

UPDATE MAY 2021

VIRGINIA BEACH MIDDLE SCHOOL LEAGUE

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.

PART I - ATHLETIC PARTICIPATION

(To be filled in and signed by the student)

For School

Year _____

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 _____ Middle School and passed _____ subjects, and I am taking _____ subjects this semester. I have read the condensed individual eligibility rules of the Virginia Beach Middle School League that appear below and believe I am eligible to represent my present middle school in athletics.

INDIVIDUAL ELIGIBILITY RULES

Attention Athletes! To be eligible to represent your school in any interscholastic contest you:

- must be a regular bona fide student in good standing of the school you represent
- must have been promoted to sixth grade or must have passed five subjects in a school year preceding the present one
- must have passed at least five subjects the previous semester and must be currently taking no less than five subjects
- must have achieved a 2.0 grade point average in the semester preceding participation in an activity
- must not have reached your fifteenth birthday on or before the first day of August of the current school year
- must have been in residence at your present middle school during the entire semester immediately preceding the one in which you desire to participate unless your transfer follows the transfer guidelines as established by the Virginia Beach Middle School League
- upon transferring from another middle school, must participate at the attendance zone school in which a parent or guardian has physical custody of you
- must not have been enrolled in middle school for a period of more than six consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the sixth grade. The six consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled
- must not have participated in more than the allowable number of contests in the sport you wish to play (six regular season middle school contests in football or track, or eight regular season middle school contests in any other sport) during the school year, either inside or outside Virginia Beach
- must be an amateur as defined by the Virginia Beach Middle School League: "An amateur is one who engages in athletics for the educational, physical, mental, and social benefits one derives there from, and to whom athletics are nothing more than an avocation."
- must not have received in recognition of your ability as a middle school athlete any award not presented or approved by your school or the League
- must not have participated in any all-star contest between teams whose players are selected from more than one middle school
- must be in attendance at your school for at least three hours on the day you wish to participate in a practice or contest

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 your League, district and school. If you have any question 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.

INDIVIDUAL SCHOOLS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

Student Signature: _____

Date: _____

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 – Answer “Yes” or “No” to the questions below.

This form must be completed and signed, prior to the physical examination, for review by examining physician.

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 (cont.)			Yes	No
1. Has a provider ever denied or restricted your participation in Sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>			29. Do you have groin pain or a painful bulge or hernia in the groin area?	<input type="checkbox"/>	<input type="checkbox"/>		
2. Do you currently have an ongoing medical condition? 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"/>			30. Have you had mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>		
3. Have you ever spent the night in the hospital?	<input type="checkbox"/>	<input type="checkbox"/>			31. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>		
4. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>			32. Have you ever had a herpes or MRSA skin infection?	<input type="checkbox"/>	<input type="checkbox"/>		
HEART HEALTH QUESTIONS ABOUT YOU			Yes	No	33. Are you currently taking any medication on a daily basis?	<input type="checkbox"/>	<input type="checkbox"/>		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>			34. Have you ever had a head injury or concussion? If so, date of last injury:	<input type="checkbox"/>	<input type="checkbox"/>		
6. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>			35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>		
7. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>			36. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>		
8. Has a doctor ever told you that you have (check all that apply): <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"/>			37. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>		
9. Has a doctor ever ordered a test for your heart? (for ex: ECG/EKG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>			38. When exercising in heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>		
10. Do you get lightheaded or feel more short of breath than expected during exercise?	<input type="checkbox"/>	<input type="checkbox"/>			39. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>		
11. Have you ever had an unexplained seizure?	<input type="checkbox"/>	<input type="checkbox"/>			40. Have you had any other blood disorders?	<input type="checkbox"/>	<input type="checkbox"/>		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			Yes	No	41. Have you had any problem with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>		
12. Has any family member or relative died of heart problems or had an unexpected sudden death before age 50 (including drowning, unexplained car accident or sudden infant death syndrome)?	<input type="checkbox"/>	<input type="checkbox"/>			42. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>		
13. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>			43. Do you wear protective eyewear, such as goggles or face shield?	<input type="checkbox"/>	<input type="checkbox"/>		
14. Does anyone in your family have a pacemaker or implanted defibrillator?	<input type="checkbox"/>	<input type="checkbox"/>			44. Do you worry about your weight?	<input type="checkbox"/>	<input type="checkbox"/>		
15. Does anyone in your family have Marfan syndrome, cardiomyopathy or Long Q-T?	<input type="checkbox"/>	<input type="checkbox"/>			45. Are you trying to or has any professional recommended that you try to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>		
16. Has anyone in your family had unexplained fainting, unexplained Seizures, or near drowning?	<input type="checkbox"/>	<input type="checkbox"/>			46. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>		
BONE AND JOINT QUESTIONS			Yes	No	47. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>		
17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendonitis that caused you to miss a practice or game?	<input type="checkbox"/>	<input type="checkbox"/>			48. What is the date of your last Tetanus immunizations? Date: _____	<input type="checkbox"/>	<input type="checkbox"/>		
18. Have you had any broken or fractured bones or dislocated joints?	<input type="checkbox"/>	<input type="checkbox"/>			49. Do you have an allergy to medicine, food, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>		
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast or crutches?	<input type="checkbox"/>	<input type="checkbox"/>			FEMALES ONLY				
20. Have you ever had an x-ray or your neck for atlanto-axial Instability? OR have you ever been told that you have that disorder or any neck/spine problem?	<input type="checkbox"/>	<input type="checkbox"/>			50. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>		
21. Have you ever had a stress fracture of a bone?	<input type="checkbox"/>	<input type="checkbox"/>			51. Age when you had your first menstrual period? _____				
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>			52. How many periods have you had in the last 12 months? _____				
23. Do you currently have a bone, muscle, or joint injury that bothers you?	<input type="checkbox"/>	<input type="checkbox"/>			EXPLAIN “YES” ANSWERS BELOW:				
24. Do any of your joints become painful, swollen, feel warm, or look red?	<input type="checkbox"/>	<input type="checkbox"/>			# _____ > _____				
25. Do you have a history of juvenile arthritis or connective tissue disease?	<input type="checkbox"/>	<input type="checkbox"/>			# _____ > _____				
MEDICAL QUESTIONS			Yes	No	# _____ > _____				
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>			# _____ > _____				
27. Do you have asthma or use asthma medicine (inhaler, nebulizer)?	<input type="checkbox"/>	<input type="checkbox"/>			*List medications and nutritional supplements you are currently taking here:				
28. Were you born without or are you missing a kidney, an eye, a testicle, spleen or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>							

