# SDHSAA HEALTH HISTORY FORM - To be completed (with parent/guardian if student is under 18) in years when a physical exam is given, prior to the exam.

ח	ate of Exam:				Sports:						
				_	3ports				-	$\neg$	
	List all past and										
_	current medical conditions:										
	Have you ever had surgery?  If Yes, list all procedures:										
	List all prescriptions, over-the-counter meds									-	
	or supplements you currently take:										
	Do you have any allergies?									-	
	If Yes, Please list them here:										
<u></u>	ver the last two weeks, how often have you beer	hother	ed hy th	e foll	owing problem	s? (Circle Resno	inse)				
_	ver the last two weeks, now often have you beef	Dotner	cu by ti							_	
					Not At All	Several Days	Over Half the Days	Nearly E		ıy	
	Feeling nervous, anxious or on e				0	1	2	3			
	Not being able to stop or control wo				0	1	2	3			
	Little interest in pleasure or doing				0	1	2	3			
	Feeling down, depressed or hope				0	1	2	] 3	}		
	A sum of 3 or greater is cons										
	ANSWER EACH OF TH			-							
	& EXPLAIN	I ANY Y	ES ANS	WER:		K OF THIS SHE					
N	ERAL QUESTIONS		Yes	No		INT QUESTIONS, (			Yes	N	
	Do you have any concerns you'd like to discuss with yo provider?	ur			15. Do you h bothers y		le, ligament or joint injury	/ that			
	Has a provider ever denied or restricted your participat	ion in			MEDICAL QUE				Yes	N	
	sports for any reason?						have difficulty breathing	during or	103		
	Do you have any ongoing medical issues or recent illne	sses?			after exe	_	nave announcy preacting	aag o.			
Α	RT HEALTH QUESTIONS ABOUT YOU		Yes	No	17. Are you	missing a kidney, a	an eye, a testicle, your spl	een or any			
	Have you ever passed out or nearly passed out during of	or after			other org						
	exercise?						cle pain or a painful bulge	or hernia			
	Have you ever had discomfort, pain, tightness or pressu	ure in			in the gro					+	
	your chest during exercise?  Does your heart ever race, flutter in your chest, or skip	hoats			11	therpes or MRSA?	rashes or rashes that cor	ne and go,			
	(irregular beats) during exercise?	Deats					or head injury that cause	ed		+	
	Has a doctor ever told you that you have any heart pro	blems?					adache or memory proble				
	Has a doctor ever requested a test for your heart? (Exa				21. Have you	ever had numbn	ess, tingling or weakness	in your			
	electrocardiography or echocardiography)					• .	le to move your arms or l	egs after			
	Do you get light-headed or feel shorter of breath than	your				or falling?					
	friends during exercise?						while exercising in the hea			+	
	Have you ever had a seizure? RT HEALTH QUESTIONS ABOUT YOUR FAMILY		Voc	No	23. Do you o disease?		n your family have sickle	cen trait or			
	Has any family member or relative died of heart proble	ms or	Yes	NO			ou have any problems wi	ith vour		+	
•	had an unexpected or unexplained sudden death befor				eyes or v		, ,	,			
	years of age (including drowning or unexplained car cra	ash)			25. Do you w	orry about your v	veight?				
	Does anyone in your family have a genetic heart proble					,	nyone recommended that	t you gain			
	as hypertrophic cardiomyopathy (HCM), Marfan syndro				or lose w			•		_	
	arrhythmogenic right ventricular cardiomyopathy (ARV QT syndrome (LQTS) short QT syndrome (SQTS), Brugal				II	on a special diet, c food groups?	or do you avoid certain ty	pes or			
	syndrome, or catecholaminergic polymorphic ventricul					ı ever had an eatir	ng disorder?			+-	
	tachycardia (CVPT)?	u.				ever had COVID-	-			+	
	Has anyone in your family had a pacemaker or implant	ed			FEMALES ONL				Yes	N	
	defibrillator before age 35?				30. Have you	ever had a mens	trual period?				
	E AND JOINT QUESTIONS		Yes	No			ou had your first period?				
	Have you ever had a stress fracture or an injury to a bo muscle, ligament, joint or tendon that caused you to m					as your most recei					
	practice or a game?	135 d			33. How man	ny periods have yo	ou had in the past 12 mor	iths?			

