

'21 – '22

Cypress-Fairbanks ISD



Athletic Pre-Participation Form Instructions

PLEASE FOLLOW THESE STEPS IN ORDER TO BE CLEARED FOR ATHLETIC PARTICIPATION

There are **two steps** in order for a student to be cleared for athletic participation at any CFISD middle and/or high school.

- 1) Completion of the athletic pre-participation forms, which can be found at:

Cypressfairbanksisd.rankonesport.com

- Go to the website listed above to complete your forms. Click the blue button in the center of the page that says "START ONLINE FORMS" and follow the steps as directed. Note: When entering your student ID do not use the "S", enter only the numbers. (Ex. If your student ID is S123456, you would enter 123456).
- You must fill out 5 online forms. The 5 forms are:
 - Medical History
 - UIL Signature Page
 - CFISD-Emergency Card Information
 - CFISD-ECG Consent
 - CFISD Field Trip Form

- 2) A current physical on file. If the student is about to enter or is currently in:

- **High school**, your physical should be turned in to the athletic trainer on campus.
- **Middle school**, your physical should be turned in to the coach of your participating sport.

ADDITIONAL INFORMATION REGARDING ALL ANNUAL PRE-PARTICIPATION FORMS

- All **required participation forms (physical and online forms)** must be submitted **before** a student participates in any try-out, practice, athletic class, open gym, open weight room, athletic competition or travels with a CFISD athletic team for any purpose.
- The student is required to use the Pre-Participation - Physical Examination Form attached; **NO OTHER** Physical Examination Form can be accepted as per the University Interscholastic League (UIL).
- The Medical History form is filled out by the parent and taken with the student when getting a physical.
- Please refer to the information listed on the physical form regarding who qualifies to administer and sign the physical.
- A new physical form must be turned in **prior** to each calendar school year.

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____/_____/_____ (_____/_____, ____/_____)
brachial blood pressure while sitting

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

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * **Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
MUSCULOSKELETAL			
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: _____

Signature: _____

X

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.