

CHECKLIST OF REQUIRED DOCUMENTS

1. **Confirmation Message from homecampus.com signed and dated (example below) *MUST BE SIGNED AND SUBMITTED TO ATHLETICS OFFICE IN ORDER TO BE CLEARED (Please either email to jtnguyen@nmusd.us or bring to Athletics Office)**
2. **Preparticipation Physical Evaluation Form signed by a physician (uploaded) *Physicals are good for one year after your exam date – please make sure it is dated and signed by the physician**
3. **Current medical insurance card (uploaded) *Medical insurance is required to participate in athletics. If you currently do not have medical insurance and would like to purchase, please see the Athletics Office for options.**

If you cannot upload your physical and insurance card, you may turn it in with your signed Confirmation/Consent Page to the Athletics Office

Confirmation Message

John Doe
Newport Harbor | Baseball | 2022-23

Dear [REDACTED]

John Doe's Athletic Clearance to participate in Baseball was submitted to Newport Harbor for review.

This does not mean that John Doe has been cleared to participate in athletics/activities at Newport Harbor. An email will be sent notifying you of any updates regarding your clearance status. Please contact the Newport Harbor Athletic Department with any questions regarding the status of your clearance.

By signing below, you confirm that all digital signatures and uploads submitted via the Athletic Clearance process have been completed by the Student and Parent/Guardian on record.

Thank you,
Newport Harbor Athletic Department

Student Signature

Date

Parent Signature

Date

EXAMPLE

Child Health and Disability Prevention (CHDP) Program Preparticipation Physical Evaluation History Form

Child's Name: _____ Sex: _____ Age: _____ Date of Birth: _____
 Grade: _____ School: _____ Sport(s): _____

This form should be filed in the patient's medical chart.

Medicines: Please list all prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking:

Allergies: Do you have any allergies? Yes No If yes, please identify specific allergies below:
 Medicines: _____ Pollens: _____ Foods: _____ Stinging Insects: _____

*This section is to be carefully completed by the student and his/her parent(s) or legal guardian(s) before seeing the health care provider.
 Explain Yes answers below. Circle questions that you don't know the answers to.*

GENERAL QUESTIONS:	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have any ongoing medical conditions? If so, please identify below: <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"/>
3. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOU:	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
7. Does your heart ever race or skip beats (irregular beats) during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> A Heart Infection <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A Heart Murmur <input type="checkbox"/> High Cholesterol Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever ordered a test for your heart (for example, ECG/EKG, echocardiogram)?	<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"/>
11. Have you ever had an unexplained seizure?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you get more tired or short of breath more quickly than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?	<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?	<input type="checkbox"/>	<input type="checkbox"/>
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?	<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"/>
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament or tendon (for example, tear, sprain, or tendonitis) that caused you to miss a practice or game?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you had any broken or fractured bones or dislocated joints?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down Syndrome or dwarfism)	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you regularly use a brace, orthotics, or other assistive device?	<input type="checkbox"/>	<input type="checkbox"/>
23. Do you have a bone, muscle or joint injury that bothers you?	<input type="checkbox"/>	<input type="checkbox"/>
24. Do any of your joints become painful, swollen, feel warm, or look red?	<input type="checkbox"/>	<input type="checkbox"/>
25. Do you have any 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. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
28. Is there anyone in your family that has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
30. Do you have groin pain or a painful bulge or hernia in the groin area?	<input type="checkbox"/>	<input type="checkbox"/>
31. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
32. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
33. Have you had a herpes or MRSA skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
34. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?	<input type="checkbox"/>	<input type="checkbox"/>
36. Do you have a history of seizure disorder?	<input type="checkbox"/>	<input type="checkbox"/>
37. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
39. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
40. Have you ever become ill while exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
41. Do you get frequent muscle cramps when exercising?	<input type="checkbox"/>	<input type="checkbox"/>
42. Do you or someone in your family have sickle cell trait or disease?	<input type="checkbox"/>	<input type="checkbox"/>
43. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
44. Have you had any eye injuries?	<input type="checkbox"/>	<input type="checkbox"/>
45. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
46. Do you wear protective eyewear, such as goggles, or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
47. Do you worry about your weight?	<input type="checkbox"/>	<input type="checkbox"/>
48. Are you trying to or has anyone recommended that you gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
49. Are you on a special diet or do you avoid certain types of food?	<input type="checkbox"/>	<input type="checkbox"/>
50. Have you ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>
51. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
FEMALES ONLY	Yes	No
52. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
53. How old were you when you had your first menstrual period?	<input type="text"/>	<input type="text"/>
54. How many periods have you had in the last 12 months?	<input type="text"/>	<input type="text"/>

Explain "yes" answers here:

I hereby state, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete: _____ Signature of parent/guardian: _____ Date: _____

**Child Health and Disability Prevention (CHDP) Program
Physical Examination Form for Preparticipation**

The section below is to be completed by physician or provider after history and consent forms are completed.

Student's Name: _____ DOB: _____
 Height: _____ Weight: _____ %BMI (optional): _____ Pulse: _____ BP: _____/_____, (_____/_____, _____/_____)
 Vision R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal Unequal

EMERGENCY INFORMATION

Allergies: _____
 Other Information: _____

MEDICAL	Normal	Abnormal Findings
Appearance ● Marfan stigmata (kyphoscoliosis, high arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ Ears/ Nose/ Throat ● Pupils equal ● Hearing		
Lymph Nodes		
Heart ¹ ● Murmurs (auscultation standing, supine, +/- Valsalva) ● Location of point of maximal impulse (PMI)		
Pulses ● Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) ²		
Skin ● HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic ³		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/ Arm		
Elbow/ Forearm		
Wrist/ Hand/ Fingers		
Hip/ Thigh		
Knee		
Leg/ Ankle		
Foot/ Toes		
Functional ● Duck-walk, single leg hop		

¹ Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
² Consider GU exam if in private setting. Having third party present is recommended.
³ Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Clearance

Cleared for all sports without restriction
 Cleared for all sports without restriction with recommendations for further evaluation or treatment for: _____
 Not cleared:
 Pending further evaluation
 For any sports
 For certain sports: _____
 Reason/Recommendations: _____

I have evaluated the above named student and completed the preparticipation physical evaluation. The athlete does not present apparent contraindications to practice, tryout, and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parent. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of Physician/ Provider: (print/ type/ stamp) _____ (MD, DO, NP, or PA) Date: _____
 Address: _____ Phone: _____
 Signature of Physician/ Provider: _____