



St. Thomas Aquinas Regional School

AQUINAS

13750 Mary's Way
Woodbridge, VA 22191
Phone: 703.491.4447
Fax: 703.492.8828
www.aquinastars.org

For School Year _____

PART I - ATHLETIC PARTICIPATION

(To be filled in and signed by the student)

Male _____

Female _____

PRINT CLEARLY

Name _____ Student I.D.# _____
(Last) (First) (Middle Initial)

Home Address _____ City/Zip Code _____

Home Address of Parents _____ City/Zip Code _____

Date of Birth _____ Place of Birth _____

MIDDLE SCHOOL INTERSCHOLASTIC ATHLETICS – GENERAL ELIGIBILITY RULES

ELIGIBILITY

A student may not participate in a sport if he/she turns fifteen (15) on or before September 1 of the current school year. A student may not participate in junior varsity basketball if the student is fourteen (14) years of age on or before October 1 of the current school year. Eighth graders may NOT participate on middle school junior varsity teams. Sixth grade students are allowed to participate in middle school varsity sports when, in the opinion of the coach, athletic coordinator, and principal, the student is mature enough and has the skills necessary to compete at the varsity level.

PARTICIPATION

A student may participate on only one team during a given sports season and may not leave a team to join another during the season. Any exception to this must be approved by the school's athletic coordinator and principal in the case of extenuating circumstances.

ACADEMIC ELIGIBILITY

If a student fails more than one subject, the student shall be declared ineligible for the next grading period. This rule applies to practice as well as game participation and is effective the day after report card distribution. Students who were previously ineligible become eligible the day after grades are due. Ineligible students who become eligible after team selections may not join a team.

MEDICAL EXAMINATION/PARENTAL PERMISSION

In all interscholastic activities, each participant must have a physical examination by a Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant and have permission from said examiner and parent/guardian before the participant may engage in any sport. An Emergency Permission Form shall be completed by each participant and signed by the participant's parent/guardian. The cards shall be readily available to coaches at practices and games.

SELECTION OF TEAM

Team selection should include as many participants as possible. Each student trying out will receive a letter from their school specifying length of practice, criteria for squad selection, equipment needed, and a schedule of games. All squad selections will be implemented in a positive and objective manner. There will be three designated days for tryouts for all athletic teams.

INSURANCE

All students participating in the athletic program shall be covered by some type of accident insurance. The accident insurance policy made available by the Prince William County Public Schools covers all athletic activities, including middle school football.

Student Signature: _____ Date: _____

Providing false information result in ineligibility for one year.

Fides et Ratio – Faith and Reason

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

PART II- MEDICAL HISTORY (Explain "YES" answers below)

This form must be complete and signed, prior to the physical examination, for review by examining practitioner.
Explain "YES" answers below with number of the question. Circle questions you don't know the answers to.

| GENERAL MEDICAL HISTORY | | YES | NO | MEDICAL QUESTIONS CONTINUED | | YES | NO | |
|---|--------------------------|--------------------------|------------|--|---|--------------------------|--------------------------|-----------|
| 1. Do you have any concerns that you would like to discuss with your provider? | <input type="checkbox"/> | <input type="checkbox"/> | | 24. Have you had mononucleosis (mono) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 2. Has a provider ever denied or restricted your participation in sports for any reason? | <input type="checkbox"/> | <input type="checkbox"/> | | 25. Are you missing a kidney, eye, testicle, spleen or other internal organ? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 3. Do you have any ongoing medical conditions? If so, please identify: Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other: _____ | <input type="checkbox"/> | <input type="checkbox"/> | | 26. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 4. Are you currently taking any medications or supplements on a daily basis? | <input type="checkbox"/> | <input type="checkbox"/> | | 27. Have you ever become ill while exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 5. Do you have allergies to any medications? | <input type="checkbox"/> | <input type="checkbox"/> | | 28. When exercising in the heat, do you have severe muscle cramps? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 6. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)? | <input type="checkbox"/> | <input type="checkbox"/> | | 29. Do you have headaches with exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 7. Have you ever spent the night in the hospital? If yes, why? _____ | <input type="checkbox"/> | <input type="checkbox"/> | | 30. Have you ever had numbness, tingling or weakness in your arms or legs or been unable to move your arms or legs AFTER being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 8. Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | | 31. Do you or does someone in your family have sickle cell trait or disease? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| HEART HEALTH QUESTIONS ABOUT YOU | | | YES | NO | 32. Have you had any other blood disorders? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 9. Have you ever passed out or nearly passed out DURING or AFTER exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | 33. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 10. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | 34. Have you had or do you have any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 11. Does your heart race, flutter in your chest or skip beats (irregular beats) during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | 35. Do you wear glasses or contacts? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 12. Has a doctor ever ordered a test for your heart? For example, electrocardiography or echocardiography. | <input type="checkbox"/> | <input type="checkbox"/> | | 36. Do you wear protective eyewear like goggles or a face shield? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 13. Has a doctor ever told you that you have any heart problems, including: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> Other _____ | <input type="checkbox"/> | <input type="checkbox"/> | | 37. Do you worry about your weight? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| | | | | 38. Are you trying to or has anyone recommended that you gain or lose weight? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| | | | | 39. Do you limit or carefully control what you eat? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| | | | | 40. Have you ever had an eating disorder? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| | | | | 41. Are you on a special diet or do you avoid certain types of foods or food groups? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| | | | | 42. Allergies to food or stinging insects? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| | | | | 43. Have you ever had a COVID-19 diagnosis? Date: _____ | <input type="checkbox"/> | <input type="checkbox"/> | | |
| | | | | 44. What is the date of your last Tdap or Td (tetanus) immunization? (circle type) Date: _____ | | | | |
| 14. Do you get light-headed or feel shorter of breath than your friends during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | FEMALES ONLY | | YES | NO | |
| 15. Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | | 45. Have you ever had a menstrual period? | <input type="checkbox"/> | <input type="checkbox"/> | | |
| HEART HEALTH QUESTIONS ABOUT YOUR FAMILY | | | YES | NO | 46. Age when you had your first menstrual period: _____ | | | |
| 16. Does anyone in your family have a heart problem? | <input type="checkbox"/> | <input type="checkbox"/> | | 47. Number of periods in the last 12 months: _____ | | | | |
| 17. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)? | <input type="checkbox"/> | <input type="checkbox"/> | | 48. When was your most recent menstrual period? _____ | | | | |
| 18. 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)? | <input type="checkbox"/> | <input type="checkbox"/> | | EXPLAIN "YES" ANSWERS BELOW | | | | |
| | | | | # | >> | | | |
| | | | | # | >> | | | |
| | | | | # | >> | | | |
| | | | | # | >> | | | |
| 19. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? | <input type="checkbox"/> | <input type="checkbox"/> | | # | >> | | | |
| BONE AND JOINT QUESTIONS | | | YES | NO | # | >> | | |
| 20. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? | <input type="checkbox"/> | <input type="checkbox"/> | | # | >> | | | |
| 21. Do you currently have a bone, muscle or joint injury that bothers you? | <input type="checkbox"/> | <input type="checkbox"/> | | List medications and nutritional supplements you are currently taking here: | | | | |
| MEDICAL QUESTIONS | | | YES | | | | | NO |
| 22. Do you cough, wheeze or have difficulty breathing during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | |
| 23. Do you have asthma or use asthma medicine (inhaler, nebulizer)? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | |

