicated in this agreement.

Student's Signature

Adult Student's Signature

Parent/Legal Guardian's Signature

EMERGENCY INFORMATION:

Student's Name _____ Home Telephone _____

Father/Legal Guardian's Name _____ Bus. Phone _____ Cell. Phone _____ Employer _____

Mother/Legal Guardian's Name _____ Bus. Phone _____ Cell. Phone _____ Employer _____

Medical Condition (allergies, prescription medicine, etc.) school should know about my child _____

Health and/or Insurance Carrier _____ Policy # _____

When the listed student becomes ill or incurs an injury during a school-sponsored activity and I am unable to be contacted, the school authorities have my permission to contact and release the student to the custody of any of the following persons:

Name	Relationship	Home Telephone	Business Telephone
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Family Physician _____ Phone _____

Preferred Hospital/Clinic _____

To ensure prompt attention to your child, PLEASE NOTIFY THE SCHOOL ATHLETIC DEPT. OF ANY CHANGE IN PHONE NUMBERS OR ADDRESS.

Signature of Parent/Legal Guardian or Adult Student _____ Date _____

ALL INFORMATION ON THIS CARD MUST BE COMPLETED FOR PARTICIPATION ELIGIBILITY.