



# CLARINDA

**Community School District**  
423 East Nodaway P.O. Box 59  
Clarinda, Iowa 51632

May 31st, 2023

Dear Parents/Guardians.

The IHSAA and IGHS AU recently updated their pre-participation examination (sport physical) procedures for participants in school activities to be most current in best practices of screening and identifying health concerns of student athletes. We will begin to phase in the new process for all physicals completed after June 1<sup>st</sup>, 2023. Current physical forms on file will still be honored as evidence of medical eligibility to participate.

**A physical exam provided by licensed health care provider (MD, DO, PA, ARNP and in limited scope under Iowa law select chiropractors) is still required to participate in athletics and other identified sanctioned activities.**

1. Bring all four pages of the new "Iowa Athletic Pre-Participation Physical Examination" form to the child's scheduled physical with a provider. The parent/guardian is responsible for filling out pages 1-2 and signing on the bottom of page 2 and top of page 4 PRIOR to the medical exam.
2. **Only page 4** is required by the school's athletic department. It must be signed by the health care provider and parent/guardian and uploaded into the individual school's electronic athletics/activities system (Bound) or turned in for participation eligibility.
3. Parents may retain a copy of all four pages for their own record. A copy of the completed physical can be shared with the school nurse to go into the student's health file if you wish.

We appreciate your assistance in following the new guidelines to help ensure the safest environment for our students. If you have any questions, please contact the Activities Director

Sincerely,

Jake Lord  
712-542-5167  
Clarinda CSD Activities Director

**McKinley  
Administrative  
Offices**  
712-542-5165  
FAX 542-3802

**High School  
Office**  
100 North  
Cardinal Drive  
712-542-5167  
FAX 542-3802

**Middle School  
Office**  
305 East  
Glenn Miller Drive  
712-542-2132  
FAX 542-5949

**Garfield  
Elementary  
Office**  
910 S. 15<sup>th</sup> Street  
712-542-4510  
FAX 542-5949

Mission: To educate all students to succeed by insuring quality leadership, curriculum and instruction.

# IOWA ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

Please complete and sign this form (with your parents if younger than 18) before your appointment.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Examination: \_\_\_\_\_

Sport(s): \_\_\_\_\_

Home Address (Street, City, Zip): \_\_\_\_\_

School District: \_\_\_\_\_

Parent's/Guardian's Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Physician: \_\_\_\_\_

Phone #: \_\_\_\_\_

## History Form:

List past and current medical conditions.

\_\_\_\_\_

Have you ever had a surgery? If "yes", list all past surgical procedures.

\_\_\_\_\_

Medicines and Supplements: List all current prescriptions, over-the-counter medicines and supplements (herbal and nutritional).

\_\_\_\_\_

Do you have any allergies? If yes, please list all your allergies (to medicines, pollen, food, stinging insects, etc.)

\_\_\_\_\_

**PHQ-4:** Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle Response)

	Not at all	Several Days	Over half the days	Nearly Everyday
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3

*(A sum of  $\geq 3$  is considered positive on either subscale [Questions 1 and 2, or Questions 3 and 4] for screening purposes)*

SCORE: \_\_\_\_\_

In the section below, if you answer "yes" to any questions, please explain further in the space provided at the end of this form. Circle any questions you don't know the answer to.

General Questions:

Y N

- Do you have any concerns that you would like to discuss with your provider?
- Has a provider ever denied or restricted your participation in sport for any reason?
- Do you have any ongoing medical issues or recent illnesses?

Heart Health Questions:

Y N

- Have you ever passed out or nearly passed out during or after exercise?
- Have you ever had discomfort, pain, tightness or pressure in your chest during exercise?
- Does your heart ever race, flutter in your chest or skip beats (irregular beats) during exercise?
- Has a doctor ever told you that you have any heart problems?
- Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography?
- Do you get lightheaded or feel shorter of breath than your friends during exercise?
- Do you have high blood pressure or high cholesterol?

