



**BROOKWOOD TRACK & XC CLUB ATHLETIC PARTICIPATION FORM**  
**ALL HIGHLIGHTED AREAS ON ALL 4 PAGES MUST BE COMPLETED PRIOR TO**  
**ATHLETE PARTICIPATION**



Grade \_\_\_\_\_

MI \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

**CONTACT INFORMATION**

Name : \_\_\_\_\_ Grade Level: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_

Name of Parent/Guardian(s): \_\_\_\_\_

Address (if different from above): \_\_\_\_\_ City: \_\_\_\_\_

Mother: (Home Phone): ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ (Cell): ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Father: (Home Phone): ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ (Cell): ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**IN CASE OF EMERGENCY, CONTACT:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

(Home) ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ ( Cell ) ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Personal Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

**TRANSPORTATION LIABILITY RELEASE**

**Initial:** \_\_\_\_\_ Brookwood Track & XC Club will not be able to provide transportation for athletes to club activities. It is the responsibility of the athlete's parents/guardians to secure their athlete's transportation to such activities. Brookwood Track & XC Club, the local schools, officers, coaches or agents shall not be responsible for any injury or loss arising out of an athlete's transportation to or from associated club activities.

**MEDIA RELEASE**

**Initial:** \_\_\_\_\_ I hereby give my consent to all photographs, audio recordings, and/or video recordings taken of me or my minor child by Brookwood Track & XC Club or their designee. I understand that any such photographs, audio recordings, and/or video recordings become the property of the Brookwood Track & XC Club and may be used by the club, school, district or others with their consent, for educational, instructional or promotional purposes in broadcast and electronic media formats now existing or in the future created.

**ATHLETIC CODE OF CONDUCT**

**Initial:** \_\_\_\_\_ Gwinnett County Public Schools and local athletic programs are a great source of pride to our communities. Involvement in athletics helps students develop a better sense of responsibility, cooperation, self-discipline, self-confidence, and sportsmanship that will serve them throughout their lives. The lessons and values learned by participating on athletic teams last a lifetime.

All athletes are expected to abide by the highest standards of fair play and sportsmanship at all times. We also have high expectations regarding behavior when the athletes are not engaged in athletic competitions. Students participating in Georgia High School Association, USATF, AAU or other athletic activities act as representatives of Gwinnett County Public Schools and the Brookwood Track & XC Club. All athletes are expected to conduct themselves in such a manner as to meet the highest standards of behavior at all times.

**PERMISSION TO TREAT**

**Initial:** \_\_\_\_\_ I give my permission for the coaches, certified trainers and/or their designees to administer treatment for illness, injury or rehabilitation for the athlete.

# PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

DATE OF EXAM: \_\_\_\_\_ SPORT(S): \_\_\_\_\_

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ AGE \_\_\_\_\_ GRADE \_\_\_\_\_ SCHOOL \_\_\_\_\_

**Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking:**

**Do you have any allergies?**     Yes  No    **If yes, please identify specific allergy below:**

Medicines \_\_\_\_\_     Pollens \_\_\_\_\_     Food \_\_\_\_\_     Stinging Insects \_\_\_\_\_

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <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 Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. 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?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. 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)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY	Yes	No
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		
<b>Explain "YES" answers here</b>		
_____		
_____		
_____		
_____		
_____		
_____		
_____		
_____		

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

\_\_\_\_\_  
SIGNATURE OF ATHLETE

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
DATE

# PHYSICAL EXAMINATION FORM /CLEARANCE FORM

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

## PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seatbelt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP / ( / )	Pulse	Vision R20/ L20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) b		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic c		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

- A Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
- B Consider GU exam if in private setting. Having third party present is recommended.
- C Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion

- Cleared for all sports without restriction**
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for**
- 
- Not Cleared** .....  **Pending further evaluation** .....  **For any sports** .....  **For certain sports**
- Reason \_\_\_\_\_
- Recommendations \_\_\_\_\_

I have examined the above-named student and completed the participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. 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 parent. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

PHYSICIAN NAME (PRINT/TYPE): \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SIGNATURE OF PHYSICIAN \_\_\_\_\_ EXAM DATE: \_\_\_\_\_

**PARENTAL CONSENT FOR ATHLETIC PARTICIPATION**

**W  
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G**

- Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which students will engage, **BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG TERM CATASTROPHIC, INCLUDING PERMANENT PARALYSIS FROM THE NECK DOWN OR DEATH.** Although serious injuries are not common in supervised school athletic programs, it is possible only to minimize, not eliminate the risk.
- Participants can and have the responsibility to help reduce the chance of injury. **PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR EQUIPMENT DAILY.**
- By signing this permission form, you acknowledge that you have read and understand this warning.
- **PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.**

I (we) hereby give consent for \_\_\_\_\_ to:

- (1) Compete in athletics for Brookwood Track & XC Club, associated with the Gwinnett County School District in Georgia High School Association approved sports;
- (2) To accompany the team of which the student is a member on any local or out of town trips;
- (3) and I hereby verify that information included on this form is correct and understand that any false information may result in my son/daughter being declared ineligible.

The athlete is domiciled at the address on page 1 of this form, located in the Brookwood High School District.

**This acknowledgment of risk and consent to allow participation shall remain in effect until revoked in writing.**

**Insurance Information**

Please **INITIAL ONE** of the following statements regarding insurance coverage for your son/daughter for the \_\_\_\_\_ school year.

\_\_\_\_\_ My son/daughter is adequately and currently covered by accident insurance that will cover injuries sustained while participating in interscholastic athletes (including, but not limited to, varsity and junior varsity football).

\_\_\_\_\_

**Company providing insurance:** \_\_\_\_\_ **Name of insured:** \_\_\_\_\_ **Policy#:** \_\_\_\_\_

\_\_\_\_\_ I wish to purchase the Benefit Plan provided for the Gwinnett County School System. **(A signed copy of this Benefit Plan including the athlete's name must be stapled to this form.)**

**MEDICAL AUTHORIZATION**

I certify that the medical history on this form is complete and accurate. I understand that this will serve as the basis for determining that my child, \_\_\_\_\_, may compete athletics. I also understand that this medical evaluation is only to determine fitness for athletics and is not to take the place of regular medical examinations. In case of an emergency or accident during any activity involving my child, \_\_\_\_\_, which in the opinion of coaches or school authorities present requires immediate medical or surgical attention, I hereby grant permission to physicians, consulting physicians, certified athletic trainers, emergency medical technicians, and other healthcare providers selected by school authorities to provide medical care and treatment (including hospitalization if deemed appropriate by school authorities or an appropriate healthcare provider) unless I am present and request otherwise or until I later request otherwise.

**PLEASE SIGN HERE:**

**THIS SIGNATURE CONSENTS TO TRANSPORTATION LIABILITY, MEDIA RELEASE, CODE OF CONDUCT, PERMISSION TO TREAT, ATHLETIC PARTICIPATION, VERIFICATION OF INSURANCE COVERAGE AND MEDICAL AUTHORIZATION. THIS SIGNATURE ALSO REPRESENTS THAT ALL INFORMATION PROVIDED IN THIS ATHLETIC PARTICIPATION FORM IS ACCURATE AND COMPLETE.**

\_\_\_\_\_

**SIGNATURE OF ATHLETE**                      **SIGNATURE OF PARENT/GUARDIAN**                      **DATE**