



2018 – 2019

PRE-PARTICIPATION
PHYSICAL PACKET

INTERSCHOLASTIC ATHLETICS

3200 Jones Road Austin, Texas 78745

(512) 414-1050 Fax (512) 414-0469



**A yearly physical exam is required in order for your child to participate in AISD Athletics.
This physical must be dated after April 15th and will be valid for one school year.**

Attached you will find a physical exam form that must be completed by you and your doctor. This completed form is to be returned to the coach prior to participation in athletics for the 2018-2019 school year.

If your child has a doctor, it is very important for your child to visit his/her own doctor for this examination, because the doctor knows your child and their medical history. This is especially important if your child has any prior medical conditions or is under a doctor's care for any medical conditions including asthma. If your child does not have a doctor, you should first find a doctor and then make an appointment with this doctor's office or clinic. **It is best to have this appointment between May 1, 2018 and August 1, 2018.**

For children without a primary care physician or the ability to obtain a sports physical, there is another option. A group of doctors and nurses have volunteered to perform sports physicals in large sessions in April and May of 2018. Middle school physicals will be **April 17th and April 26th** and high school physicals will be **May 1st and May 3rd**. This physical is a station based exam with physicians in each specialty available. Your athlete's school will be assigned to a specific site and date after all forms have been returned. AISD will provide bus transportation to the physical site from each participating school. Please make plans to pick up your athlete at the assigned site to answer any questions the physicians may have. If you are unable to pick up your athlete, AISD will provide bus transportation to their home. The physicals are offered by AISD Athletics in conjunction with Dell Children's Medical Center and Travis County Medical Society.

If your child is going to participate in this years physicals, we need the following:

- Completed physical packet, including parent and student signatures, contact information, and medical history
- Completed project access form
- All forms returned to the athletic coordinator by the date specified

On the day of the physical, wear comfortable clothes, including shorts and a t-shirt. Bring glasses or wear contacts if necessary, along with something to eat and drink as you may be at the location past dinner.

If you have any questions regarding the physicals, please contact Denise Vanlandingham at the athletic office at 414-1042.

AUSTIN ISD ATHLETICS ACCIDENT INSURANCE

Austin ISD provides a supplemental accident insurance policy for all middle school and high school UIL participants while participating in a UIL sanctioned activity before, during, or after school and while traveling to that activity. This supplemental insurance policy requires your primary insurance to be used first. After your primary insurance has reached its policy limitations, parents may file a claim for the reimbursement of medical bills up to the supplemental insurance plan limitations. If you do not have personal insurance, the plan may be used to cover medical bills up to the plan limitations only. Neither Austin ISD nor the insurance provider will pay 100% of the cost incurred from an injury.

If you do not have personal insurance for your son/daughter, please consider purchasing extended coverage for them. Austin ISD offers student insurance policies to students and parents at the beginning of each school year.

A claim form must be submitted along with your primary insurance's Explanation of Benefits statements and itemized bills from the provider. This claim form must be filed within 6 months of the injury. Section A will be completed by a school official. Section B is to be completed by the parent/guardian.

After benefits have been approved, the company will issue a check for the allowable amount to either the provider or the parent/guardian if the bill has already been paid. You can direct all claim status questions to 1-800-328-2739.

ATHLETIC DEPARTMENT ATHLETIC PARTICIPATION FORM

School _____

Last Name	First Name	MI	Student ID	Grade	Date of Birth	Sex	Sports (List All Participating In)	
Street Address (No P.O. Boxes)				City		Zip		Home Phone
Guardian's Name			Employer		Cell Phone		Work Phone	Relationship to Student
Guardian's Name			Employer		Cell Phone		Work Phone	Relationship to Student
Secondary Emergency Contact Name					Cell Phone		Home Phone	Relationship to Student
Do you have private insurance, medicaid and/or CHIP? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, specify type or Company. _____								

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL, INCLUDING AN ATHLETIC PERIOD.

