

**Athletic Pre-Participation Screening Exam 2023-2024**

The parent/guardian and student athlete will review and submit the Permit to Participate in Athletics (not this form) in the form of:  Electronic (SportsNet Online Registration) – **MUST BE DONE ONLINE**

<https://sportsnethost.com/woodside>

**Part 1:** (To be completed by student and parent/guardian)

Name	School	Grade
Address		Student ID #
City	State	Zip
Age		Phone
Birth Date	Sex	Sport(s)
Doctor's Name		Doctor's Phone #
Health Insurance	Policy #	

**IMMUNIZATION RECORDS FOR THE ABOVE NAMED STUDENT MUST BE ATTACHED AND CURRENT AS REQUIRED BY CALIFORNIA STATE LAW INCLUDING THE Tdap VACCINE.**

Health History (must be complete prior to the exam)					
Please check	N <input type="checkbox"/>	Has this student had any:	Please check	Y <input type="checkbox"/>	Is there a history of:
Y <input type="checkbox"/>	N <input type="checkbox"/>	Hospitalization?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Neck or back injury?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Surgery other than removal of tonsils?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Knee injury?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Missing organs (eye, kidney, testicle, etc.)?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Shoulder or elbow injury?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Allergies (to medicines, insects, foods, etc.)?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Ankle injury?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Chest pain or severe shortness of breath with exercise?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Dislocation of a joint?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Problems with blood pressure or heart (i.e. heart murmur)?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Catching or locking of a joint?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Dizziness or fainting with exercise?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Broken bones/fractures?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Severe or frequent headaches?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Ulcers or hernias?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Concussion or loss of consciousness?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Stingers/burners?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Heat exhaustion, heat stroke or other problems with heat?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Skin problems?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Mono, hepatitis, hemophilia?	<b>Further History</b>		
Y <input type="checkbox"/>	N <input type="checkbox"/>	Diabetes?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Has any family member died suddenly at less than 40 years of age of causes other than an accident?
Y <input type="checkbox"/>	N <input type="checkbox"/>	Seizures/convulsions?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Has any family member had a heart attack at less than 55 years of age?

**Use this space to explain any yes answers to the above questions.**

**Parent's or guardian's acknowledgment:** I have reviewed and agree with the information presented on this form. I also understand that this examination is primarily for sports participation screening and is not intended to replace the routine health care visits as recommended by the student's personal physician. I know of no reason why the above named student should not participate and represent his or her school in supervised athletic activities.

Name of Parent/Guardian (Print)		Signature of Parent/Guardian

Home Phone Number	Work Phone Number		Date

Name	Student #	Grade
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**Athletic Pre-Participation Screening Exam Part 2: General Exam (To be completed by examining physician)**

	Normal	Abnormal (Describe)	Fill in Information:
Eyes, ears, nose, throat	<input type="checkbox"/>		Pulse:
Skin	<input type="checkbox"/>		BP:
Lungs	<input type="checkbox"/>		Height:
Heart	<input type="checkbox"/>		Weight:
Abdomen	<input type="checkbox"/>		
Genitalia/Hernia (males)	<input type="checkbox"/>		

