Cecil County Public Schools
Interscholastic Athletics

This packet is used for **ALL** sports during the 2017-18 school year.

Name (Last): ___________________________ (First): _______________________
Grade: ________ School: ________________

Packet Contents: 

| Physical Form (front page to be completed by parent **BEFORE** physical) | 1 |
| Physical Form (second page to be completed by physician) | 2 |
| - Parents must sign this form **after** the doctor completes the physical exam | |
| Parent’s Permission and Insurance Signature Form | 3 |
| Concussion Information and Sudden Cardiac Arrest Verification | 4 |
| Concussion Testing Consent Form | 5 |

Separate Items:

Emergency Card (inserted in package or handed to you for completion by parent) -------Insert

Keep this packet together and return it all to the coach when complete.

Be sure you have SIGNED next to any place in the booklet that has this symbol.
Parent’s signature must be on **ALL** forms **prior** to participation.
If you have any questions, please contact your child's school.

RETURN THIS PACKET TO YOUR SCHOOL

Revised April 2017 (white copies)
Cecil County Public Schools Interscholastic Athletics

PHYSICAL EXAMINATION (PARENT’S SECTION)

Student’s Name: ____________________ Sex: M/F Age: ______ DOB: ______
Grade: ______ School: ____________________ Phone: ______
Address: ____________________________
Child’s Physician: ____________________ Phone: ______

DIRECTIONS: Please check box for "Yes" or "No" and explain "Yes" answers in the space below.

1. Have you ever had a medical illness or injury since your last check up or sports physical? YES NO
2. Are you currently taking a prescription or non-prescription (over-the-counter) medications? YES NO
3. Have you ever been hospitalized overnight? YES NO
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? YES NO
5. Have you ever passed out or been dizzy during or after exercise? YES NO
6. Have you ever had chest pain during or after exercise? YES NO
7. Have you ever become ill from exercising in the heat? YES NO
8. Have you ever had racing of your heart or skipped heartbeats? YES NO
9. Have you had high blood pressure or high cholesterol? YES NO
10. Have you ever been knocked out, become unconscious, or lost your memory? YES NO
11. Has any family member or relative died of heart problems or of sudden death before age 50? YES NO
12. Have you had a severe viral infection (for example: myocarditis or mononucleosis) within the last month? YES NO
13. Has a physician ever denied or restricted your participation in sports for any heart problems? YES NO
14. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? YES NO
16. Have you ever had a stinger, burner, or pinched nerve? YES NO
17. Have you ever had a seizure? YES NO
18. Do you have frequent or severe headaches? YES NO
19. Do you have sickle cell trait? YES NO
20. Have you ever had numbness or tingling in your arms, hands, legs, or feet? YES NO
21. Do you cough, wheeze, or have trouble breathing during or after activity? YES NO
22. Do you have asthma? YES NO
23. Do you have seasonal allergies that require medical treatment? YES NO
24. Do you have diabetes? Use insulin? YES NO
25. Do you lose weight regularly to meet weight requirements for your sport? YES NO
26. 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)? YES NO
27. Have you ever had any problems with your eyes or vision? Wear glasses or contacts? YES NO
28. Have you ever been told you have a heart murmur? YES NO
29. Have you ever had a sprain, strain, or swelling after injury? YES NO
30. Have you broken or fractured any bones or dislocated any joints? YES NO
31. Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? YES NO
32. Do you have any communicable diseases? YES NO
33. Do you have Marfan’s Syndrome? YES NO
34. Are you easily fatigued? YES NO

Explain "Yes" answers on an additional sheet.

By signing below, I understand and agree that student athletes are not to use tobacco, alcohol, or other drugs at any time. (Reference: Interscholastic Regulations, Policies, and Procedures Handbook) Any substantiated reported use of alcohol, tobacco, or other drugs in school will be handled in accordance to county policy.

I also hereby state that to the best of my knowledge, my answers to the above questions are complete and correct. I give my consent for the above named student to engage in interscholastic sports activities as a representative of their school except those activities crossed out by the examining physician on the reverse side of this form.

Read above paragraph before signing consent form.

Signature of Student Athlete ____________________ Date Signed: ______
Signature of Parent/Guardian ____________________

Revised April 2017 (white copies)
Cecil County Public Schools
ATHLETICS PHYSICAL EXAMINATION FORM

Patient’s Name: ___________________________ DOB: ________ Height: ________ Weight: ________

Vision: R 20/ ______ L 20/ ______ Corrected? Yes  No Pupils: Equal ________ Unequal ________

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<td>Lymph Nodes</td>
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<td>Skin</td>
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<td>Leg/Ankle</td>
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<td>Foot</td>
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Beighton-Horan Laxity Screen Score: ________________ (Out of 9)

CLEARANCE: I have on this date, personally examined this pupil, reviewed the history and other
data recorded on both sides of this form. I find this student physically able to compete in the
interscholastic sports listed below which are NOT crossed out.

Basketball  Cheerleading  Field Hockey  Football  Golf  Lacrosse
Soccer  Baseball  Softball  Tennis  Track & Field  Volleyball
Wrestling  Cross Country  Bocce  Bowling  Marching Band

This student is physically able to work in the "Construction Field" at the School of Technology  YES  NO

NOT Cleared  Reason/ Recommendations: ________________________________________________________________

Name of physician and Office (print/type): _________________________________________________________________

Address: __________________________________________ Office Phone: _______________________

Signature of Attending Physician: __________________________ Date Signed: ________________

TO BE SIGNED BY PARENT AFTER THE PHYSICAL IS COMPLETED.

I HAVE ON THIS DATE REVIEWED THE INFORMATION RECORDED ON BOTH SIDES OF THIS FORM.

