

2022-2023

DIAA ATHLETIC PHYSICAL AND CONSENT FORMS

Upon publication of this packet, these forms **MUST** be utilized when completing required DIAA forms for athletic participation. Each year, the DIAA will utilize this cover letter to update providers on any important changes and important dates.

The DIAA Sports Medicine Advisory Committee recommends that the required forms be completed by the student athlete's primary care provider (medical home) to ensure continuity of medical care. These forms must be completed **after April 1st each year based on a physical performed by the signing physician within one year of the date of signature.**

Important Information:

- Please refer to COVID information from Center for Disease Control and Prevention (CDC) and Delaware Department of Public Health (DPH) for latest health and safety information.
- On the history form (page 3), all questions should be answered based on complete medical history (not just in the last year).
- On the physical form (page 4), a section for date of clearance has been added next to the "signature of health care professional". The date the forms are filled out does not have to be the same day that the physical was performed. See above for timing of physical.
- The date the forms are filled out does not have to be the same day that the physical was performed. See above for timing of physical.

• **Complete all sections.**

• **Return completed forms to the school nurse via: email, fax, or in person.**

email: Phyllis.Whaler@redclay.k12.DE.US

fax: 302-996-1223

• **Any questions, please call the nurse's**

office at: 302-651-2704

**RED CLAY CONSOLIDATED SCHOOL DISTRICT
SECONDARY SCHOOL ATHLETICS
REQUEST TO PARTICIPATE AND RELEASE AGREEMENT**

Student's Name: **X** _____

By signing the form below, I am requesting that the student whose name appears above ("Student") participate in one or more interscholastic athletic activities (collectively, "Activities") of the Red Clay Consolidated School District (the "District").

In consideration of the District permitting the Student to participate in one or more of the Activities, I am entering into this release agreement with the District. I understand that participation in the Activities could subject the Student to the risk of personal injury. These risks have been considered, and I have voluntarily chosen to allow the Student to participate in the Activities and assume all dangers and risks of such participation. I certify that the Student is in suitable health and capacity which allows the Student's participation in the Activities.

I knowingly and voluntarily release, waive and agree to indemnify and hold the District, its agents, employees and successors or assigns thereof harmless from and against any claim which I, the Student, or anyone else may now or hereafter have against the District that arises out of, during, or in connection with the Student's participation in the Activities. This release agreement shall be construed to be as comprehensive as is allowed by law.

I have read and understand this release agreement. I have also read and understand the information provided on the Interscholastic Sports Insurance Program and will abide by the provisions therein.

X _____
Signature of Parent/Guardian

I am the Student referred to above, and I am 18 years of age now or will be during the school year. I agree to the terms of this release agreement.

* Signature of Student Athlete

Address: _____

Date: **X** _____

* Signature of Student Athlete is only necessary if student is, or will be, 18 years of age or older during the school year.

Delaware Interscholastic Athletic Association Pre-Participation Physical Evaluation/Consent Form

The DIAA pre-participation physical evaluation and consent form consists of seven pages. Pages two, three and five require a parent's signature while pages six and seven are references for the parent and student athlete to keep. Page four requires the exam date and physician's signature and page five requires the clearance to participate date and physician's signature. **The student must be cleared to participate on or after April 1 based on a physical examination conducted within 12 months of the signature. The clearance is valid through June 30 of the following school year unless a re-examination is required.**

Name of Athlete: _____ School: _____
 Grade: _____ Age: _____ Gender: _____ Date of Birth: _____ Phone: _____
 Parent/Guardian Name: (Please Print): _____

For the physicals of 9th graders or new school enterers, please check here indicating immunization form attached:

PARENT/GUARDIAN/STUDENT CONSENTS

_____ has my permission to participate in all interscholastic sports **NOT** checked below
 (Name of Athlete)

★ NOTE- If you check any sport below the athlete will NOT be permitted to participate in that sport.

- | | | | | |
|---|---|---|---------------------------------------|--|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Basketball (G)(B) | <input type="checkbox"/> Cross Country (G)(B) | <input type="checkbox"/> Field Hockey | <input type="checkbox"/> Football |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Lacrosse (G)(B) | <input type="checkbox"/> Soccer (G)(B) | <input type="checkbox"/> Softball | <input type="checkbox"/> Swimming (G)(B) |
| <input type="checkbox"/> Tennis (G) (B) | <input type="checkbox"/> Track (G) (B) | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Wrestling | <input type="checkbox"/> Cheerleading |
| <input type="checkbox"/> Unified Football | <input type="checkbox"/> Unified Basketball | <input type="checkbox"/> Unified Track | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ |

1. My permission extends to all interscholastic activities whether conducted on or off school premises. I have read and discussed the **Parent/Player Concussion Information Document; Sudden Cardiac Arrest Awareness Sheet** and I will retain those pages for my reference. I have also discussed with him/her and we understand that physical injury, including paralysis, coma or death *and exposure to COVID-19* can occur as a result of participation in interscholastic athletics. I waive any claim for injury, *illness*, or damage incurred by said participant while participating in the activities NOT checked above.