**Suggested Musculoskeletal Exam**

ROM STRENGTH					
Normal	Abnormal	Cervical/Spine	Normal	Abnormal	Lower Extremity
<input type="checkbox"/>	<input type="checkbox"/>	Flex/Ext	<input type="checkbox"/>	<input type="checkbox"/>	Hip
<input type="checkbox"/>	<input type="checkbox"/>	Rotation right/left	<input type="checkbox"/>	<input type="checkbox"/>	Hip flexors/Gluteals
<input type="checkbox"/>	<input type="checkbox"/>	Lateral flexion right/left	<input type="checkbox"/>	<input type="checkbox"/>	Add/Abd – Groin/TT
<input type="checkbox"/>	<input type="checkbox"/>	Thoracic	<input type="checkbox"/>	<input type="checkbox"/>	Int./Ext. Rotation
<input type="checkbox"/>	<input type="checkbox"/>	Lumbar	<input type="checkbox"/>	<input type="checkbox"/>	Knee
<input type="checkbox"/>	<input type="checkbox"/>	Flex/Ext	<input type="checkbox"/>	<input type="checkbox"/>	Patellar Tendon
<input type="checkbox"/>	<input type="checkbox"/>	Rotation right/left	<input type="checkbox"/>	<input type="checkbox"/>	Tibial Tuberosity
<input type="checkbox"/>	<input type="checkbox"/>	Lateral Flexion	<input type="checkbox"/>	<input type="checkbox"/>	MCL/LCL
<input type="checkbox"/>	<input type="checkbox"/>	Abdominals/Obliques	<input type="checkbox"/>	<input type="checkbox"/>	ACL/PCL
		<b>Upper Extremity</b>	<input type="checkbox"/>	<input type="checkbox"/>	Cartilage Testing
<input type="checkbox"/>	<input type="checkbox"/>	Shoulder	<input type="checkbox"/>	<input type="checkbox"/>	Quads/Hamstrings
<input type="checkbox"/>	<input type="checkbox"/>	Forward Flexion/Ext.	<input type="checkbox"/>	<input type="checkbox"/>	Gast/Soleus Complex
<input type="checkbox"/>	<input type="checkbox"/>	Abduction/Adduction	<input type="checkbox"/>	<input type="checkbox"/>	Patella
<input type="checkbox"/>	<input type="checkbox"/>	Internal/Ext. Rotation	<input type="checkbox"/>	<input type="checkbox"/>	Creptus
<input type="checkbox"/>	<input type="checkbox"/>	Horizontal Abd/Add	<input type="checkbox"/>	<input type="checkbox"/>	Tracking
<input type="checkbox"/>	<input type="checkbox"/>	A C Joint/Clavicle	<input type="checkbox"/>	<input type="checkbox"/>	Ankle
<input type="checkbox"/>	<input type="checkbox"/>	Stability Testing	<input type="checkbox"/>	<input type="checkbox"/>	Plantar/Dorsiflexion
<input type="checkbox"/>	<input type="checkbox"/>	Biceps Flex/Ext.	<input type="checkbox"/>	<input type="checkbox"/>	Inversion/Eversion
<input type="checkbox"/>	<input type="checkbox"/>	Elbow	<input type="checkbox"/>	<input type="checkbox"/>	Subtalar Joint
<input type="checkbox"/>	<input type="checkbox"/>	Supination/Pronation	<input type="checkbox"/>	<input type="checkbox"/>	Ligament Testing
<input type="checkbox"/>	<input type="checkbox"/>	Wrist/Hand	<input type="checkbox"/>	<input type="checkbox"/>	Feet/Toes
		<b>General Flexibility</b>	<b>DOCTOR'S OFFICE STAMP HERE REQUIRED</b>		
<input type="checkbox"/>	<input type="checkbox"/>	Hamstrings			
<input type="checkbox"/>	<input type="checkbox"/>	Quadriceps			
<input type="checkbox"/>	<input type="checkbox"/>	Lumbar Spine			
<input type="checkbox"/>	<input type="checkbox"/>	Achilles			

Use this space to describe abnormalities.

**Disposition:**

- Cleared for collision, contact, and non-contact sports
- Conditional participation, limited to: \_\_\_\_\_
- No participation until: (date) \_\_\_\_\_
- No participation in any sport or physical education because of: \_\_\_\_\_

**PHYSICAL MUST BE PERFORMED BY A LICENSED, PRACTICING MD OR DO (no Chiropractors) & MUST BE VALID FOR THE DURATION OF THE 2022-2023 SCHOOL YEAR.**

*Physical will be valid for 1 YEAR from the Date of Physical Exam.*

Dr. Signature: \_\_\_\_\_ License #: \_\_\_\_\_ Date of Exam: \_\_\_\_\_