

May 3, 2018

Dear Students, Parents and Guardians:

With the conclusion of the school year many thoughts transition to summer activities but before you know it we will once again be thinking about what your child needs for August and the beginning of the 2018-19 school year. If your student is a student-athlete, you should make plans to have your sports physicals complete before the third week in July (football camp) or the second week in August when practice for the fall sports season begins.

For your convenience, we have included forms in this packet **which must both be completed and accompany the student for the physical.**

1. Care of Unaccompanied Minor: Consent to Treat form which enables our medical center personnel to care for patients less than 18 years of age without a parent or guardian present if that circumstance applies to your personal situation.
2. The 2018-2019 Physical Examination Form from the Minnesota State High School League.

Mayo Clinic Health System in Springfield and Lamberton encourages you to call to schedule an appointment at 507-723-6201

To learn more about Mayo Clinic Health System, please visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org).

Sincerely,



Scott Thoreson  
Administrator  
Mayo Clinic Health System in Springfield

Enclosures



## Care of Unaccompanied Minor: Consent to Treat

**Mankato**

Location: ☐ Mankato ☐ Fairmont ☐ New Prague ☐ Springfield ☐ St. James ☐ Waseca

It may be more convenient to have prior authorization in place so that medical care may be delivered directly to minors if a parent or legal decision maker cannot be present prior to treatment. Please review the following authorization for treatment and complete the information if you want to authorize such treatment for your minor child. Be advised that protected patient health information may be shared with the designated decision maker to facilitate informed decision making.

### Authorization

I (we) have the legal right to preauthorize this facility to deliver medical treatment to my (our) child. I (we) request and authorize (Provider or Health Care Facility) _____ and its personnel to deliver medical care to my (our) child listed below:	
Name	Birth Date
Medications	
Allergies	
Our Family Receives Ongoing Care From (Provider or Health Care Facility)	

### Limitations

Identify the Type of Medical Services for Which This Authorization is Given.
Identify the Time Frame for This Authorization From _____ Through _____ (This consent will be valid for one year from date of signature unless stated differently.)
I Understand I May Revoke This Consent at Any Time in Writing to (Provider or Health Care Facility)

### Contact Information

IF urgent medical care is needed, first try to contact me (us) regarding the health care of my (our) child at the following telephone number(s). IF you are unable for any reason to contact me (us), then you may rely on the designated decision maker for consent.

Parent Name	Parent Name
Daytime Phone	Daytime Phone
Evening Phone	Evening Phone
Mobile Phone	Mobile Phone
Parent or Legal Guardian Signature	Parent or Legal Guardian Signature
<input type="checkbox"/> Telephone Conversation With Parent/Guardian (Clinic Representative Signature)	
Date	Time



**COPY** this Clearance Form for the student to return to the school. **KEEP** the complete document in the student's medical record.

## 2018-2019 SPORTS QUALIFYING PHYSICAL EXAMINATION CLEARANCE FORM

### Minnesota State High School League

Student Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M / F  
 Address: \_\_\_\_\_  
 Home Telephone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Mobile Telephone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 School: \_\_\_\_\_ Grade: \_\_\_\_\_ Sports: \_\_\_\_\_

I certify that the above student has been medically evaluated and is deemed to be physically fit to: (Check Only One Box)

- ☐ (1) Participate in all school interscholastic activities without restrictions.  
☐ (2) Participate in any activity not crossed out below.

Sport Classification Based on Contact		
Collision Contact Sports	Limited Contact Sports	Non-contact Sports
Basketball Cheerleading Diving Football Gymnastics Ice Hockey Lacrosse Alpine Skiing Soccer Wrestling	Baseball Field Events: ❖ High Jump ❖ Pole Vault Floor Hockey Nordic Skiing Softball Volleyball	Badminton Bowling Cross Country Running Dance Team Field Events: ❖ Discus ❖ Shot Put Golf Swimming Tennis Track

- ☐ (3) Requires further evaluation before a final recommendation can be made.

