



HANOVER COUNTY PUBLIC SCHOOLS MIDDLE SCHOOL

Athletic Participation/Parental Consent/Physical Examination Form



Separate examination is required for each school year **May 1** of the current year through **June 30** of the succeeding year.

For School _____
Year _____

PART I – ATHLETIC PARTICIPATION

(To be filled in and signed by the student)

Male _____
Female _____

Name _____ Student I.D. # _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

This is my _____ semester in _____ Middle School, and my _____ semester since first entering the sixth grade. Last semester I attended _____ School and passed _____ credit subjects. I have read the condensed individual eligibility rules of the Hanover/Henrico Middle School Athletic League that appear below and believe I am eligible to represent my present middle school in athletics.

INDIVIDUAL ELIGIBILITY RULES

To be eligible to represent your school in any Middle School interscholastic athletic contest, you must meet the following guidelines:

- You must have submitted to your principal or coach before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parental Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found physically fit for athletic competition and that your parents consent to your participation.
- **Academic Requirements** - According to the Hanover Henrico Athletic Council Guide, to be eligible to try out and participate in Athletics, Hanover County students must meet the guidelines for promotion under HCPS Policy 6-4.3.

For First Semester Sports, students must be promoted from the previous school year. Promotion policy below:

- 6th grade students are eligible first semester with promotion from the 5th grade.
- 6th to 7th Grade: Students shall be eligible for promotion into the seventh grade if they receive passing yearly averages in at least four of the following required subjects: Reading/language arts, mathematics, science, social studies, & health/physical education.
- 7th to 8th Grade: Students shall be eligible for promotion into the eighth grade if they receive passing yearly averages in at least four of the following required subjects: Reading/language arts, mathematics, science, social studies, & health/physical education **AND** if they receive a passing grade in the equivalent of one full year of elective offering(s).

For Second Semester Sports eligibility, students must have passed five subjects (English, Math and 3 others) at the end of the first semester of the current school year. This requirement is for all grade levels.

- You shall not have reached the age of fifteen (15) on or before August 1 of the school year in which he or she wishes to compete.
- A participant in middle school athletics may have six semesters of active participation, providing the age limit requirement is met. A participant may not represent a team in any sport during more than three seasons.
- A member of a team who is absent on the day of a contest may not participate unless written consent is obtained from the principal. A team member who has been suspended from school may not participate during the period of either in-school or out-of-school suspension.
- All eligible middle school students shall play on middle school teams only and will not participate in high school athletics. Exceptions are for eighth graders when playing a sport for which there is no middle school team. If there is an unusual case, it shall be brought before the Hanover/Henrico Middle School Athletic Council review committee.
- A student may not practice or compete with more than one interscholastic athletic team at a time.

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by the Hanover/Henrico Middle School Athletic League, the VHSL, Hanover County, and your school. If you have any questions regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, check with your principal for interpretations and exceptions provided under league rules. Meeting the intent and spirit of league standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any middle school or VHSL athletic program, publication, or video.

LOCAL SCHOOL DIVISIONS AND THE VHSL MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

Student Signature: _____ Date: _____

Providing false information will result in ineligibility for one year.

(Revised 2016)

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

PART II- MEDICAL HISTORY (Explain "YES" answers below)

This form must be complete and signed, prior to the physical examination, for review by examining practitioner.
Explain "YES" answers below with number of the question. Circle questions you don't know the answers to.

