

CISD requires an annual physical exam for Athletics, Marching Band, Cheerleading, Drill Team, ROTC and CISD Club Sponsored Athletic Teams.

2026-2027

CISD will not accept physicals or completed paperwork dated prior to April 15, 2026 unless your high school feeder is having their physical date prior.

|                                                                                                                                                                                                                    |               |           |               |               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------|---------------|---------------|
| Student's Name                                                                                                                                                                                                     | Primary Sport | ID Number | 2026-27 Grade | Date of Birth |
| Check all that apply: <input type="checkbox"/> Epi Pen <input type="checkbox"/> Asthma <input type="checkbox"/> Requires Inhaler <input type="checkbox"/> Seizures                                                 |               |           |               |               |
| <input type="checkbox"/> Sickle Cell <input type="checkbox"/> Heart Disease <input type="checkbox"/> Heart Condition <input type="checkbox"/> Diabetes: <input type="radio"/> Type I <input type="radio"/> Type II |               |           |               |               |

STUDENT – PARENT/GUARDIAN SECTION

This **MEDICAL HISTORY FORM** must be completed **annually** by parent/guardian and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event. If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

Explain "Yes" answers on the notes section provided on page 2. Circle questions you don't know the answers to. Any "yes" answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation, which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games, or matches.

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| <div>1. Have you had a medical illness or injury since your last check up or sports physical? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>2. Have you been hospitalized overnight in the past year? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>3. Have you ever had prior testing for the heart ordered by a physician? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever passed out during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever had chest pain during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Do you get tired more quickly than your friends do during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever had racing of your heart or skipped heartbeats? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you had high blood pressure or high cholesterol? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever been told you have a heart murmur? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Has any family member or relative died of heart problems or of sudden unexpected death before age 50? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc.), Marfan's syndrome, or abnormal heart rhythm? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Do you have any lingering effects from a COVID diagnosis? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Has a physician ever denied or restricted your participation in activities for any heart problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>4. Have you ever had a head injury or concussion? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever been knocked out, become unconscious, or lost your memory? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>If yes, how many times? _____ When was your last concussion? _____</div> <div>How severe was each one? (Explain on the back of this page)</div> <div>Have you ever had a seizure? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Do you have frequent or severe headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever had numbness or tingling in your arms, hands, legs, or feet? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you ever had a stinger, burner, or pinched nerve? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>5. Are you missing any paired organs? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>6. Are you currently under a doctor's care for a specific medical issue? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Does this allergy require an EpiPen? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>9. Have you ever been dizzy during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>11. Have you ever become ill from exercising in the heat? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>12. Have you had any problems with your eyes or vision? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>13. Have you ever gotten unexpectedly short of breath with exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Do you have asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Do you have seasonal allergies that require medical treatment? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activities or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>15. Have you ever had a sprain, strain, or swelling after injury? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you broken or fractured any bones or dislocated any joints? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>If yes, check appropriate box and explain.</div> <div><input type="checkbox"/> Head <input type="checkbox"/> Shoulder <input type="checkbox"/> Wrist <input type="checkbox"/> Hip <input type="checkbox"/> Ankle</div> <div><input type="checkbox"/> Neck <input type="checkbox"/> Upper Arm <input type="checkbox"/> Hand <input type="checkbox"/> Thigh</div> <div><input type="checkbox"/> Back <input type="checkbox"/> Elbow <input type="checkbox"/> Finger <input type="checkbox"/> Knee</div> <div><input type="checkbox"/> Chest <input type="checkbox"/> Forearm <input type="checkbox"/> Foot <input type="checkbox"/> Shin/Calf</div> <div>16. Do you want to weigh more or less than you do now? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>17. Do you feel stressed out? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? <input type="checkbox"/> Yes <input type="checkbox"/> No</div> <tr><td colspan="2"><div>Females Only <input type="checkbox"/> I choose not to provide written information on Question 19 but will discuss with a medical professional:</div><div>19. When was your first menstrual period? _____</div><div>When was your most recent menstrual period? _____</div><div>How much time do you usually have from the start of one period to the start of another? _____</div><div>How many periods have you had in the last year? _____</div><div>What was the longest time between periods in the last year? _____</div></td></tr> <tr><td colspan="2"><div>Males Only <input type="checkbox"/> I choose not to provide written information on Question 20 but will discuss with a medical professional:</div><div>20. Are you missing a testicle? _____</div><div>Do you have testicular swelling or masses? _____</div></td></tr> <tr><td colspan="2"><div><input type="checkbox"/> An electrocardiogram (ECG) is <b>not required</b>. By marking this box, I choose to obtain an ECG for my student. I understand it is the responsibility of my family to schedule and pay for such an ECG. I have read and understood the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form.</div></td></tr> <tr><td colspan="2"><div>Explain all "yes" answers on the back of this page.</div><div>See back of page for the MEDICAL EXAMINER section.</div></td></tr> | <div>Females Only <input type="checkbox"/> I choose not to provide written information on Question 19 but will discuss with a medical professional:</div> <div>19. When was your first menstrual period? _____</div> <div>When was your most recent menstrual period? _____</div> <div>How much time do you usually have from the start of one period to the start of another? _____</div> <div>How many periods have you had in the last year? _____</div> <div>What was the longest time between periods in the last year? _____</div> |  | <div>Males Only <input type="checkbox"/> I choose not to provide written information on Question 20 but will discuss with a medical professional:</div> <div>20. 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It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