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____

2. To enable DIAA and its full and associate member schools to determine whether herein named student is eligible to participate in interscholastic athletics, I hereby consent to the release of any and all portions of school record files, beginning with the sixth grade, of the herein named student, including but not limited to, birth and age records, name and residence of student's parent(s), guardian(s) or Relative Care Giver, residence of student, health records, academic work completed, grades received and attendance records.

Parent Signature: _____ Date: _____

3. I further consent to DIAA and its full and associate member schools use of the herein named student's name, likeness, and athletically related information in reports of interscholastic practices, scrimmages or contests, promotional literature of the association, and other materials and releases related to interscholastic athletics.

Parent Signature: _____ Date: _____

4. By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the schools to perform a pre-participation examination on my child and to provide treatment for any injury received while participating in or training for athletics for his/her school. I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation, with coaches, medical staff, Delaware Interscholastic Athletic Association, and other school personnel as deemed necessary. Such information may be used for injury surveillance purposes.

Parent Signature: _____ Date: _____

5. **By this signature, I agree to notify the physician and school of any health changes during the school year that could impact participation in interscholastic athletics.**

Parent Signature: _____ Date: _____

HISTORY FORM *Form completed annually along with a Consent & Medical Card. Athlete and parent should fill out form prior to visit.

Name _____ Age: _____ Date of Birth: _____ Grade: _____

Sex _____ School _____ Sport(s) _____

List past and current medical conditions:	Have you ever had surgery? If yes list all past surgical procedures:
List all current prescriptions, otc medicines, and supplements (herbal & nutritional):	List all of your allergies (medicines, pollens, food, stinging insects etc):
Over the past 2 weeks, how often have you been bothered by any of the following (circle)	Not at all Several days Over half the days Nearly every day
Feeling nervous, anxious, or on edge	_____ 0 _____ 1 _____ 2 _____ 3
Not being able to stop or control worrying	_____ 0 _____ 1 _____ 2 _____ 3
Little interest or pleasure in doing things	_____ 0 _____ 1 _____ 2 _____ 3
Feeling down, depressed or hopeless	_____ 0 _____ 1 _____ 2 _____ 3
Mental Health: A sum of >= 3 for questions 1+2, or 3+4, is considered positive	

* See repeat responders versus first responders

COMPLETE in FULL

GENERAL QUESTIONS	Yes	No
1. Do you have any concerns you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU:	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor told you that you have any heart issues?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiogram (EKG) or echocardiogram?		
9. Do you get light headed or feel shorter of breath more than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker, or implanted defibrillator before age 35?		
BONE AND JOINT QUESTIONS	Yes	No
14. Since you were last cleared to play sports, have you had a new injury to a bone, muscle, ligament or tendon?		
MEDICAL QUESTIONS		
15. Have you been diagnosed with COVID-19?		
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or, testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		

QUESTIONS	Yes	No
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problem?		
21. Have you ever had numbness, tingling, weakness in your arms or leg or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill during exercising in the heat?		
23. Do you or someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have problems with your eyes or vision?		
25. Do you worry much about your weight?		
26. Are you trying or has anyone recommended you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY		
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the last 12 months?		

Answer "Yes" if ever occurred. Explain "yes" answers here:

SCHOOL QUALIFIED HEALTHCARE PROFESSIONAL: (RN/AT)
 If "yes" is answered to any of the above, or "3+" for mental health questions, since the athlete was last cleared for athletic participation, a referral and clearance by the athlete's primary care provider is required.

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

Signature of Athlete:

Date:

Signature Parent/Guardian:

Date:

PHYSICAL EXAMINATION FORM*

Name X Date of Birth X

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 (Q4-Q13 of History Form)

EXAMINATION		
Height _____	Weight _____	
BP _____ / _____ (_____ / _____)	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart • Murmurs (auscultation standing, supine, +/- Valsalva)		
Lungs		
Abdomen		
Skin Herpes simplex virus(HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus(MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test		

*Consider ECG, echocardiogram, echocardiography, referral to cardiologist for abnormal cardiac history or examination findings, or a combination of these.