Additional recommendations for the school or parents: \_\_\_\_\_

- ☐ (4) Not cleared for: ☐ All Sports  
☐ Specific Sports \_\_\_\_\_

Reason: \_\_\_\_\_

Sport Classification Based on Intensity & Strenuousness		
Increasing Static Component ↑ ↑ ↑ ↑ ↑ III. High (>50% MVC) II. Moderate (20-50% MVC) I. Low (<20% MVC)		
	A. Low (<40% Max O <sub>2</sub> )	B. Moderate (40-70% Max O <sub>2</sub> )
		C. High (>70% Max O <sub>2</sub> )
	Field Events: ❖ Discus ❖ Shot Put Gymnastics*†	Alpine Skiing*† Wrestling*
	Diving*†	Dance Team Football* Field Events: ❖ High Jump ❖ Pole Vault*† Synchronized Swimming† Track — Sprints
	Bowling Golf	Baseball* Cheerleading Floor Hockey Softball* Volleyball
		Basketball* Ice Hockey* Lacrosse* Nordic Skiing — Freestyle Track — Middle Distance Swimming†
		Badminton Cross Country Running Nordic Skiing — Classical Soccer* Tennis Track — Long Distance

Increasing Dynamic Component → → → → →

**Sport Classification Based on Intensity & Strenuousness:** This classification is based on peak static and dynamic components achieved during competition. It should be noted, however, that higher values may be reached during training. The increasing dynamic component is defined in terms of the estimated percent of maximal oxygen uptake (MaxO<sub>2</sub>) achieved and results in an increasing cardiac output. The increasing static component is related to the estimated percent of maximal voluntary contraction (MVC) reached and results in an increasing blood pressure load. The lowest total cardiovascular demands (cardiac output and blood pressure) are shown in lightest shading and the highest in darkest shading. The graduated shading in between depicts low moderate, moderate, and high moderate total cardiovascular demands. \*Danger of bodily collision. †Increased risk if syncope occurs. Reprinted with permission from: Maron BJ, Zipes DP. 36th Bethesda Conference: eligibility recommendations for competitive athletes with cardiovascular abnormalities. *J Am Coll Cardiol.* 2005; 45(8):1317-1375

I have examined the above named student and completed the Sports Qualifying Physical Exam as required by the Minnesota State High School League. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents.

Attending Provider Signature \_\_\_\_\_ Date of Exam \_\_\_\_\_  
 Print Provider Name: \_\_\_\_\_  
 Office/Clinic Name \_\_\_\_\_ Address: \_\_\_\_\_  
 City, State, Zip Code \_\_\_\_\_  
 Office Telephone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

**IMMUNIZATIONS** [Tdap; meningococcal (MCV4, 1-2 doses); HPV (3 doses); MMR (2 doses); hep B (3 doses); hep A (2 doses); varicella (2 doses or history of disease); polio (3-4 doses); influenza (annual)]

☐ Up-to-date (see attached school documentation) ☐ Not reviewed at this visit

**IMMUNIZATIONS GIVEN TODAY:** \_\_\_\_\_

### EMERGENCY INFORMATION

**Allergies** \_\_\_\_\_

**Other Information** \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship \_\_\_\_\_

Telephone: (H) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (W) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (C) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Personal Provider \_\_\_\_\_ Office Telephone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

This form is valid for 3 calendar years from above date with a normal Annual Health Questionnaire.

**FOR SCHOOL ADMINISTRATION USE:** ☐ [Year 2 Normal] ☐ [Year 3 Normal]

# 2018-2019 SPORTS QUALIFYING PHYSICAL HISTORY FORM

## Minnesota State High School League

Student Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Date of Exam: \_\_\_\_\_

## History

Circle Question Number (1) of questions for which the answer is unknown.

Circle Y for Yes or N for No

## GENERAL QUESTIONS

1. Has a doctor ever denied or restricted your participation in sports for any reason or told you to give up sports? ..... Y / N
2. Do you have an ongoing medical condition (like diabetes, asthma, anemia, infections)? ..... Y / N
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? ..... Y / N
- List: \_\_\_\_\_
4. Do you have allergies to medicines, pollens, foods, or stinging insects? ..... Y / N
5. Have you ever spent the night in a hospital? ..... Y / N
6. Have you ever had surgery? ..... Y / N

## HEART HEALTH QUESTIONS ABOUT YOU

7. Have you ever passed out or nearly passed out DURING exercise? ..... Y / N
8. Have you ever passed out or nearly passed out AFTER exercise? ..... Y / N
9. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? ..... Y / N
10. Does your heart race or skip beats (irregular beats) during exercise? ..... Y / N
11. Has a doctor ever told you that you have? (circle):  
 High blood pressure    A heart murmur    High cholesterol    A heart infection    Rheumatic fever    Kawasaki's Disease
12. Has a doctor ever ordered a test for your heart? (for example, ECG/EKG, echocardiogram, stress test) ..... Y / N
13. Do you get lightheaded or feel more short of breath than expected during exercise? ..... Y / N
14. Have you ever had an unexplained seizure? ..... Y / N
15. Do you get more tired or short of breath more quickly than your friends during exercise? ..... Y / N

