

KEYSTONE YOUTH FOOTBALL LEAGUE

MEDICAL FORM

MUST BE COMPLETED BY PHYSICIAN BEFORE **YOUR CHILD MAY PARTICIPATE IN** **PRACTICES OR GAMES**

Child's Name: _____

Address: _____

Parent or Legal Guardian: _____

Home Phone: _____ Work Phone: _____

Emergency Contact: _____ Emergency Contact Phone: _____
(if parents or guardian are unavailable)

HOSPITAL TREATMENT AUTHORIZATION

I, the undersigned, being the parent or legal guardian, hereby designate the _____, coaches and/or designee, to authorize any necessary medical and/or surgical treatment needed for the above named child in my absence.

Signature of Parent or Legal Guardian

Date

THIS MUST BE SIGNED FOR YOUR CHILD TO PARTICIPATE

Preparticipation Physical Evaluation

Physical Examination:

Name _____ Date of Birth _____

Height _____ Weight _____ % Body fat (Optional) _____ Pulse _____ BP ____ / ____ (____ / ____, ____ / ____)

Vision R20/ _____ Corrected: Y N Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand			
Hip/thigh			
Knee			
Leg/ankle			
Foot			

CLEARANCE

Cleared

Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

Name of physician
 (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

Preparticipation Physical Evaluation

HISTORY

DATE of EXAM

Name _____	Sex _____	Age _____	Date of birth _____
Grade _____	School _____	Sport(s) _____	
Address _____		Phone _____	
Personal Physician _____			
In case of emergency, contact:			
Name _____		Relationship _____	Phone (H) _____ (W) _____

Explain "Yes" answers below Circle questions you don't know the answers to.	Yes No		Yes No																		
<p>1. Have you had a medical illness or injury since your last sports physical? Do you have an ongoing or chronic illness?</p> <p>2. Have you ever been hospitalized overnight? Have you ever had surgery?</p> <p>3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler? Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?</p> <p>4. Do you have any allergies (for example, to pollen, medicine, food or stinging insects)? Have you ever had a rash or hives develop during or after exercise?</p> <p>5. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden death before age 50? Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in sports for any heart problems?</p> <p>6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?</p> <p>7. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs, or feet? Have you ever had a stinger, burner, or pinched nerve?</p> <p>8. Have you ever become ill from exercising in the heat?</p> <p>9. Do you cough, wheeze, or have trouble breathing during or after activity? Do you have asthma? Do you have seasonal allergies that require medical treatment?</p>		<p>10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?</p> <p>11. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear?</p> <p>12. Have you ever had a sprain, strain or swelling after injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box & explain below:</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Head _____</td> <td style="padding-right: 20px;">Elbow _____</td> <td>Hip _____</td> </tr> <tr> <td>Neck _____</td> <td>Forearm _____</td> <td>Thigh _____</td> </tr> <tr> <td>Back _____</td> <td>Wrist _____</td> <td>Knee _____</td> </tr> <tr> <td>Chest _____</td> <td>Hand _____</td> <td>Shin/calf _____</td> </tr> <tr> <td>Shoulder _____</td> <td>Finger _____</td> <td>Ankle _____</td> </tr> <tr> <td>Upper arm _____</td> <td></td> <td>Foot _____</td> </tr> </table> <p>13. Do you want to weigh more or less than you do now? Do you lose weight regularly to meet weight requirements for your sport?</p> <p>14. Do you feel stressed out?</p> <p>15. Record the dates of your most recent immunizations (shots) for:</p> <p>Tetanus _____ Measles _____ Hepatitis B _____ Chickenpox _____</p> <p>FEMALES ONLY</p> <p>16. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____</p> <p>Explain "Yes" answers here: _____ _____ _____ _____ _____ _____</p>	Head _____	Elbow _____	Hip _____	Neck _____	Forearm _____	Thigh _____	Back _____	Wrist _____	Knee _____	Chest _____	Hand _____	Shin/calf _____	Shoulder _____	Finger _____	Ankle _____	Upper arm _____		Foot _____	
Head _____	Elbow _____	Hip _____																			
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Chest _____	Hand _____	Shin/calf _____																			
Shoulder _____	Finger _____	Ankle _____																			
Upper arm _____		Foot _____																			

Athletes Name:

Date:

Parent/Guardian's Name:

Parent/Guardian's Home Address:

MEDICAL HISTORY

List all medications you take and the reason you take them:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List any drugs, food or airborne allergies you have:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List any Surgeries or Hospitalizations you have had:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List whether you wear corrective lenses, contacts, braces, retainers or other appliances:

- 1.
- 2.
- 3.
- 4.