Date Signed: __________ Signature of Parent/Guardian: ________________________________
CARE AUTHORIZATION:
I give my consent for the Certified Athletic Trainer (ATC), within the scope of their training and certification, to render immediate care to my child in the event of a medical emergency and to evaluate and treat non-emergency sport-related injuries and health problems (at practices, contests, and in the athletic training room).

They may dispense equipment and supplies (e.g., crutches, braces, compression wraps, etc.) as may be required for the prevention or treatment of sport-related injuries and communicate to my child and my child’s coach(es) such medical information as pertains to my child’s readiness to participate safely in athletics. They may share medical information with only other health care providers (e.g. my pediatrician or family physician, specialists, physical therapists, other athletic trainers, etc.) as appropriate.

The foregoing consents will remain valid unless, and until, written notification to the contrary is made by me. I may revoke them at any time.

Parent/Guardian Signature: _____________________________
Date: _____________________________

MY SIGNATURE VERIFIES THAT MY SON/DAUGHTER IS COVERED BY EITHER PRIVATE HEALTH INSURANCE OR SCHOOL PURCHASED INSURANCE.

Insurance Company: _____________________________ Policy Number: _____________________________

If you have purchased School Student Insurance, please send verification of insurance and enter the policy number below.

K&K Insurance Policy Information: _____________________________

Further, in the event of an accidental injury sustained by my daughter/son while in the Interscholastic Athletic Program, I/we shall save harmless the Board of Education, the school and its staff from any liability. Also, I/we will inform the school in writing if my/our insurance is changed or terminated.

Parent/Guardian Signature: _____________________________
Date: _____________________________

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CONCUSSION INFORMATION

State law requires that all parents and athletes be made aware of the dangers a concussion may have on an athlete. Cecil County Public Schools is providing a concussion information sheet for both parents/guardians and athletes to review before participation may occur. This information is also available on the CCPS website. The pages have the following logos on them.

MY SIGNATURE BELOW VERIFIES THAT:

I _______________________________ the parent/guardian of _______________________________ (Parent/Guardian Printed)
(Name of Student-Athlete Printed)

Acknowledge that I have received information on all of the following for concussions:

- the definition of a concussion
- the signs and symptoms of a concussion to observe for or that may be reported by my athlete
- how to help my athlete prevent a concussion
- what to do if I think my athlete has a concussion, specifically, to seek medical attention right away, keep my athlete out of play, tell the coach about a recent concussion, and/or report symptoms to the school nurse

Acknowledge that I have received information on all of the following for Sudden Cardiac Arrest:

- description
- warning signs
- removal/return-to-play

I GIVE MY SON/DAUGHTER PERMISSION TO PARTICIPATE. I have read all of the statements in this packet and have received the Student and Parent Concussion Information Sheets, the Sudden Cardiac Arrest Parent Information Sheet, and any school-related sportsmanship expectations. I hereby give my written consent.

Student Athlete   Signature: ____________________________
                   Date: ____________________________

Parent/Guardian  Signature: ____________________________
                   Date: ____________________________

Revised April 2017 (white copies)
CONSENT and RELEASE OF INFORMATION
FOR SPORTS CONCUSSION TESTING PROGRAM

For Student Athletes participating in
Field Hockey, Football, Soccer, Basketball, Wrestling, Cheerleading, Baseball, Softball and Lacrosse

I understand that pre-concussion baseline testing will be administered at my son/daughter’s high school, and is a part of the procedure for guiding their return to sports participation after the injury.

Procedures
- There is no charge to the athlete for this pre-concussion baseline testing conducted at the school.
- The results of this pre-concussion testing will be reviewed and filed in a secure website by the Concussion Management Program hosted at Cecil County Public Schools.
- If my son or daughter sustains a concussion, a post-injury test may be necessary for comparison with the baseline test to help guide return to sports participation.
- The post-injury tests are administered at the school by the Athletic Trainers.
- I may choose to use the Concussion Management Program as the concussion specialist or I may elect to consult with my primary care physician or another concussion specialist outside of the school system to assist my son/daughter’s recovery. Results of the pre-concussion testing can be made available in writing only on request.
- Cecil County Public Schools (CCPS) is not providing medical coverage or reimbursement for any testing, assessment, follow-up, or rehabilitation beyond the initial pre-concussion baseline screening test.

Limitations on Use of Information
- I understand that the concussion baseline testing is designed only for concussion management and not as an intelligence or IQ test and will not be used for educational planning or placement decisions.
- It is important to recognize that blows to the head can cause a variety of injuries other than concussions (e.g., neck injuries, more serious brain injuries). The sports concussion program is designed for concussions only. You must see your doctor as soon as possible to address any other medical concerns.

Storage, Use of Information, Persons Authorized Access, and Confidentiality
- All medical personnel will comply with all HIPAA procedures in regards to these records.

Acknowledgement and Consent
I have read this document completely and I understand the terms and conditions set forth above under Procedures, Limitation on Use of Information, and Storage, Use of Information, Persons Authorized Access, and Confidentiality.
I understand that this testing program is not a mandatory requirement of sports participation but voluntary participation in this program is highly recommended by Cecil County Public Schools. I consent to the administration of the concussion testing of my child under this program and to the release of my child’s testing information and related protected health information to the individuals specified in this form.

I CONSENT for Concussion Baseline Testing for my child.

I DECLINE Concussion Baseline Testing for my child.

Printed Name of Student Athlete: ____________________________________________

Printed Name of parent or guardian(s): _______________________________________

Parent/Guardian Signature: _______________________________________________

Date: ____________________________

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