## HEART HEALTH QUESTIONS ABOUT YOUR FAMILY

16. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including unexplained drowning or unexplained car accident)? ..... Y / N
17. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia? ..... Y / N
18. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator? ..... Y / N
19. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning? ..... Y / N

## BONE AND JOINT QUESTIONS

20. Have you ever had an injury, like a sprain, muscle or ligament tear or tendonitis that caused you to miss a practice or game? ..... Y / N
21. Have you had any broken or fractured bones or dislocated joints? ..... Y / N
22. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? ..... Y / N
23. Have you ever had a stress fracture? ..... Y / N
24. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism) ..... Y / N
25. Do you regularly use a brace, orthotics or other assistive device? ..... Y / N
26. Do you have a bone, muscle, or joint injury that bothers you? ..... Y / N
27. Do any of your joints become painful, swollen, feel warm, or look red? ..... Y / N
28. Do you have any history of juvenile arthritis or connective tissue disease? ..... Y / N

## MEDICAL QUESTIONS

29. Has a doctor ever told you that you have asthma or allergies? ..... Y / N
30. Do you cough, wheeze, experience chest tightness, or have difficulty breathing during or after exercise? ..... Y / N
31. Is there anyone in your family who has asthma? ..... Y / N
32. Have you ever used an inhaler or taken asthma medicine? ..... Y / N
33. Do you develop a rash or hives when you exercise? ..... Y / N
34. Were you born without or are you missing a kidney, an eye, a testicle (males), or any other organ? ..... Y / N
35. Do you have groin pain or a painful bulge or hernia in the groin area? ..... Y / N
36. Have you had infectious mononucleosis (mono) within the last month? ..... Y / N
37. Do you have any rashes, pressure sores, or other skin problems? ..... Y / N
38. Have you had a herpes or MRSA skin infection? ..... Y / N
39. Have you ever had a head injury or concussion? ..... Y / N
40. Have you ever had a hit or blow to the head that caused confusion prolonged headache, or memory problems? ..... Y / N
41. Do you have a history of seizure disorder? ..... Y / N
42. Do you have headaches with exercise? ..... Y / N
43. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? ..... Y / N
44. Have you ever been unable to move your arms or legs after being hit or falling? ..... Y / N
45. Have you ever become ill while exercising in the heat? ..... Y / N
46. Do you get frequent muscle cramps when exercising? ..... Y / N
47. Do you or someone in your family have sickle cell trait or disease? ..... Y / N
48. Have you had any problems with your eyes or vision? ..... Y / N
49. Have you had any eye injuries? ..... Y / N
50. Do you wear glasses or contact lenses? ..... Y / N
51. Do you wear protective eyewear, such as goggles or a face shield? ..... Y / N
52. Do you worry about your weight? ..... Y / N
53. Are you trying to or has anyone recommended that you gain or lose weight? ..... Y / N
54. Are you on a special diet or do you avoid certain types of foods? ..... Y / N
55. Have you ever had an eating disorder? ..... Y / N
56. Do you have any concerns that you would like to discuss with a doctor? ..... Y / N

## FEMALES ONLY

57. Have you ever had a menstrual period? ..... Y / N
58. How old were you when you had your first menstrual period? \_\_\_\_\_
59. How many menstrual periods have you had in the last year? \_\_\_\_\_

Notes: \_\_\_\_\_

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

Parent or Legal Guardian Signature \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

# 2018-2019 SPORTS QUALIFYING PHYSICAL EXAMINATION FORM

## Minnesota State High School League

Student Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M / F

### Follow-Up Questions About More Sensitive Issues:

1. Do you feel stressed out or under a lot of pressure?
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?
3. Do you feel safe?
4. Have you ever tried cigarette, cigar, or pipe smoking, even 1 or 2 puffs? Do you currently smoke?
5. During the past 30 days, did you use chewing tobacco, snuff, or dip?
6. During the past 30 days, have you had any alcohols, even just one?
7. Have you ever taken steroid pills or shots without a doctor's prescription?
8. Have you ever taken any medications or supplements to help you gain or lose weight or improve your performance?
9. Question "Risk Behaviors" like guns, seatbelts, unprotected sex, domestic violence, drugs, and others.

