★ SJHHS / CUSD ATHLETIC CLEARANCE FORM 2020-2021 ★

FALL SPORTS		WINTER SPORTS	SPRING SPORTS	
☐Cheer	☐ Surf	Basketball ☐ Boys ☐ Girls	☐ Baseball	Swim ☐ Boys ☐ Girls
Cross Country ☐ Boys ☐Girls	☐ Tennis-Girls	Soccer ☐ Boys ☐ Girls	☐ Golf-Boys	☐Tennis-Boys
☐ Football	☐ Volleyball-Girls	☐ Water Polo-Girls	Lacrosse ☐ Boys ☐ Girls	Track ☐Boys ☐Girls
☐ Golf-Girls	☐ Water Polo-Boys		☐ Softball	☐ Volleyball-Boys

Name_____Grade in 2020-21 _____Male_____ Female_____Date of Birth___/___/___

Address_____City & Zip Code_____Phone_____

Father/Guardian_____Work phone_____Cell phone _____

Mother/Guardian_____Work phone_____Cell phone_____

Emergency Contact _____Phone_____ Insurance _____

***I hereby give my consent for the above named student (son/daughter/ward) to compete in sports and to go with a representative of the school on any trips. In case of injury,you are authorized to have him/her treated.

REQUIRED - Parent/Guardian Signature: _____ **Date:** _____

Sign Here

HEALTH HISTORY: *TO BE COMPLETED BY PARENT BEFORE DOCTOR EXAM*

Any past or present:	Yes	No
Problems with vision	____	____
Eyeglasses	____	____
Contacts	____	____
Problems with hearing	____	____
Hearing aid.	____	____
Blacking out or fainting	____	____
Unconsciousness	____	____
Convulsions,	____	____
seizures	____	____
Heart problems	____	____
Rheumatic fever	____	____
Bleeding disorders	____	____
Blood sugar problems	____	____
Hypoglycemia	____	____
Diabetes	____	____
Allergies– type _____		
Bee or insect stings	____	____
Hospitalizations	____	____

	Yes	No
Surgeries	____	____
Dental problems	____	____
Braces	____	
False teeth	____	____
Painful joints	____	____
Broken bones	____	____
Body part,date _____	____	____
Knee or ankle problems	____	____
Require support/brace	____	____
Need for medication	____	____
Name _____		
Menstruation problems	____	____
Hernias	____	____
Asthma	____	____
OTHER HEALTH ASPECTS THE DOCTOR AND SCHOOL SHOULD BE AWARE OF:		
_____		
_____		

Any history of chest pain with exercise?	____	____
Any history of "racing" heart or skipped beats?	____	____
Do you experience passing out, near passing out or unexpected tiredness during exercise?	____	____
Any family history of sudden cardiac death in afamily member under the age of 50?	____	____
Any family history of Marfan's syndrome Or prolonged QT syndrome?	____	____
Any history of temporary numbness or paralysis of *both* arms and/or legs following head/spine trauma?	____	____
Any history of recent severe viral illness, infectious mononucleosis, or hepatitis?	____	____
Any history of the following: absence of one kidney?	____	____
males: absence of one testicle?	____	____
Any history of blindness in one eye?	____	____
Any current active skin infection?	____	____

PHYSICAL EXAM: (Physician/Physician's asst/Nurse Practitioner) HEIGHT_____WEIGHT _____

PULSE: RESTING_____AFTER ACTIVITY_____B.P. _____

EYES	____	THROAT	____	ABDOMEN	____	ORTHOPEDIC	____
EARS	____	LYMPH GLANDS	____	HERNIA	____	SKIN	____
TEETH	____	THYROID	____	POSTURE	____	OTHER	____
BRACES	____	HEART	____	MUSCLE TONE	____		
NOSE	____	LUNGS	____	REFLEXES	____		

Special doctor recommendations or restrictions _____

I have examined the above student and do recommend that he/she is physically fit for full participation in sports.

(Must be signed by a PHYSICIAN, PHYSICIAN'S ASSISTANT or NURSE PRACTITIONER)

Name of physician_____M.D/DO/PA/NP Date_____ **Physician's Office Stamp**

Signature_____Phone _____

Student athletes will not be cleared for participation/play until this paperwork is turned AND the online account for 2020 – 2021 is completed at: www.athleticclearance.com. The online account must be updated each school year.