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#### SDHSAA PREPARTICIPATION PHYSICAL EXAM FORM \_\_\_\_\_ Date of Birth: Athlete Name: Annual/Biennial/Triennial: Date of Exam: **Physician Reminders:** 1. Consider additional questions on more sensitive issues: 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, vaping, chewing tobacco, snuff or dip? Over the past 30 days, have you used chewing tobacco, snuff or dip? Do you drink alcohol or use any other drugs? 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 seatbelt or helmet? 2. Consider reviewing questions on cardiovascular symptoms (#4-13 on health history form) **EXAMINATION** Height: Weight: BP: Vision: R 20/ L 20/ Corrected?: Pulse: MEDICAL Normal **Abnormal Findings** Appearance Head/Mouth Eyes, ears, nose and throat - Pupils equal & Hearing **Lymph Nodes Heart\*** -Heart sounds, murmurs, pulse, rhythm, auscultation Lungs Abdomen - Liver/Spleen, masses **Skin** - HSV, Lesions, Staph, MRSA, etc. Neurological MUSCULOSKELETAL **Abnormal Findings** Neck Back Shoulder & Arm Elbow & Forearm Wrist, Hand and Fingers Hip & Thigh Knee Leg & Ankle Foot & Toes **Functional** Double-leg squat test, single-leg squat test, box drop or step drop test \* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or exam findings, or a combination Sports Participation Recommended for (Mark One): ☐ Medically eligible for all sports without restriction ☐ Medically eligible for all sports without restriction with recommendation for further evaluation or treatment of: ☐ Medically eligible for certain sports (list here): ☐ Not medically eligible pending further evaluation: ☐ Not medically eligible for any sports: Name of Examiner:

Note: SDCL allows Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, Licensed Physician Assistant and Licensed Nurse Practitioners as those that can provide this recommendation.

Signature of Examiner:

Date of Exam:

# Lead-Deadwood School District Assumption of Risk / Permission / Acknowledgement Form In Co-Curricular Activities

## **Risk of Injury**

By the very nature of athletic activity, participants are at risk of physical injury. No matter how careful the athlete and the coach are, no matter how many precautions are taken, the risk cannot be eliminated. It can be reduced but never eliminated. The risk of injury includes minor injuries such as broken bones, dislocations and muscle strains. The risk also includes catastrophic injuries such as permanent paralysis or even death. It is important everyone understands these risks, and that athletes follow all safety directions from their coaches because they are established to reduce the risk of injury.

I have read the co-curricular activities policies and regulations. I am aware of the co-curricular activity eligibility and pre-participation requirements, basic rules, and regulations and the responsibilities connected with being a participant of a Lead-Deadwood School District extracurricular activity.

I request permission to participate in extracurricular activities and agree to abide by the requirements, rules and regulations set forth in the requirements, rules and regulations.

In consideration of being allowed to participate in any way in the athletic program, and related events and activities, the undersigned:

- 1. Acknowledge and fully understand that each participant will be engaging in activities which involve risk of injury. The injury could be serious or catastrophic including permanent disability.
- 2. Assume all the forgoing risks and accept personal responsibility for damages following such injury, permanent disability or death.

9	
We grant permission for our child to participate in co-curricular activities and agree	ee to assume the
parental responsibilities set forth in the co-curricular activity eligibility and pre-participat	ion requirements,

basic rules and regulations if our child is participating. If we have not purchased school medical or hospitalization coverage, our child has our further permission to participate without coverage for the reason that our child is covered by our own private or group medical and hospitalization plan **or** we do not wish to provide any medical or hospitalization coverage.

In consideration of being allowed to participate in any way in the athletic program, and related events and activities, the undersigned:

- 1. Acknowledge and fully understand that each participant will be engaging in activities which involve risk of injury. The injury could be serious or catastrophic including permanent disability.
- 2. Assume all the forgoing risks and accept personal responsibility for damages following such injury, permanent disability or death.