Questions about your Family:

Y N

- Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?
- 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)?
- Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?
- Does anyone in your family have asthma?

Bone and Joint Questions:

Y N

- 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?
- Have you had an X-ray, MRI, CT scan or physical therapy for any reason?
- Do you have a bone, muscle, ligament or joint injury that bothers you?
- Do you currently, or have you in the past worn orthotics, braces or protective equipment for any reason?

Medical Question:

Y N

- Do you cough, wheeze or have difficulty breathing during or after exercise?
- Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?
- Do you have groin or testicle pain or a painful bulge or hernia in the groin area?
- Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?
- Have you had a concussion? Or a head injury that caused confusion, a prolonged headache, or memory problems?
- Have you ever had a seizure?
- Do you get frequent headaches?
- Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?
- Have you ever become ill when exercising in the heat?
- Do you have sickle cell trait or disease? Or anyone in your family?
- Have you ever had or do you have any problems with your eyes or vision?
- Do you worry about your weight?
- Are you trying to or has anyone recommended that you gain or lose weight?
- Are you on a special diet or do you avoid certain types of foods or food groups?
- Have you ever had an eating disorder?

FEMALES only:

Y N

- Have you ever had a menstrual period?
- How old were you when you had your first menstrual period?
- When was your most recent menstrual period?
- How many periods have you had in the last 12 months?

EXPLAIN "Yes" answers here:

---

**I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.**

**Signature of Athlete:** \_\_\_\_\_

**Signature of Parent or Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Physical Examination *(To be filled out by medical provider)*

Consider additional questions as below:

Y N

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff or dip?
- Do you drink alcohol or use any other drugs?
- Have you taken prescriptions medications that were not yours or outside of their intended use?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt and a helmet?
- Do you use condoms if you are sexually active?

## EXAMINATION

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

BP: \_\_\_\_\_ / \_\_\_\_\_ ( \_\_\_\_\_ / \_\_\_\_\_ ) Pulse: \_\_\_\_\_ Vision: R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected Y / N

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> <li>• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse (MVP), and aortic insufficiency)</li> </ul>		
Eyes, ears, nose and throat <ul style="list-style-type: none"> <li>• Pupils equal &amp; Hearing</li> </ul>		
Lymph Nodes		
Heart <ul style="list-style-type: none"> <li>• Murmurs (auscultation standing, auscultation supine, and ± Valsalva)</li> </ul>		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> <li>• Herpes Simplex Virus, lesions suggestive of MRSA or Tinea Corporis</li> </ul>		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder & Arm		
Elbow & Forearm		
Wrist, hand, and fingers		
Hip & Thigh		
Knee		
Leg & Ankle		
Foot & Toes		
Functional <ul style="list-style-type: none"> <li>• May include: Duck Walk, Double-leg squat test, single-leg squat test, and box drop or step drop test</li> </ul>		

- Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings or a combination of those.

# Medical Eligibility Form

Student Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date of Examination: \_\_\_\_\_

I acknowledge and give consent for a copy of this entire form to be kept in the student's school record. I agree that should student's health change in any way that would alter this form that I will inform the school as soon as possible.

**Signature of Parent or Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Shared Emergency Information *(To be filled out by athlete/athlete's caregiver)*

Allergies:

\_\_\_\_\_

Medications:

\_\_\_\_\_

Other Information:

\_\_\_\_\_

Emergency Contacts:

<u>Name</u>	<u>Relationship</u>	<u>Contact Information</u>
_____	_____	_____
_____	_____	_____

## Participation Eligibility *(To be filled out by medical provider)*

- Medically Eligible for sports without restriction.
- Medically Eligible for all sports without restriction with recommendations for further evaluation or treatment of:  
\_\_\_\_\_
- Medically eligible for certain sports:  
\_\_\_\_\_
- Not medically eligible pending further evaluation  
\_\_\_\_\_
- Not medically eligible for any sports

Recommendations:

\_\_\_\_\_

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined in this form. A copy of the physical examination findings is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the provider may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of health care professional:

\_\_\_\_\_