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

PART III- PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after June 1 of the preceding school year and is good through June 30 of the current school year)**

NAME _____ DATE OF BIRTH _____ SCHOOL _____

| | | | |
|--------|---------------|--------------------|------------------|
| Height | Weight | Male | Female |
| BP / | Resting pulse | Vision R 20/ L 20/ | Corrected Yes No |

| MEDICAL | NORMAL | ABNORMAL FINDINGS |
|--|--------|-------------------|
| Appearance (Marfan stigmata: kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse, and aortic insufficiency) | | |
| Eyes/ears/nose/throat (Pupils equal, hearing) | | |
| Lymph nodes | | |
| Heart (Murmurs: auscultation standing, supine, +/- Valsalva) | | |
| Pulses | | |
| Lungs | | |
| Abdomen | | |
| Skin (Herpes simplex virus, lesions suggestive of MRSA or tinea corporis) | | |
| Neurological | | |
| MUSCULOSKELETAL | NORMAL | ABNORMAL FINDINGS |
| Neck | | |
| Back | | |
| Shoulder/arm | | |
| Elbow/forearm | | |
| Wrist/hand/fingers | | |
| Hip/thigh | | |
| Knee | | |
| Leg/ankle | | |
| Foot/toes | | |
| Functional (i.e. Double leg squat, single leg squat, box drop or step drop test) | | |
| Emergency medications required on-site: Inhaler Epinephrine Glucagon Other: _____ | | |
| COMMENTS: _____ | | |

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics:

- ☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION
- ☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATION FOR FURTHER EVALUATION OR TREATMENT OF: _____
- ☐ MEDICALLY ELIGIBLE ONLY FOR THE FOLLOWING SPORTS: _____
Reason: _____
- ☐ NOT MEDICALLY ELIGIBLE PENDING FURTHER EVALUATION OF: _____
- ☐ NOT MEDICALLY ELIGIBLE FOR ANY SPORTS

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II- Medical History.

→ PRACTITIONER SIGNATURE: _____ (MD, DO, NP or PA) * DATE **: _____

EXAMINER'S NAME AND DEGREE (PRINT): _____ PHONE NUMBER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

+Only signature of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-1 (3) Physical Examination Rule/Transfer Student (10-90)- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League form #2, the student is in compliance with physical examination requirements.

PART IV- ACKNOWLEDGEMENTS OF RISK AND INSURANCE STATEMENT

(To be completed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are NOT crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swim/dive, tennis, track, volleyball, wrestling, other (identify sports): _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts or some other means. He/she has student medical/accident insurance available through the school (yes__no__); has athletic participation insurance coverage through the school (yes__no__); is insured by our family policy with:

Name of medical insurance company: _____

Policy number: _____ Name of policy holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participation in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) of health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally, I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to www.coverva.org or calling 855-242-8282.

PART V- EMERGENCY PERMISSION FORM*

(To be completed and signed by the parent/guardian)

STUDENT'S NAME: _____ GRADE: _____ AGE: _____ DOB: _____

HIGH SCHOOL: _____ CITY: _____

Please list any significant health problems that might be significant to a physician evaluating your child **in case of an emergency**:

PLEASE LIST ANY ALLERGIES TO MEDICATIONS, ETC: _____

IS THE STUDENT CURRENTLY PRESCRIBED AN INHALER OR EPI-PEN? _____ LIST THE EMERGENCY MEDICATION: _____

IS THE STUDENT PRESENTLY TAKING ANY OTHER MEDICATION? _____ IF SO, WHAT? _____

DOES THE STUDENT WEAR CONTACT LENSES? _____ DATE OF LAST Tdap OR Td (TETANUS) SHOT: _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order the injection and/or anesthesia and/or surgery for the person named above.

DAYTIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

EVENING TIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

CELL PHONE NUMBER: _____

→ SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

RELATIONSHIP TO STUDENT: _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment in needed.

→ I CERTIFY ALL OF THE ABOVE INFORMATION IS CORRECT: _____

Parent/Guardian signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.