| GENERAL MEDICAL HISTORY | | YES | NO | MEDICAL QUESTIONS CONTINUED | | YES | NO |
|---|--------------------------|--------------------------|------------|--|--------------------------|--------------------------|-----------|
| 1. Do you have any concerns that you would like to discuss with your provider? | <input type="checkbox"/> | <input type="checkbox"/> | | 24. Have you had mononucleosis (mono) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 2. Has a provider ever denied or restricted your participation in sports for any reason? | <input type="checkbox"/> | <input type="checkbox"/> | | 25. Are you missing a kidney, eye, testicle, spleen or other internal organ? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 3. Do you have any ongoing medical conditions? If so, please identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other: _____ | <input type="checkbox"/> | <input type="checkbox"/> | | 26. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 4. Are you currently taking any medications or supplements on a daily basis? | <input type="checkbox"/> | <input type="checkbox"/> | | 27. Have you ever become ill while exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 5. Do you have allergies to any medications? | <input type="checkbox"/> | <input type="checkbox"/> | | 28. When exercising in the heat, do you have severe muscle cramps? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 6. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)? | <input type="checkbox"/> | <input type="checkbox"/> | | 29. Do you have headaches with exercise? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 7. Have you ever spent the night in the hospital? If yes, why? _____ | <input type="checkbox"/> | <input type="checkbox"/> | | 30. Have you ever had numbness, tingling or weakness in your arms or legs or been unable to move your arms or legs AFTER being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 8. Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | | 31. Do you or does someone in your family have sickle cell trait or disease? | <input type="checkbox"/> | <input type="checkbox"/> | |
| HEART HEALTH QUESTIONS ABOUT YOU | | | YES | NO | | | |
| 9. Have you ever passed out or nearly passed out DURING or AFTER exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | 32. Have you had any other blood disorders? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 10. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | 33. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 11. Does your heart race, flutter in your chest or skip beats (irregular beats) during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | 34. Have you had or do you have any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 12. Has a doctor ever ordered a test for your heart? For example, electrocardiography or echocardiography. | <input type="checkbox"/> | <input type="checkbox"/> | | 35. Do you wear glasses or contacts? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 13. Has a doctor ever told you that you have any heart problems, including: <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"/> Kawasaki Disease <input type="checkbox"/> Other _____ | <input type="checkbox"/> | <input type="checkbox"/> | | 36. Do you wear protective eyewear like goggles or a face shield? | <input type="checkbox"/> | <input type="checkbox"/> | |
| | | | | 37. Do you worry about your weight? | <input type="checkbox"/> | <input type="checkbox"/> | |
| | | | | 38. Are you trying to or has anyone recommended that you gain or lose weight? | <input type="checkbox"/> | <input type="checkbox"/> | |
| | | | | 39. Do you limit or carefully control what you eat? | <input type="checkbox"/> | <input type="checkbox"/> | |
| | | | | 40. Have you ever had an eating disorder? | <input type="checkbox"/> | <input type="checkbox"/> | |
| | | | | 41. Are you on a special diet or do you avoid certain types of foods or food groups? | | | |
| | | | | 42. Allergies to food or stinging insects? | <input type="checkbox"/> | <input type="checkbox"/> | |
| | | | | 43. Have you ever had a COVID-19 diagnosis? Date: _____ | <input type="checkbox"/> | <input type="checkbox"/> | |
| | | | | 44. What is the date of your last Tdap or Td (tetanus) immunization? (circle type) Date: _____ | | | |
| 14. Do you get light-headed or feel shorter of breath than your friends during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | FEMALES ONLY | | YES | NO |
| 15. Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | | 45. Have you ever had a menstrual period? | <input type="checkbox"/> | <input type="checkbox"/> | |
| HEART HEALTH QUESTIONS ABOUT YOUR FAMILY | | | YES | NO | | | |
| 16. Does anyone in your family have a heart problem? | <input type="checkbox"/> | <input type="checkbox"/> | | 46. Age when you had your first menstrual period: _____ | | | |
| 17. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)? | <input type="checkbox"/> | <input type="checkbox"/> | | 47. Number of periods in the last 12 months: _____ | | | |
| 18. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? | <input type="checkbox"/> | <input type="checkbox"/> | | 48. When was your most recent menstrual period? _____ | | | |
| 19. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? | <input type="checkbox"/> | <input type="checkbox"/> | | EXPLAIN "YES" ANSWERS BELOW | | | |
| | | | | # >> | | | |
| | | | | # >> | | | |
| | | | | # >> | | | |
| | | | | # >> | | | |
| | | | | # >> | | | |
| | | | | # >> | | | |
| BONE AND JOINT QUESTIONS | | | YES | NO | | | |
| 20. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? | <input type="checkbox"/> | <input type="checkbox"/> | | # >> | | | |
| 21. Do you currently have a bone, muscle or joint injury that bothers you? | <input type="checkbox"/> | <input type="checkbox"/> | | # >> | | | |
| MEDICAL QUESTIONS | | | YES | NO | | | |
| 22. Do you cough, wheeze or have difficulty breathing during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | List medications and nutritional supplements you are currently taking here: | | | |
| 23. Do you have asthma or use asthma medicine (inhaler, nebulizer)? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |

→ Parent/Guardian Signature: _____ Date: _____ → Athlete's Signature: _____

PART III- PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30 of the current school year)**

NAME _____ DATE OF BIRTH _____ SCHOOL _____

| | | | |
|--------|---------------|-------------------------------|--|
| Height | Weight | <input type="checkbox"/> Male | <input type="checkbox"/> Female |
| BP / | Resting pulse | Vision R 20/ | L 20/ |
| | | Corrected | <input type="checkbox"/> Yes <input type="checkbox"/> No |

| MEDICAL | NORMAL | ABNORMAL FINDINGS |
|---|--------|-------------------|
| Appearance (Marfan stigmata: kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse, and aortic insufficiency) | | |
| Eyes/ears/nose/throat (Pupils equal, hearing) | | |
| Lymph nodes | | |
| Heart (Murmurs: auscultation standing, supine, +/- Valsalva) | | |
| Pulses | | |
| Lungs | | |
| Abdomen | | |
| Skin (Herpes simplex virus, lesions suggestive of MRSA or tinea corporis) | | |
| Neurological | | |
| MUSCULOSKELETAL | NORMAL | ABNORMAL FINDINGS |
| Neck | | |
| Back | | |
| Shoulder/arm | | |
| Elbow/forearm | | |
| Wrist/hand/fingers | | |
| Hip/thigh | | |
| Knee | | |
| Leg/ankle | | |
| Foot/toes | | |
| Functional (i.e. Double leg squat, single leg squat, box drop or step drop test) | | |
| Emergency medications required on-site: <input type="checkbox"/> Inhaler <input type="checkbox"/> Epinephrine <input type="checkbox"/> Glucagon <input type="checkbox"/> Other: | | |
| COMMENTS: | | |

