

**CAPISTRANO UNIFIED SCHOOL DISTRICT
2024-25 Physical Clearance Form**

SPORTS: (fall) _____ (winter) _____ (spring) _____

Name _____ Grade in 2024-25 _____ Male _____ Female _____ Date of birth ____ / ____ / ____

Address _____ City & Zip Code _____ Phone _____

Father/Guardian _____ Work phone _____ Cell phone _____

Mother/Guardian _____ Work phone _____ Cell phone _____

Emergency Contact _____ Phone _____ Insurance _____

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

SIGNATURE OF PARENT/GUARDIAN _____ Date _____

HEALTH HISTORY: TO BE COMPLETED BY PARENT BEFORE DOCTOR EXAM



Any past or present:	Yes	No	Yes	No
Problems with vision	_____	_____	Surgeries	_____
Eyeglasses	_____	_____	Dental problems	_____
Contacts	_____	_____	<i>Braces</i>	_____
Problems with hearing	_____	_____	False teeth	_____
Hearing aid.	_____	_____	Painful joints	_____
Blacking out or fainting	_____	_____	Broken bones	_____
Unconsciousness	_____	_____	Body part, date _____	_____
Convulsions,	_____	_____	Knee or ankle problems	_____
seizures	_____	_____	Require support/brace	_____
Heart problems	_____	_____	Need for medication	_____
Rheumatic fever	_____	_____	Name _____	_____
Bleeding disorders	_____	_____	Menstruation problems	_____
Blood sugar problems	_____	_____	Hernias	_____
Hypoglycemia	_____	_____	Asthma	_____
Diabetes	_____	_____	OTHER HEALTH ASPECTS THE DOCTOR	_____
Allergies- type _____	_____	_____	AND SCHOOL SHOULD BE AWARE OF:	_____
Bee or insect stings	_____	_____	_____	_____
Hospitalizations	_____	_____	_____	_____
Any history of chest pain with exercise?	_____	_____	_____	_____
Any history of "racing" heart or skipped beats?	_____	_____	_____	_____
Do you experience passing out, near passing out or unexpected tiredness during exercise?	_____	_____	_____	_____
Any family history of sudden cardiac death in a family member under the age of 50?	_____	_____	_____	_____
Any family history of Marfan's syndrome Or prolonged QT syndrome?	_____	_____	_____	_____
Any history of temporary numbness or paralysis of both arms and/or legs following head/spine trauma?	_____	_____	_____	_____
Any history of recent severe viral illness, infectious mononucleosis, or hepatitis?	_____	_____	_____	_____
Any history of the following: absence of one kidney?	_____	_____	_____	_____
males: absence of one testicle?	_____	_____	_____	_____
Any history of blindness in one eye?	_____	_____	_____	_____
Any current active skin infection?	_____	_____	_____	_____

PHYSICAL EXAM: DATE _____ HEIGHT _____ WEIGHT _____

PULSE: RESTING _____ AFTER ACTIVITY _____ B.P. _____

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

Special doctor recommendations or restrictions _____

I have examined the above student and do recommend that he/she is physically fit for full participation in sports.
(Must be signed by a PHYSICIAN, PHYSICIAN'S ASSISTANT or NURSE PRACTITIONER)

Name of physician _____ M.D/DO/PA/NP Date _____ ****Physician's Office Stamp****

Signature _____ Phone _____

CAPISTRANO UNIFIED SCHOOL DISTRICT **ATHLETIC INSURANCE VERIFICATION**

Education Code Section 32221.5. Under state law, school districts are required to ensure that all members of school athletic teams have accidental bodily injury insurance providing at least \$1500 of scheduled medical/hospital benefits. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling: 1(800)281-9799.

- If you have at least \$1500, accidental bodily injury insurance, please upload your medical insurance card directly to www.athleticclearance.com.
- If you do not have accidentally bodily injury benefits for your son or daughter, you can purchase a medical and/or dental insurance plan through Myers-Stevens & Toohey. Sign up at www.myers-stevens.com. Proof of subscription to the appropriate insurance plan will need to be uploaded to www.athleticclearance.com.

Available plans include:

- Interscholastic Tackle Football (Grades 9-12)
- *Full Time (24/7) Accident Plan
- *School Time Accident Plan
- Dental Plan
- (Note: Full Time and School Time Accident Plans include all interscholastic sports except tackle football)