			val Health History for Athletics–Two Page Fornust be completed.	n	
Student Name:		puges init	DOB:		
School Name:			Age:		
	12				
Grade (check): □7 □8 □9 □10 □11 □12			Level (check): ☐ Modified ☐ Fresh ☐ JV ☐ Varsity		
Sport:			Limitations: ☐ Yes ☐ No		
Date of last health exam:			Date form completed:		
Health History to Be Completed by Parent/Guardian athletic event require the proper paperwork, contact			o Any Yes Answers on Back. Medicines needed at practice and	d/or	
Has/Does your child:	3011001	With questi	Has/Does your child:		
General Health Concerns	No	Yes	Concussion/ Head Injury History	No	Yes
Ever been restricted by a health care provider from sports participation for any reason?			17. Ever had a hit to the head that caused headache, dizziness, nausea, confusion, or been told he/she had a concussion? 18. Ever had a head injury or concussion?		
2. Have an ongoing medical condition?	l		, , , , , , , , , , , , , , , , , , , ,		
☐ Asthma ☐ Diabetes			19. Ever had headaches with exercise?		
☐ Seizures ☐ Sickle Cell trait or disease			20. Ever had any unexplained seizures?		
Other 3. Ever had surgery?			21. Currently receive treatment for a seizure disorder or epilepsy?		
4. Ever spent the night in a hospital?			Devices/Accommodations	No	Yes
			22. Use a brace, orthotic, or other device?		
5. Been diagnosed with Mononucleosis within the last month?			23. Have any special devices or prostheses		
6. Have only one functioning kidney?			(insulin pump, glucose sensor, ostomy bag,		
7. Have a bleeding disorder?			etc.)? If yes, there may be need for another		
8. Have any problems with his/her hearing or			required form to be filled out.		
wears hearing aid(s)?			24. Wear protective eyewear, such as goggles or a face shield?		
9. Have any problems with his/her vision or has vision in only one eye?			Family History	No	Yes
			25. Have any relative who's been diagnosed	140	103
10. Wear glasses or contacts?			with a heart condition, such as a murmur,		
Allergies 11. Have a life-threatening allergy? Check any that apply: □ Food □ Insect Bite □ La □ Medicine □ Pollen □ Other	tex		developed hypertrophic cardiomyopathy, Marfan Syndrome, Brugada Syndrome, right ventricular cardiomyopathy, long QT or short QT syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
12. Carry an epinephrine auto-injector?					
Breathing (Respiratory) Health	No	Yes	Females Only	No	Yes
13. Ever complained of getting more tired or			26. Begun having her period?		
short of breath than his/her friends during exercise?			27. Age periods began:		
			28. Have regular periods?		
14. Wheeze or cough frequently during or after exercise?]		29. Date of last menstrual period:	ı	1
			Males Only	No	Yes
15. Ever been told by a health care provider they have asthma?			30. Have only one testicle? 31. Have groin pain or a bulge or hernia in the		
			groin?		