Parent/Guardian Signature: _____ Date: _____ Athlete Signature: _____

PART III – PHYSICAL EXAMINATION

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

NAME: _____ Date of Birth _____ SCHOOL: _____

EXAMINATION					
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		
Eyes/ears/nose/throat		
Lymph nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitourinary (Males only)		
Skin		
Neurologic		

MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional		

Medical Practitioner to School Staff (please indicate any instruction or recommendations here)

Emergency medications required on-site Inhaler Epinephrine Glucagon 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.

- CLEARED WITHOUT RESTRICTIONS**
- CLEARED WITH FOLLOWING NOTATION:** _____
- Cleared **AFTER** documented further evaluation or treatment for: _____
- Cleared for **Limited participation** (check and explain “reason” for all that apply): *“Limited Until Date”*: when appropriate
 - Not cleared for (specific sports) _____ Until Date: _____
 - Reason(s): _____
- NOT CLEARED FOR PARTICIPATION** _____
- Reason(s): _____

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.

Physician Signature: _____ (MD, DO, LNP, PA) Date _____
circle one

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

PART IV -- ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT

(To be completed and signed by parent/guardian)

I have reviewed and understand 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 vary 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 athletic participation insurance coverage through the school; 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. I grant this permission knowing that my child/ward could be seriously injured resulting in sizeable medical costs for which I am responsible.

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 participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or 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 that the above named student's picture and name may be printed in any middle school, or VBMSL, or VBCPS athletic program, publication or video.

I give permission for my son/daughter to participate in the ImPACT Concussion Management Program as outlined in the VBMSL Parent Handbook. VBCPS may release the ImPACT (Immediate Post-concussion assessment and Cognitive Test) results to my child's primary care physician, neurologist, or other treating physician, as requested.

Parent/Guardian Signature: _____ Date: _____ Athlete Signature: _____

PART V - EMERGENCY PERMISSION FORM

(To be completed and signed by parent/guardian)

STUDENT'S NAME _____ GRADE _____ AGE _____

MIDDLE 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. _____

Has student been prescribed an inhaler? Yes No Epipen? Yes No

Is student presently taking medication? _____ If so, what type? _____

Does student wear contact lenses? _____ Please list date of last 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 _____ Middle School to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.

*Daytime phone number (where to reach you in emergency) _____

*Evening time phone number (where to reach you in emergency) _____

*Please make sure phone numbers are current for the duration of participation

Signature of parent or guardian _____ Date _____

Relationship to student _____

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

I certify all 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