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics:

- MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION
- MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATION FOR FURTHER EVALUATION OR TREATMENT OF: _____
- MEDICALLY ELIGIBLE ONLY FOR THE FOLLOWING SPORTS: _____
Reason: _____
- NOT MEDICALLY ELIGIBLE PENDING FURTHER EVALUATION OF: _____
- NOT MEDICALLY ELIGIBLE FOR ANY SPORTS

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II- Medical History.

→ PRACTITIONER SIGNATURE: _____ (MD, DO, NP or PA) + DATE**: _____

EXAMINER'S NAME AND DEGREE (PRINT): _____ PHONE NUMBER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

+Only signature of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-1 (3) Physical Examination Rule/Transfer Student (10-90)- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League form #2, the student is in compliance with physical examination requirements.

PART IV- ACKNOWLEDGEMENTS OF RISK AND INSURANCE STATEMENT

(To be completed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are NOT crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swim/dive, tennis, track, volleyball, wrestling, other (identify sports): _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with:

Name of medical insurance company: _____

Policy number: _____ Name of policy holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participation in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) of health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally, I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to www.coverva.org or calling 855-242-8282.

PART V- EMERGENCY PERMISSION FORM*

(To be completed and signed by the parent/guardian)

STUDENT'S NAME: _____ GRADE: _____ AGE: _____ DOB: _____

HIGH SCHOOL: _____ CITY: _____

Please list any significant health problems that might be significant to a physician evaluating your child **in case of an emergency**:

PLEASE LIST ANY ALLERGIES TO MEDICATIONS, ETC: _____

IS THE STUDENT CURRENTLY PRESCRIBED AN INHALER OR EPI-PEN? _____ LIST THE EMERGENCY MEDICATION: _____

IS THE STUDENT PRESENTLY TAKING ANY OTHER MEDICATION? _____ IF SO, WHAT? _____

DOES THE STUDENT WEAR CONTACT LENSES? _____ DATE OF LAST Tdap OR Td (TETANUS) SHOT: _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order the injection and/or anesthesia and/or surgery for the person named above.

DAYTIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

EVENING TIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

CELL PHONE NUMBER: _____

→ SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____
 RELATIONSHIP TO STUDENT: _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment in needed.

→ I CERTIFY ALL OF THE ABOVE INFORMATION IS CORRECT: _____
 Parent/Guardian signature
 The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

**Part VI: Concussion & Return to Play Policy
(Attached to VHSL Physical Form)**

State law mandates that school divisions provide information to parents and students concerning the risk of concussion, its consequences, and procedures for returning to participation after an incident. The goals of the “Student-Athlete Protection Act (SB 652)” are to ensure that student-athletes who sustain concussions are properly diagnosed, given adequate time to heal, and are comprehensively supported until they are symptom free.

I. Definition of Concussion

A brain injury that is characterized by an onset of impairment of cognitive and /or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head. A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual.

II. Signs and Symptoms

Signs observed by parents or guardians

- | | |
|--|--|
| + appears dazed or stunned | + is confused about assignment or position |
| + forgets an instruction | + is unsure of game, score, or opponent |
| + moves clumsily | + answers questions slowly |
| + loses consciousness (even briefly) | + shows behavior or personality changes |
| + can't recall events prior to hit or fall | |
| + can't recall events after hit or fall | |

Symptoms reported by athlete

- | | |
|----------------------------------|--|
| + headache or “pressure” in head | + nausea or vomiting |
| + balance problems or dizziness | + double or blurry vision |
| + sensitivity to light | + sensitivity to noise |
| + confusion | + feeling sluggish, hazy, foggy, or groggy |
| + does not “feel right” | + concentration or memory problems |

III. Return to Learn

Many of the signs and symptoms associated with a concussion can affect a student’s ability to participate in normal academic activities. With different rates of recovery, students may need modifications in their academic setting. Adjustments could include cognitive and physical rest with no school, part-time school, or full day school with minimal instructional modifications.

IV. Return to Play Progression

If an athlete is suspected of having incurred a concussion during practice or play, this policy will be followed:

1. removal from activity
2. notification of parent/guardian regarding the incident
3. doctor’s release on the “HCPS Concussion Medical Evaluation Form”
4. begin a 7 stage return to play progression per school’s licensed athletic trainer / coach / nurse
5. return to full participation after completing steps 1-4 above.

V. Acknowledgement by Parents/Guardians and Student-Athletes

I have reviewed the information concerning concussion and return to play procedures.

Student-Athlete Name (PRINTED)

Student-Athlete Name (SIGNATURE)

Date

Parent/Guardian Name (PRINTED)

Parent/Guardian Name (SIGNATURE)

Date