Parent and / or Legal Guardian	Date	

## SDHSAA CONSENT FOR PARTICIPATION IN ACTIVITIES

Student Name:		Date of Birth:	
		Place of Birth:	
Name (	of High School:		
Гhe р	arent and student, by signing this form, hereby:		
1.	Understand and agree that participation in SDHSAA spatudent and is considered a privilege.	consored activities is voluntary on the part of the	
2.	Understand and agree that:  (a) By this Consent Form the SDHSAA has provided not existence of potential dangers associated with athletic p (b) Participation in any athletic activity may involve inj (c) The severity of such injuries can range from minor of serious injuries such as injuries to the body's bones, join injuries to the head, neck and spinal cord and concussion so severe as to result in total disability, paralysis and de (d) Even with the best coaching, use of the best protection injuries are still a possibility; and; (e) By signing this form, I/we give our consent for the lathletics for the school year as listed on this form. Furth participate in organized high school athletics, realizing and harm which exists as an inherent element in all spon	articipation; ury of some type; euts, bruises, sprains, and muscle strains to more nts, ligaments, tendons, or muscles. Catastrophic ns may also occur. On rare occasions, injuries ath; ve equipment, and strict observance of rules, isted student to compete in SDHSAA approved ter, I/we give our permission for our child to that such activity involves the potential for injury	
3.	Understand, consent and agree to participation of the SDHSAA bylaws and rules interpretations for participactivities rules of the SDHSAA member school for which	pation in SDHSAA sponsored activities, and the	
4.	Understand, consent and agree that personally identifial the student as a result of his/her participation in S information may include, but is not limited to, the student and participation in officially recognized activities and s information disclosed, I/we must notify the above-ment allow disclosure of any or all such information prior to	DHSAA sponsored activities. Such directory at's photograph, name, grade level, height, weight sports. If I/we do not wish to have any or all such ationed high school, in writing, of our refusal to	
	Signature of Parent	Date	
	Signature of Student	Date	

## SDHSAA CONSENT FOR MEDICAL TREATMENT FORM

Student Name:	Dat	e of Birth:
prior to activities, to ensure that	at all member schools receive consent from the medical care can be provided to the state both on-file at the school, as well as in a selow:	udent during any activity away from
CONSENT FOR MEDICAL 2024-25 school year):	TREATMENT (for those children 18	and under at any time during the
I,	, am the (circle one)	Parent or Legal Guardian, of
	, who participates in a	ctivities and/or athletics for
	High School. I hereby	y consent to necessary medical services
while on a school-sponsored ac	tivity, and hereby appoint said employe	ployee of the fore-mentioned high schoose to act on behalf of myself in securing on this form do not constitute consent for
Signa	ture of Parent	Date
I,	NT (for all students to complete):, have read the above nal of majority age, consent to those san	
Signat	ture of Student	Date

## SDHSAA CONSENT FOR MEDICAL RELEASE FORM (HIPAA)

Student N	ent Name: Date of Birth:		
I/We th	e the undersigned do hereby:		
1.	•	ertaining to a student's sored activities. Such g such information fo for injuries that occur	
2.	2. The information identified above may be used by or disclosed to the school nu coaches, medical providers and other school personnel involved in the medical		
3.	This information for which I/we are authorizing disclosure will be used for the determining the student's eligibility to participate in extracurricular activities, such participation and any treatment needs of the student.		
4. I understand that I have a right to revoke this authorization at any time. I understand that if I this authorization, I must do so in writing and present my written revocation to the school administration. I understand that the revocation will not apply to information that has already released in response to this authorization. I understand that the revocation will not apply to insurance company when the law provides my insurer with the right to contest a claim under policy.			
5.	5. This authorization will expire on July 1, 2025.		
6.	I understand that once the above information is disclosed, there is potential for by the recipient and the information may not be protected by federal privacy la Schools, School districts and school personnel are to uphold the bounds of FE disclosure and re-disclosure by schools or school employees must be done in c FERPA guidelines.	ws or regulations. RPA. As such,	
7.	I understand authorizing the use or disclosure of the information identified about However, a student's eligibility to participate in extracurricular activities dependently authorization. I need not sign this form to ensure healthcare treatment.	_	
	Signature of Parent	Date	
Sis	Signature of Student (if over 18 or turning 18 before July 1, 2025)	Date	

This form must be completed annually and must be available for inspection at the school

#### SDHSAA CONCUSSION FACT SHEET FOR STUDENTS-

#### What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games in any sport or recreational activity
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged" or "had your bell rung"

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

#### What are the symptoms of a concussion?

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

#### What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still
  healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes
  for you to recover and may cause more damage to your brain. It is important to rest and not return to play until
  you get the OK from your health care professional that you are symptom-free.

#### How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow you coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

IT IS BETTER TO MISS ONE GAME THAN A WHOLE SEASON - SEE SOMETHING - SAY SOMETHING
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Student's Name (Please Print)	Date
Signature of Student	Date
Parent's Signature	

#### SDHSAA CONCUSSION FACT SHEET FOR PARENTS-

#### What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even or what seems to be a mild bump or blow to the head can be serious.

