



MONTANA HIGH SCHOOL ASSOCIATION

PROMOTING SUCCESS ON THE COURT, ON THE FIELD, ON STAGE
AND EVERYWHERE ELSE UNDER THE BIG SKY SINCE 1921.

May 2023

**TO: PARENTS OF MHSA SPORTS PARTICIPANTS
LICENSED MEDICAL PROFESSIONALS**

FROM: BRIAN MICHELOTTI, EXECUTIVE DIRECTOR

RE: UPDATED MHSA PRE-PARTICIPATION PHYSICAL EXAM FORM

Article II, Section (3) of the MHSA Handbook requires that a physical exam must be performed for each student for that student to be considered eligible for participation in an Association Contest. Physical exams must be completed prior to the first practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation for the following school year.

Logan Health, the official health care provider of the MHSA, is a new sponsor of the MHSA Pre-Participation Physical Form. Parents/guardians may use the medical provider of their choice for the Pre-Participation Physical Examination for their student athlete.

The MHSA Executive Board approved important additions to this form. Specifically, questions concerning the cardiac history and cardiac health of the student were added (questions 6-15), and an updated section on vaccinations which needs to be complete. **This year, the two questions regarding COVID-19 have been removed.**

This MHSA pre-participation form is the only form that will be allowed for the student's exam (**no other forms will be accepted**). The following process should be followed:

- Parent(s)/legal guardian(s) and their student will fill out the questionnaire and history portion of the form together.
- A medical provider will review the form with the student and parent/guardian and perform the exam. A signature from the medical provider is required to clear the student for participation.
- The student and parent/guardian will sign the form.
- The completed MHSA pre-participation form physical exam will be given to the appropriate school administrator.

The MHSA is committed to the safety and health of our student activity participants and believes this new form will facilitate that objective.

If you have any questions regarding the updated pre-participation examination form, please contact me.



MHSA CONFIDENTIAL ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

See Montana High School Association, Article II, Section (3), Physical Exam. A physical examination is required for each student in order to be considered eligible for participation in an Association contest. Physical examinations must be completed prior to the first practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. While **Logan Health is the preferred medical provider of the MHSA, parents/guardians may choose their own medial provider for their Physical Examination** This certification is valid for a period of one school year. **A physical examination conducted before May 1st is not valid for participation for the following school year. All information is to remain confidential.**

HISTORY – To be completed by the student and parent(s).

QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (PLEASE PRINT)			
Name _____	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Grade _____ Date of Birth _____
Home Address _____	Phone Number _____		
Parent's Name _____	Family Physician _____		
Current School _____	Date _____		

Explain "Yes" answers below. Circle questions to which you don't know the answer.

		Yes	No			Yes	No																
1. Has a doctor ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
2. Do you have an ongoing medical condition (like diabetes or asthma)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24. Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25. Do you cough, wheeze, or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
4. Are you taking medicine for ADHD?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
5. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
6. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
7. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
8. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
9. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31. Have you had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
10. Has a doctor ever told you that you have (circle all that apply): High blood pressure A heart murmur High cholesterol A heart infection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	32. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
11. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	33. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
12. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
13. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
14. Has any family member or relative died of heart problems or of sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
15. Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	37. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
16. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	38. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
17. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	39. Has a doctor told you that your or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
18. Have you ever had an injury, like a sprain, muscle or ligament tear or tendonitis that caused you to miss a practice or game: If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
19. Have you had any broken or fractured bones, or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	41. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
20. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
<table style="width:100%; border-collapse: collapse; text-align: center;"> <tr> <td style="border: 1px solid black;">Head</td> <td style="border: 1px solid black;">Neck</td> <td style="border: 1px solid black;">Shoulder</td> <td style="border: 1px solid black;">Upper arm</td> <td style="border: 1px solid black;">Elbow</td> <td style="border: 1px solid black;">Forearm</td> <td style="border: 1px solid black;">Hand / fingers</td> <td style="border: 1px solid black;">Chest</td> </tr> <tr> <td style="border: 1px solid black;">Upper back</td> <td style="border: 1px solid black;">Lower back</td> <td style="border: 1px solid black;">Hip</td> <td style="border: 1px solid black;">Thigh</td> <td style="border: 1px solid black;">Knee</td> <td style="border: 1px solid black;">Calf/shin</td> <td style="border: 1px solid black;">Ankle</td> <td style="border: 1px solid black;">Foot / toes</td> </tr> </table>	Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand / fingers	Chest	Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot / toes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	43. Are you happy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand / fingers	Chest																
Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot / toes																
21. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
22. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	45. Have anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
Allergies: _____				46. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
				47. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
				FEMALES ONLY																			
				48. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
				49. How old were you when you had your first menstrual period?	_____																		
				50. How many periods have you had in the last year?	_____																		
				Explain "Yes" answers here:																			

Required for School* and Recommended Immunizations: (please check if student is up-to-date): Hepatitis A; Hepatitis B; Human Papillomavirus (HPV); Influenza; Measles, Mumps, Rubella (MMR)*; Meningococcal; Polio*; Tetanus/Diphtheria/Pertussis (Tdap)*; Varicella (Chickenpox)*

Date of last known tetanus shot (Tdap): _____

PROVIDER'S PHYSICAL EXAMINATION FORM

Name _____ Date of Birth _____

Height _____ Weight _____ Pulse _____ BP: Left Arm _____ / _____ Right Arm _____ / _____

Vision R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Hernia			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hands/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

*Multiple examiner set-up only.

Notes: _____

CLEARANCE

 Typed or printed name of Student Signature of Student

Cleared without restriction
 Cleared with recommendations for further evaluation or treatment for: _____

Not cleared for All sports Certain sports _____ Reason: _____
 Recommendations: _____

Name of physician/medical provider [print or type] _____ Date _____

Address _____ Phone _____

Signature of physician/medical provider _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I certify that the information provided by the student/parent(s) is accurate to the best of my knowledge. I hereby give my consent for the above student to engage in approved athletic activities as a representative of his/her school, except those indicated above by the licensed professional. I also give my permission for the team physician, athletic trainer, or other qualified personnel to have access to information provided here as well as to give first aid treatment to this student at an athletic event in case of injury. If emergency service involving medical action or treatment is required and the parents(s) or guardian(s) cannot be contacted, I hereby consent for the student named above to be given medical care by the doctor or hospital selected by the school.

 Typed or printed name of parent or guardian Signature of parent or guardian

Date _____ Address _____ Insurance (Company name) _____

Parent's Home Phone _____ Parent's Work Phone _____ Parent's Cell Phone _____ Additional Phone (if any-specify) _____

ALL INFORMATION IS TO REMAIN CONFIDENTIAL

(Updated (4/23))