	YES	NO		YES	NO
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	11. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year? Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had prior testing for the heart ordered by a physician? What Age? _____ What was the diagnosis? _____ Have you ever passed out during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden unexpected death before age 50? Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy) hypertrophic cardiomyopathy, long QT syndrome, or other ion channelopathy (Brugada syndrome, etc.) Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise? Have you ever been diagnosed with asthma? Within the past year, have you experienced an asthma attack? Are you prescribed an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? If yes, how many times? _____ When was the last concussion? _____ How severe was each one? (Explain below) _____ Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs, or feet? Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box and explain below. <input type="checkbox"/> Head <input type="checkbox"/> Chest <input type="checkbox"/> Elbow <input type="checkbox"/> Hand <input type="checkbox"/> Thigh <input type="checkbox"/> Ankle <input type="checkbox"/> Neck <input type="checkbox"/> Shoulder <input type="checkbox"/> Forearm <input type="checkbox"/> Finger <input type="checkbox"/> Knee <input type="checkbox"/> Foot <input type="checkbox"/> Back <input type="checkbox"/> Upper Arm <input type="checkbox"/> Wrist <input type="checkbox"/> Hip <input type="checkbox"/> Shin/Calf	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	16. Are you unsatisfied with your current weight? Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you currently under a doctor's care for a specific illness, injury or medical condition?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills?	<input type="checkbox"/>	<input type="checkbox"/>	18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>	19. Do you have any other medical conditions not previously mentioned (for example, diabetes, thyroid disease, immune disorders, bleeding disorder, etc)?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY		
10. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	20. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____		
			MALES ONLY		
			21. Do you have two testicles? _____		
			22. Do you have any testicular swelling or masses? _____		
			An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor or nurse practitioner.		
			Explain Yes Answersx (use another sheet if necessary) _____		

CIRCLE ALL SPORTS THE STUDENT IS ALLOWED TO PARTICIPATE IN:

Football Volleyball Baseball Wrestling Basketball Golf Soccer Softball Tennis Cross Country Track & Field Swimming & Diving Cheerleading

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL. Our signatures indicate we have read, understand, and agree with the entire document including the Medical History, Steroid Agreement, UIL Rules, UIL Parent Information Manual, Concussion & Cardiac Information, Insurance Information, and Parent Permit.

Student Signature: _____ **Parent/Guardian Signature:** _____ **Date:** _____

<p>This Medical History Form was reviewed by:</p> <p>Doctor: _____ <i>Signature</i></p>	<p>School Official: _____ <i>Signature</i></p>
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Physical and Participation Requirements

Physicals are required yearly to participate in athletics in AISD. Physicals must be dated after April 15th to be valid for the following school year. A physical will be good for one school year, regardless of the date of the examination. Free physicals are provided by AISD Athletics in April/May. Contact your coach for more information on these physicals. Any change in medical status or visit to a medical provider during the year will require written clearance from the treating physician before return to normal activity.

U.I.L. General Eligibility Rules

According to UIL standards, students are eligible to represent their school in interscholastic activities if they:

- Are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504-handicapped exception.)
- Have not graduated from high school.
- Are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- Are full-time day students in a participant high school.
- Initially enrolled in the ninth grade not more than four calendar years ago.
- Are meeting academic standards required by state law.
- Live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- Have observed all provisions of the Awards Rule.
- Have not represented a college in a contest.
- Have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- Have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- Have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not allow their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- Did not change schools for athletic purposes.

UIL Parent Information Manual

Austin ISD Athletics is required to provide you access to the UIL Parent Information Manual. This manual can be found on the UIL website under athletics. The web address is www.uil-texas.org. A hard copy of this manual may be requested from the athletic office. You must read and agree with this entire document.