Student Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

2026-2027

This form, in its entirety, and all required UIL forms (listed to the right) must be on file before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches or performances/competitions.

- Alternative Transportation Permission
- Emergency Form
- CISD Required Forms
  - Insurance Acknowledgement
  - Return to Participation After Any Medical Consultation

- UIL Forms Signature Page
  - Acknowledgement of Rules
  - Concussion Acknowledgement
  - Parent/Student Steroid Agreement
  - Sudden Cardiac Arrest Awareness

## MEDICAL EXAMINER SECTION

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ % Body Fat (optional): \_\_\_\_\_ Pulse: \_\_\_\_\_ BP: \_\_\_\_/\_\_\_\_ ( \_\_\_\_/\_\_\_\_ : \_\_\_\_/\_\_\_\_ )  
(brachial blood pressure while sitting)

Vision: R – 20/ \_\_\_\_\_ L – 20/ \_\_\_\_\_ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

| Medical                                                                                       | Normal | Abnormal Findings | Initials* |
|-----------------------------------------------------------------------------------------------|--------|-------------------|-----------|
| Appearance                                                                                    |        |                   |           |
| Eyes/Ears                                                                                     |        |                   |           |
| Nose/Throat                                                                                   |        |                   |           |
| Lymph Nodes                                                                                   |        |                   |           |
| Heart – Auscultation<br>Supine position                                                       |        |                   |           |
| Heart – Auscultation<br>Standing position                                                     |        |                   |           |
| Heart – Lower<br>Extremity Pulses                                                             |        |                   |           |
| Pulses                                                                                        |        |                   |           |
| Lungs                                                                                         |        |                   |           |
| Abdomen                                                                                       |        |                   |           |
| Genitalia (males only)                                                                        |        |                   |           |
| Skin                                                                                          |        |                   |           |
| Marfan's stigmata<br>(arachnodactyly,<br>pectus escavatum, joint<br>hypermobility, scoliosis) |        |                   |           |
| Neck                                                                                          |        |                   |           |
| Back                                                                                          |        |                   |           |
| Shoulder/Arm                                                                                  |        |                   |           |
| Elbow/Forearm                                                                                 |        |                   |           |
| Wrist/Hand                                                                                    |        |                   |           |
| Hip/Thigh                                                                                     |        |                   |           |
| Knee                                                                                          |        |                   |           |
| Leg/Ankle                                                                                     |        |                   |           |
| Foot                                                                                          |        |                   |           |

\* Station-based examination only

## CLEARANCE

☐ Cleared

☐ Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

\_\_\_\_\_

☐ Not cleared for: \_\_\_\_\_

Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

\_\_\_\_\_

The following information **must be** filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. **Examination forms signed by any other health care practitioner, will not be accepted.**

Name (print/type): \_\_\_\_\_

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

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

Phone Number: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## For school use only

This medical history form was reviewed by:

Printed name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_