HEALTHCARE PROFESSIONAL: THIS FORM [4] MUST BE USED IN CONJUNCTION WITH MEDICAL HISTORY FORM [3] AND MEDICAL CARD [5]. THIS FORM AND MEDICAL CARD MUST BE SIGNED BY MD/DO/NP/PA

Comments:

Name of HealthCare Professional (MD/DO,NP,PA) print or type: X Date of Exam: X
 Address: X Phone: _____
 Signature of HealthCare Professional: X Date of Clearance: X

Please sign pages four and five of the pre-participation packet



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SCHOOL ATHLETE MEDICAL CARD *
 (Parent/Guardian: Please complete Sections 1, 2 & 3. Please print.)

Section 1: Contact/Personal Information

Name: _____ Sport(s): _____
 Age: _____ Birthdate: _____ School: _____ Grade: _____
 Guardian Name: _____
 Address: _____
 Phone: (H) _____ (W): _____ (C): _____ (P) _____
 Other Authorized Person To Contact In Case Of Emergency:
 Name: _____ Phone(s): _____
 Name: _____ Phone(s): _____
 Preference Of Physician (And Permission To Contact If Needed): _____
 Name: _____ Phone: _____
 Hospital Preference: _____ Insurance: _____
 Policy #: _____ Group: _____ Phone: _____

Section 2: Medical Information

Medical Illnesses: _____
 Last Tetanus (Mo/Yr): _____ Allergies: _____ Braces/Splints: _____
 Medications: _____
 (Any medication(s) that may need to be taken during competition require a physician's note.)
 Previous Head/Neck/Back Injury: _____
 Heat Disorder, Or Sickle Cell Trait: _____
 Previous Significant Injuries: _____
 Any Other Important Medical Information: _____

Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: _____ Date: _____
 Athlete's Signature: _____ Date: _____

Section 4: Clearance for Participation

____ Not Cleared ____ Cleared without restrictions ____ Cleared with the following restrictions: _____

Health Care Provider's Signature: _____ MD/DO, PA, NP Date: _____

If this form is being completed as part of the supplemental form, then a physician signature is not needed until a new physical is performed.

For School Office Use Only: This card is valid from April 1, 20 _____ through June 30, 20 _____

Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school nurse, athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kit. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: _____ Name of School QHP: _____

COMPLETE in FULL





Delaware Interscholastic Athletic Association Parent/ Player Concussion Information Document

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | | |
|------------------|-------------------------|------------------------|
| Headaches | Pressure in head | Nausea or vomiting |
| Neck pain | Balance problems | Dizziness |
| Disturbed vision | Light/noise sensitivity | Sluggish |
| Feeling foggy | Drowsiness | Changes in sleep |
| Amnesia | “Don’t feel right” | Low energy |
| Sadness | Nervousness | Irritability |
| Confusion | Repeating questions | Concentration problems |

Signs observed by teammates, parents and coaches may include:

- | | |
|---|--------------------------|
| Appears dazed | Vacant facial expression |
| Confused about assignment | Forgets plays |
| Unsure of game/score etc | Clumsy |
| Responds slowly | Personality changes |
| Seizures | Behavior changes |
| Loss of consciousness | Uncoordinated |
| Can’t recall events before or after hit | |

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for the student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child’s coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information from the CDC on concussions you can go to:

<http://www.cdc.gov/headsup/youthsports/index.html>

For a current update of DIAA policies and procedures on concussions you can go to:

https://education.delaware.gov/diaa/health_and_safety/concussions_and_sudden_cardiac_arrest/

For a free online training video on concussions you can go to :

<https://nfhslearn.com/courses?searchText=Concussion>

All parents and players must sign the signature portion of the PPE indicating they have read and understand the above.



SUDDEN CARDIAC ARREST AWARENESS SHEET

What is Sudden Cardiac Arrest?

- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- Occurs suddenly and often without warning.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated.

What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Comotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions/Unknown causes. (Obesity/Idiopathic)

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical including 12 important cardiac elements.
- **The DIAA *Pre-Participation Physical Evaluation - Medical History* form includes ALL 12 of these important cardiac elements and is mandatory annually. Please answer the heart history questions on the student health history section of the DIAA PPE carefully.**
- Additional screening using an electrocardiogram and/or an echocardiogram is readily available to all athletes, but is not mandatory.

Where can one find additional information?

- Contact your primary care physician
- American Heart Association (www.heart.org)
- August Heart (www.augustheart.org)
- Championship Hearts Foundation (www.champhearts.org)
- Cody Stephens Foundation (www.codystephensfoundation.org/)
- Parent Heart Watch (www.parentheartwatch.com)
- NFHS Learn Center - Sudden Cardiac Arrest Video (www.nfhslearn.com)

All parents and players must sign the signature portion of the PPE indicating they have read and understand the above.