Parent/Guardian Permit

- I hereby give my consent for the above student to compete in the University Interscholastic League approved sports and travel with the coach or other representatives of the school on any trips.
- Furthermore, as a condition of participation and for the purpose of ensuring compliance with University Interscholastic League (UIL) rules, I consent to the disclosure of personally identifiable information, including information that may be subject to the Family Educational Rights and Privacy Act (FERPA), regarding the above named student between and among the following: the high school or middle school where the student currently attends or has attended; any school the student transfers to; the relevant District Executive Committee and the UIL. I further understand that all information relevant to the student's UIL eligibility and compliance with other UIL rules may be discussed and considered in a public forum. I acknowledge that revocation of this consent must be in writing and delivered to the student's school and the UIL.
- It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the UIL nor the school district assumes any responsibility in case an accident occurs.
- I have read and understand the UIL rules listed in this document and agree that my son/daughter will abide by all of the UIL rules.
- I also agree to be responsible for the safe return of all athletic equipment issued by the school and will pay for any and all lost, stolen or damaged equipment issued to my son/daughter.
- If, in the judgment of any representative of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician, athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student. Your signature below gives authorization that is necessary for the school district, its athletic trainers, nurses, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment of your student.
- I understand that failure to provide accurate and truthful information could subject the student in question to penalties as determined by the UIL.
- I have been provided the UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian.
- I hereby agree that my answers to the questions on the Medical History Form are complete and correct to the best of my knowledge. If between this date and the beginning of the athletic participation or anytime during the school year, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.
- Your signature below gives authorization that is necessary for the school district, its licensed athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

School coaches may not:

- Transport, register or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: see section 1209 of the Constitution and Contest Rules).
- Give any instruction or schedule any practice for an individual or team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball or volleyball.
- Schools and school booster clubs may not provide funds, fees or transportation for non-school activities.

CONCUSSION ACKNOWLEDGEMENT FORM

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

- Prevention**
- Teach and practice safe play & proper technique.
 - Follow the rules of play.
 - Make sure the required protective equipment is worn for all practices and games.
 - Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
- (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
- (3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
- (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
 - (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
 - (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
 - (C) have signed a consent form indicating that the person signing:
 - (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
 - (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
 - (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No.104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
 - (iv) understands the immunity provisions under Section 38.159

Student Name _____

Grade _____

Student Signature _____

Date _____

Signature of Parent/Guardian _____

Date _____

AUSTIN ISD CONCUSSION RETURN TO PLAY PROTOCOL

Once an athlete is cleared by a physician, the following progression will be followed. A completed concussion packet must be on file. An athlete may not begin this progression until they are symptom free for 24 hours. If at any time symptoms return, the progression is stopped and restarted once the symptoms are resolved.

DAY 1: 10 Minutes on Bike or Light Jogging

DAY 2: 20 minutes of Running

DAY 3: Non-Contact Practice with Team

DAY 4: Full Practice

DAY 5: Participation in Full Contact Game

Austin ISD is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a computer program to successfully evaluate and manage concussions. If an athlete is believed to have suffered a head injury during competition, it is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is done on a computer and takes about 20 minutes to complete. Essentially, it is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test. This program poses no risks to your student-athlete.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to your family doctor or another local physician to help evaluate the injury. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

The Austin ISD administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. We will be offering this testing to athletes involved in certain contact sports. Even though we highly recommend this testing, it is not required in order for participation in athletics.

I hereby grant my consent to the registration of my child on cogstate.com and/or impacttest.com and to the administration and supervision of the concussion assessment by Austin ISD and hereby accept the terms of use and privacy policy of both.

Signature of Athlete _____ Date _____

Signature of Parent/Guardian _____ Date _____

ANABOLIC STEROID USE AND RANDOM STEROID TESTING- GRADES 9 -12 ONLY

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.
- I understand and agree that the results of any steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil.texas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory.

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory.

Name (Print): _____

Signature: _____ Date: _____

Relationship _____



SUDDEN CARDIAC ARREST AWARENESS FORM

Lead Author: Arnold Fenrich, MD and Benjamin Levine, MD

Reviewers: UIL Medical Advisory Committee

Web Resources: American Heart Assn. • www.heart.org

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- 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.
- 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 immediately.

What causes Sudden Cardiac Arrest?

- **Conditions present at birth**
 - ◆ *Inherited (passed on from family) conditions of the heart muscle:*
 - **Hypertrophic Cardiomyopathy** – hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.
 - **Arrhythmogenic Right Ventricular Cardiomyopathy** – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.
 - **Marfan Syndrome** – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.
 - ◆ *Inherited conditions of the electrical system:*
 - **Long QT Syndrome** – abnormality in the ion channels (electrical system) of the heart.
 - **Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome** – other types of electrical abnormalities that are rare but run in families.
 - ◆ *NonInherited (not passed on from the family) conditions:*
 - **Coronary Artery Abnormalities** – abnormality of the blood vessels that supply blood to the heart muscle. This is the second most common cause of sudden cardiac arrest in athletes in the U.S.
 - **Aortic valve abnormalities** – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
 - **Non-compaction Cardiomyopathy** – a condition where the heart muscle does not develop normally.
 - **Wolff-Parkinson-White Syndrome** – an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.
- **Conditions not present at birth but acquired later in life**
 - **Comotio Cordis** – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.
 - **Myocarditis** – infection or inflammation of the heart, usually caused by a virus.
 - **Recreational/Performance Enhancing drug use.**
 - **Idiopathic** – Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

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

- Fainting/blackouts (especially during exercise)
 - Unusual fatigue/weakness
 - Shortness of breath
 - Palpitations (heart is beating unusually fast or skipping beats)
 - Dizziness
 - Chest pain
 - Nausea/vomiting
 - Family history of sudden cardiac arrest at age < 50
- ANY of these symptoms and warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.**

What is the treatment for Sudden Cardiac Arrest?

- Time is critical and an immediate response is vital.
 - CALL 911
 - Begin CPR
 - Use an Automated External Defibrillator (AED)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.
- The UIL Pre-Participation Physical Evaluation – Medical History form includes ALL 14 of these important cardiac elements and is mandatory annually.

What are the current recommendations for screening young athletes?

- The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.
- It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.
- The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high

athletic participation and again prior to the 1st and 3rd years of high school participation. The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no additional evaluation or testing is recommended for cardiac issues/concerns.

Are there additional options available to screen for cardiac conditions?

- Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of “false positives”, which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of “false negatives”, since not all cardiac conditions will be identified by additional screening.

When should a student athlete see a heart specialist?

- If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

Can Sudden Cardiac Arrest be prevented just through proper screening?

- A proper evaluation (Preparticipation Physical Evaluation – Medical History) should find most, but not all, conditions that could cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.

Why have an AED on site during sporting events?

- The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).
- Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public high schools the following must be available:
 - An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium.
 - All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED.
 - Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.
- The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1-1/2 minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.

I certify that I have read and understand the above information.

Parent/Guardian Signature

Date

Parent/Guardian Name (Print)

Student Signature

Date

Student Name (Print)

CONSENT TO OBTAIN/RELEASE HEALTH INFORMATION

I understand and agree that, in order to provide a coordinated system of care, the Athletic Department and School Health Team may exchange health care information about the Student with the Student's physician or other healthcare providers. I consent to allow Athletic Department medical personnel to contact the student's physician directly to share information or request records pertinent to athletic participation. I understand and agree that medical personnel may share the Student's health care information with AISD personnel, in accordance with AISD protocol, in order to provide appropriate attention to the Student's health care needs. I give permission to release and share all necessary health information. I understand that this information will automatically be shared in emergency situations as necessary.

Student Name _____

Parent/Guardian Signature _____

Date _____



Austin Independent School District

Athletic Training Services

Sports Physical Resource List

The BEST place to get a sport's physical and an annual physical exam is with your child's physician. Annual exams are very important to identify current medical concerns AND prevent future problems. Please see the following list of clinics that will give pre-participation physicals for students who do not have their own family physician.

Please take the completed AISD forms with you so your child's physician can review the front page and complete the physical exam. The AISD

Pre-Participation Physical Packet is **REQUIRED**. **NO OTHER FORMS WILL BE ACCEPTED**. Please pick one up at your school or go on-line to www.austinisdathletics.com

PRIMARY CARE CLINICS – Must Call for Appointment			
	Address	Phone #	Price \$
Carousel	www.carouselhealth.com	512-744-6000	
Children's Health Express	www.dellchildrens.net/services_and_programs/childrens_health_express	512-324-0060	\$15
CommUnity Care Services	www.communitycaretx.org	512-978-9015	
Lone Star Circle of Care	1221 Ben White 78704	1-877-800-5722	
	11111 Research Blvd (adjacent to Seton Northwest in Health Plaza)		
	730 W. Stassney Ln, Suite 110		
People's Community Clinic	1101 Camino La Costa	512-478-4939	
Schoolhouse Pediatrics	4201 Bee Cave Road, Suite C-100	512-327-1155	
Seton Community Health Centers	2811 E 2 nd	512-324-4930	
	3706 S 1 st	512-324-4940	
	8913 Collinfield	512-324-6850	
Texas Sports & Family Medicine	3200 Red River St., Suite 201	512-473-0201	
Austin Diagnostic Clinic	www.adclinic.com	512-901-1111	
Austin Regional Clinic	www.austinregionalclinic.com	512-272-4636	
URGENT CARE CLINICS – Walk-In Only			
	Address	Phone #	Price \$
Nextcare	6001 W William Cannon, Suite 302	512-288-3627	\$35
	351 Cypress Creek Rd, Suite 103	512-250-8199	
MedSpring Urgent Care	11521 N Ranch Rd 620, Suite 100	512-402-6830	\$49
	3906 N. Lamar, Suite 100	512-861-8040	
	208 W Ben White	512-861-8060	
	7212 Burnet Rd	512-867-6299	
	517 S Lamar Blvd	512-861-8055	
Concentra Urgent Care	10001 N IH 35 Frontage #300	512-440-0555	\$35
	4301 W William Cannon Dr, #320	512-467-6608	
	9333 Research Blvd, #400	512-467-7232	
US Health Works	2000 W Anderson Lane	512-459-4367	\$39
	3801 S Lamar	512-447-9661	
	13831 N Hwy 183	512-250-0424	
FastMed Urgent Care	1920 Riverside Blvd, Suite A-110	512-326-1600	\$35
	3607 Manor Rd, Suite 100	512-928-4600	
	3311 N Lamar Blvd	512-975-7791	
RediClinic (Inside HEB)	6900 Brodie Lane	512-892-2300	\$69
	500 Canyon Ridge Drive	512-836-9000	
	11521 N. FM 620	512-687-0556	
	14028 N. US 183, Bldg A	512-258-5538	
Minute Clinic (Inside CVS)	2610 Lake Austin Blvd	866-389-2727	\$69
	5526 S Congress Ave		
	3500 W Slaughter Lane		
	11300 N Lamar Blvd		
	10550 W Parmer Lane		
CareNow	12415 N. IH-35	737-205-1270	\$36
	5033 W. Hwy 290, Bldg E	512-265-8980	

PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION

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

Height _____ Weight _____ Pulse _____

BP	/	/	/
%	/	/	/

brachial blood pressure while sitting

BMI % _____ % Body fat (optional) _____

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

	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			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			
Marfan's stigmata (arachnodactyly, pectus, excavatum, joint hypermobility, scoliosis)			

Austin ISD requires that each athlete have an annual physical dated after April 15, 2018

CLEARANCE

Cleared; Recommendations: _____

Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

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: _____

Signature: _____ **SIGNATURE ALSO REQUIRED BELOW MEDICAL HISTORY ON FRONT OF FORM**

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

Name _____

PLEASE PRINT

Austin Independent School District
EMERGENCY STUDENT INFORMATION CARD

Sport(s)

Austin ISD policy requires the completion of this permit for participation in athletics.

1. _____

If, in the judgment of any representative of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school district and any school representative from any claim by any person whatsoever on account of such care and treatment of said student.

2. _____

3. _____

Parent Signature _____ Date _____

Name (*Last, First*) _____ Grade _____ StudentID# _____

School Attending _____ Home Phone _____

Home Address _____ City _____ Zip _____

Parent/Guardian(s) Name _____

Work _____ Cell _____ Email _____

Parent's Insurance Co. _____ Preferred Hospital _____

Family Physician: _____ Office Phone _____

Name _____

PLEASE PRINT

Austin Independent School District
EMERGENCY STUDENT INFORMATION CARD

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Parent Signature _____ Date _____

Name (*Last, First*) _____ Grade _____ StudentID# _____

School Attending _____ Home Phone _____

Home Address _____ City _____ Zip _____

Parent/Guardian(s) Name _____

Work _____ Cell _____ Email _____

Parent's Insurance Co. _____ Preferred Hospital _____

Family Physician: _____ Office Phone _____