### Notes About Follow-Up Questions:

## MEDICAL EXAM

Height \_\_\_\_\_ Weight \_\_\_\_\_ BMI (optional) \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Arm Span \_\_\_\_\_  
 Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ ( \_\_\_\_\_ / \_\_\_\_\_ )  
 Vision: R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y / N Contacts: Y / N Hearing: R \_\_\_\_\_ L \_\_\_\_\_ (Audiogram or confrontation)

Exam	Normal	Abnormal Notes	Initials*
<b>Appearance</b>	Y / N		
No Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)	Y / N		
<b>HEENT</b>	Y / N		
Eyes	Y / N		
Fundoscopy	Y / N		
Pupils	Equal / Unequal		
Hearing	Y / N		
<b>Cardiovascular</b>	Y / N		
No Murmurs (standing, supine, +/- Valsalva)	Y / N		
PMI location			
Pulses (simultaneous femoral & radial)	Y / N		
<b>Lungs</b>	Y / N		
<b>Abdomen</b>	Y / N		
<b>Tanner Staging (optional)</b>	I II III IV V		
<b>Skin</b> (No HSV, MRSA, Tinea corporis)	Y / N		
<b>Musculoskeletal</b>			
Neck	Y / N		
Back	Y / N		
Shoulder/Arm	Y / N		
Elbow/Forearm	Y / N		
Wrist/Hand/Fingers	Y / N		
Hip/Thigh	Y / N		
Knee	Y / N		
Leg/Ankle	Y / N		
Foot/Toes	Y / N		
Functional (Single Leg Hop or Squat, Box Drop)	Y / N		

\* Required Only if Multiple Examiners

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Assessment:** ☐ Cleared for sports without restriction ☐ Restricted participation (see Clearance Form)

**Plan:** *Immunizations:* ☐ Up-to-Date ☐ Recommend Annual Flu Shot (Especially for Asthma & winter athletes) ☐ Consider HPV series  
☐ Immunize if needed (Tdap, meningococcal MCV4, (1-2 doses), 3 HPV, 2 MMR, 3 hep B, 2 hep A, 3-4 Polio, 2 varicella or history of disease)  
*Health Maintenance:* ☐ Lifestyle, health, and safety counseling ☐ Discussed dental care and mouthguard use  
☐ Discussed Lead and TB exposure – (Testing indicated / not indicated) ☐ Eye Refraction if indicated

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Minnesota State High School League

**2018-2019 PI ADAPTED ATHLETICS MEDICAL ELIGIBILITY FORM Addendum****(Use only for Adapted Athletics - PI Division)**

The MSHSL has competitive interscholastic Physically Impaired (PI) competition. Students who are deemed fit to participate in competitive athletics from a MSHSL sports qualifying exam should meet the criteria below to participate in Adapted Athletics – PI Division.

The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical impairments who have medical clearance to compete in competitive athletics. A student is eligible to compete in the PI Division with one of the following criteria:

The student must have a diagnosed and documented impairment specified from one of the two sections below:  
(Must be diagnosed and documented by a Physician Physician's Assistant, and/or Advanced Practice Nurse.)

1. \_\_\_\_\_ Neuromuscular      \_\_\_\_\_ Postural/Skeletal      \_\_\_\_\_ Traumatic  
\_\_\_\_\_ Growth      \_\_\_\_\_ Neurological Impairment

Which: \_\_\_\_\_ affects Motor Function      \_\_\_\_\_ modifies Gait Patterns

(Optional) \_\_\_\_\_ Requires the use of prosthesis or mobility device, including but not limited to canes, crutches, walker or wheelchair.

2. \_\_\_\_\_ Cardio/Respiratory Impairment that is deemed safe for competitive athletics, but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum heart rate for age results in physical distress in spite of appropriate management of the health condition.

**(NOTE:) A condition that can be appropriately managed with appropriate medications that eliminate physical or health endurance limitations WILL NOT be considered eligible for adapted athletics.**

**Specific exclusions to PI competition:**

The following health conditions, without coexisting physical impairments as outlined above, do not qualify the student to participate in the PI Division even though some of the conditions below may be considered Health Impairments by an individual's physician, a student's school, or government agency. This list is not all-inclusive and the conditions are examples of non-qualifying health conditions; other health conditions that are not listed below may also be non-qualifying for participation in the PI Division.

Attention Deficit Disorder (ADD), Attention Deficit Hyperactive Disorder (ADHD), Emotional Behavioral Disorder (EBD), Autism spectrum disorders (including Asperger's Syndrome), Tourette's Syndrome, Neurofibromatosis, Asthma, Reactive Airway Disease (RAD), Bronchopulmonary Dysplasia (BPD), Blindness, Deafness, Obesity, Depression, Generalized Anxiety Disorder, Seizure Disorder, or other similar disorders.

Student Name \_\_\_\_\_

Provider (PRINT) \_\_\_\_\_

Provider (SIGNATURE) \_\_\_\_\_

Date of Exam \_\_\_\_\_