16. Use or carry an inhaler or nebulizer?

Student Name:					
School Name: DOB:					
Has/Does your child:			Has/Does your child:		
Heart Health	No	Yes	Injury History continued	No	Yes
32. Ever passed out during or after exercise?			39. Ever been unable to move his/her arms		
33. Ever complained of light headedness or			and legs, or had tingling, numbness, or weakness after being hit or falling?		
dizziness during or after exercise?			40. Ever had an injury, pain, or swelling of joint		
34. Ever complained of chest pain, tightness or pressure during or after exercise?			that caused him/her to miss practice or a game?		
35. Ever complained of fluttering in their chest, skipped beats, or their heart racing, or does he/she have a pacemaker?			41. Have a bone, muscle, or joint injury that bothers him/her?		
			42. Have joints become painful, swollen, warm, or red with use?		
			Skin Health	No	Yes
36. Ever had a test by a health care provider			43. Currently have any rashes, pressure sores,		
for his/her heart (e.g. EKG,			or other skin problems?		
echocardiogram stress test)?			44. Have had a herpes or MRSA skin		
37. Ever been told they have a heart condition or problem by a infections?					
health care provider? If so, check all that apply: ☐ Heart infection ☐ Heart Murmur ☐ High Blood Pressure ☐ Low Blood Pressure ☐ High Chalacter of ☐ Konney ☐ Others					Yes
\square High Blood Pressure $\ \square$ Low Blood Press	ure \square H	ligh	_		
	ure □H	ligh	_		
☐ High Blood Pressure ☐ Low Blood Press Cholesterol ☐ Kawasaki Disease ☐ Other:			weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight		
☐ High Blood Pressure ☐ Low Blood Press Cholesterol ☐ Kawasaki Disease ☐ Other:	ure 🗆 H	Yes	weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight 48. Have stomach problems?		
☐ High Blood Pressure ☐ Low Blood Press Cholesterol ☐ Kawasaki Disease ☐ Other:			weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight		
☐ High Blood Pressure ☐ Low Blood Press Cholesterol ☐ Kawasaki Disease ☐ Other: Injury History 38. Ever been diagnosed with a stress fracture?			weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight 48. Have stomach problems?		
☐ High Blood Pressure ☐ Low Blood Press Cholesterol ☐ Kawasaki Disease ☐ Other: Injury History 38. Ever been diagnosed with a stress fracture? COVID-19 Information	No		weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight 48. Have stomach problems?	No	Yes
☐ High Blood Pressure ☐ Low Blood Press Cholesterol ☐ Kawasaki Disease ☐ Other: Injury History 38. Ever been diagnosed with a stress fracture? COVID-19 Information 50. Has your child ever tested positive for COVID	No		weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight 48. Have stomach problems?		Yes
☐ High Blood Pressure ☐ Low Blood Press Cholesterol ☐ Kawasaki Disease ☐ Other: Injury History 38. Ever been diagnosed with a stress fracture? COVID-19 Information 50. Has your child ever tested positive for COVID 51. Was your child symptomatic?	No -19?	Yes	weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight 48. Have stomach problems? 49. Ever had an eating disorder?		Yes
□ High Blood Pressure □ Low Blood Press Cholesterol □ Kawasaki Disease □ Other: Injury History 38. Ever been diagnosed with a stress fracture? COVID-19 Information 50. Has your child ever tested positive for COVID 51. Was your child symptomatic? 52. Did your child see a healthcare provider (HCF	No -19?	Yes eir COVID	weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight 48. Have stomach problems? 49. Ever had an eating disorder?		Yes
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□ High Blood Pressure □ Low Blood Press Cholesterol □ Kawasaki Disease □ Other: Injury History 38. Ever been diagnosed with a stress fracture? COVID-19 Information 50. Has your child ever tested positive for COVID 51. Was your child symptomatic? 52. Did your child see a healthcare provider (HCF) 53. Did your child have any cardiac symptoms (n	No -19? P) for the ew fast on)? If ye	Yes eir COVID or slow h	weather? 46. Have a special diet or need to avoid certain foods? 47. Have to worry about his/her weight 48. Have stomach problems? 49. Ever had an eating disorder? 9-19 symptoms? eart rate, chest tightness or pain, blood pressure		Yes
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Parent/Guardian Signature: ______ Date: _____

Parental Consent to Participate in High or Higher Risk Sports

Student Name:
Parent Name:
Sport/Athletic Activity:
By signing below:
 I agree that my child's participation in the above sport/activity is conditioned upon his/her compliance with all policies and rules governing student participation in extracurricular activities; the District's preparedness plan for that sport/activity; full cooperation with all case/contact investigations; and compliance with all isolation/quarantine requirements. I also attest that I have read and understand the risks of my child's participation as described below. Participation in the higher-risk sport places the student-athlete at risk of exposure to SARS-CoV-2. Symptomatic and asymptomatic individuals can spread the virus. Masking, distancing, and other mitigation measures reduce, but do not eliminate risk. At present, it cannot be predicted who will become severely ill if infected. o SARS-CoV-2 can lead to serious medical conditions and death for people of all ages. The long-term effects of SARS-CoV-2 are, at present, unknown; even people with mild cases may experience long-term complications. There is a significant risk of transmission to those in the home of infected student-athletes. Older people and people with underlying health conditions are at higher risk of serious disease.
I consent to my child's participation in the above referenced sport/activity. My consent will remain in effect unless rescinded by me in writing.
Date: Signature:

HSCD Athletics Parent Contact Form

Student Name:	
Parent/Guardian Name:	_
Email address:	
Parent/Guardian Name:	Cell Phone:
Home Phone:	
Please list the names and phone numbers of conpractice or game.	tacts authorized to pick up student during a
Name:	Phone:
Name:	Phone: