

LAST \_\_\_\_\_ FIRST \_\_\_\_\_ MIDDLE/ENGLISH \_\_\_\_\_

SCHOOL ID # \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AGE \_\_\_\_\_ GRADE 9 10 11 12

INSURANCE COMPANY: \_\_\_\_\_ POLICY #: \_\_\_\_\_

**TO BE COMPLETED BY PHYSICIAN (MD, DO, ONLY) PER CIF BYLAW 503**

ATHLETE PARTICIPATION STATUS (CHECK ONE):

- CLEARED FOR ALL SPORTS **WITHOUT RESTRICTION**
- CLEARED FOR ALL SPORTS **WITHOUT RESTRICTION** WITH RECOMMENDATIONS FOR FURTHER EVALUATION OR TREATMENT FOR:  
\_\_\_\_\_
- CLEARED FOR SPORT **WITH RESTRICTION** \_\_\_\_\_
- NOT CLEARED
  - PENDING FURTHER EVALUATION
  - FOR ANY SPORTS
  - FOR CERTAIN SPORTS \_\_\_\_\_

REASON: \_\_\_\_\_

RECOMMENDATIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*I HAVE EXAMINED THE ABOVE-NAMED STUDENT-ATHLETE. THE ATHLETE DOES NOT PRESENT APPARENT CLINICAL CONTRAINDICATIONS TO PRACTICE AND MAY PARTICIPATE IN THE SPORT(S) AS OUTLINED ABOVE. A COPY OF THE EXAM IS ON RECORD IN MY OFFICE AND CAN BE MADE AVAILABLE TO THE SCHOOL AT THE REQUEST OF THE STUDENT-ATHLETE. 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 (PRINT) \_\_\_\_\_

SIGNATURE OF PHYSICIAN \_\_\_\_\_ MD/DO

LICENSE # \_\_\_\_\_ DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_



PLACE PHYSICIAN'S STAMP HERE

**FOR ATHLETICS OFFICE USE ONLY**

RECEIVED: \_\_\_\_\_ VERIFIED: \_\_\_\_\_ SCANNED: \_\_\_\_\_

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**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, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use 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 seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height	Weight	___ Male ___ Female
BP /	Pulse	Vision R 20/ L 20/ Corrected ___ Y ___ N
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 <sup>a</sup> • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) <sup>b</sup>		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic <sup>c</sup>		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

SIGNATURE OF PHYSICIAN \_\_\_\_\_ MD/DO DATE OF EXAM \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.  
<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.  
<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.