#### What are the signs and symptoms?

You can't see a concussion, Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports, one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

#### How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times.

#### What should you do if you think your child has a concussion?

- 1. **Keep your child out of play.** If your child has a concussion, her/his brain needs time to heal. Don't let your child return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your child is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first usually within a short period of time (hours, days, or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
- 2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 3. **Teach your child that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your child convince you that s/he's "just fine".
- 4. **Tell all of your child's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your child has ever had a concussion. Your child may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your child's coaches, school nurse, and teachers. If needed, they can help adjust your child's school activities during her/his recovery.

Parent's Name	Date
Signature of Parent	Date
Student's Name	





# **Athletic Training Consent and**

F

Patient Last Name: _	
First Name:	
Date of Birth:	
Patient MRN #:	

Release - Minor Page 1 of 2	Patient MRN #:			
General Information:				
School Grade:				
Sports:				
Medical Information:				
Patient Name:	Date of Birth:			
Medical Illnesses:				
Allergies:				
Medications:				
(any medications that may need to be taken during com	npetition requires a provider's note)			
Previous neck/back injuries:				
Previous Concussions:				
Previous heat-related problems:				
Previous surgeries:				
Other information necessary to inform the medical staff:				

#### Release of Liability

By undersigning below, I fully release, indemnify and hold harmless Monument Health, Inc., its affiliates and subsidiaries, its officers, directors, employees, volunteers, providers, agents, volunteer instructors and landlords (herein "Released Parties"), from any and all liability, claim and expense of any kind including, but not limited to, attorney's fees, related to any injury to my child including permanent injury or death that is caused in any manner, including those claims of negligence by the Released Parties or any other participant, by my participation in this athletic training program.

I intend for this Release to apply to my child's current and future participation in the above program, which shall remain in effect throughout his/her participation in the athletic training program. If I intend to revoke this release I agree to provide written notice to Monument Health, Inc. I understand this revocation shall not be effective until it is actually received by the CEO of Monument Health. I acknowledge I am fully aware of the nature of the athletic training program; what the athletic training program entails in terms of its impact upon the human body; the purpose of the athletic training program; the design of the athletic training program; the risks and the type of physical activity required for participation in the athletic training program. I understand it is my responsibility to have my child examined by a provider to determine my child's fitness for participation in this athletic training program. I agree my child is able to participate in this athletic training program and I choose for him/her to do so. I understand there may be exercise routines or other flexibility and stretching routines which might have an impact on my child's cardiovascular system, flexibility, balance, coordination, muscle toning and endurance. I acknowledge participants are advised to pace themselves during the course of the routines. I acknowledge the instructors and volunteers organizing this athletic training program are not responsible for monitoring my child's health conditions before, during, or after participation in the athletic training program. I acknowledge it is my responsibility to immediately seek medical care if needed for my child.

I accept full responsibility for my child's participation in this athletic training program and I waive any claim that the instructors or leaders for this athletic training program failed to properly supervise my child or train my child prior to or during my participation.

I acknowledge I have been advised to consult with my medical provider before participating in the athletic training program regarding any past or present injury, illness, cardiovascular problem, knee problems, or any other medical condition that may affect my child's participation and ability to participate in and to endure this or any exercise program.





# Athletic Training Consent and Release - Minor

Patient Last Name: _	
First Name:	
Date of Birth:	
Patient MRN #:	

Consent for Athletic Conditioning, Training an	d Health Care Procedures	
I hereby give consent for my child to participate any necessary treatment, including first aid, diagn providers, nurses and other healthcare providers permission for my child to be transported to receive	ostic procedures and medical treatment that n . In the event that I cannot be reached in an	nay be provided by treating
Is your son/daughter covered under a medical inst	urance policy? □ Yes □ No	
If so, what company?		
Sway Medical Consent		
CONSENT FOR CONCUSSION TESTING and R	ELEASE OF INFORMATION	
I give my permission for (name of child)	if needed. I understand that n ig upon the results of the test, as compared to	to have a st-concussion Sway ny child may need to be my child's baseline test,
(Name of school) provider, neurologist, or other treating provider, as	may release the Sway Medical results to indicated below.	my child's primary care
I understand general information about the test d the purposes of providing temporary academic mo		counselor and teachers, for
PLEASE PRINT THE FOLLOWING INFORMATION	ON:	
Name of doctor:	Name of practice or group:	
Phone Number:		
Parent or guardian phone numbers (please indica	te preferred contact number and time if neces	sary):
Home: Work:	Cell:	
Patient Name PRINTED:		
Patient Signature:	Date:	Time:
Parent/Guardian Name PRINTED:		
Parent/Guardian Signature:	Date:	Time:
Witness for Obtaining Telephone Consent Name PRINTED:		
Witness Signature:	Date:	Time:

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Intranet: Forms\Consents and Agreements