

# Preparticipation Physical Evaluation

## HISTORY FORM

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

Name _____		Sex	M	F	Age _____	Date of birth _____	
Grade _____		School _____		Sport(s) _____		Women's Artistic	Rhythmic
						Men's Artistic	Trampoline & Tumbling
Address _____						Phone _____	
Personal Physician _____							
<b>In case of emergency, contact:</b>							
Name _____		Relationship _____		Phone (H) _____		Phone (W) _____	

**Explain "Yes" answers below.  
Circle questions you don't know the answers to.**

- |   |            |          |           |           |            |               |               |       |            |            |     |       |      |            |       |            |   |
|---|------------|----------|-----------|-----------|------------|---------------|---------------|-------|------------|------------|-----|-------|------|------------|-------|------------|---|
| <p><b>Yes No</b></p> <ol style="list-style-type: none"> <li>1. Has a doctor ever denied or restricted your participation in sports for any reason? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>2. Do you have an ongoing medical condition (like diabetes or asthma)? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>4. Do you have allergies to medicines, pollens, foods, or stinging insects? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>5. Have you ever passed out or nearly passed out DURING exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>6. Have you ever passed out or nearly passed out AFTER exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>7. Have you ever had discomfort, pain, or pressure in your chest during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>8. Does your heart race or skip beats during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>9. Has a doctor ever told you that you have (check all that apply):<br/> <input type="checkbox"/> High blood pressure      <input type="checkbox"/> A heart murmur<br/> <input type="checkbox"/> High cholesterol        <input type="checkbox"/> A heart infection</li> <li>10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram) <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>11. Has anyone in your family died for no apparent reason? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>12. Does anyone in your family have a heart problem? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>13. Has any family member or relative died of heart problems or of sudden death before age 50? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>14. Does anyone in your family have Marfan syndrome? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>15. Have you ever spent the night in a hospital? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>16. Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> </ol> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below:</p> <p>18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:</p> <p>19. Have you had a bone or joint injury that required x-rays MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td>Head</td><td>Neck</td><td>Shoulder</td><td>Upper Arm</td><td>Elbow</td><td>Forearm</td><td>Hand/ Fingers</td><td>Chest</td> </tr> <tr> <td>Upper Back</td><td>Lower Back</td><td>Hip</td><td>Thigh</td><td>Knee</td><td>Calf/ Shin</td><td>Ankle</td><td>Foot/ Toes</td> </tr> </table> </div> <ol style="list-style-type: none"> <li>20. Have you ever had a stress fracture? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>22. Do you regularly use a brace or assistive device? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>23. Has a doctor ever told you that you have asthma or allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> </ol> | Head       | Neck     | Shoulder  | Upper Arm | Elbow      | Forearm       | Hand/ Fingers | Chest | Upper Back | Lower Back | Hip | Thigh | Knee | Calf/ Shin | Ankle | Foot/ Toes | <p><b>Yes No</b></p> <ol style="list-style-type: none"> <li>24. Do you cough, wheeze, or have difficulty breathing during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>25. Is there anyone in your family who has asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>26. Have you ever used an inhaler or taken asthma medicine? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>28. Have you had infectious mononucleosis (mono) within the last month? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>29. Do you have any rashes, pressure sores, or other skin problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>30. Have you had a herpes skin infection? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>31. Have you ever had a head injury or concussion? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>32. Have you been hit in the head and been confused or lost your memory? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>33. Have you ever had a seizure? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>34. Do you have headaches with exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>36. Have you ever been unable to move your arms or legs after being hit or falling? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>37. When exercising in the heat, do you have severe muscle cramps or become ill? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>39. Have you had any problems with your eyes or vision? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>40. Do you wear glasses or contact lenses? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>41. Do you wear protective eyewear, such as goggles or a face shield? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>42. Are you happy with your weight? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>43. Are you trying to gain or lose weight? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>44. Has anyone recommended you change your weight or eating habits? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>45. Do you limit or carefully control what you eat? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>46. Do you have any concerns that you would like to discuss with a doctor? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> </ol> <p><b>FEMALES ONLY</b></p> <ol style="list-style-type: none"> <li>47. Have you ever had a menstrual period? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>48. How old were you when you had your first menstrual period? _____</li> <li>49. How many periods have you had in the last 12 months? _____</li> </ol> <p><b>Explain "Yes" answers here:</b> _____</p> <p>_____</p> <p>_____</p> <p>_____</p> |
| Head  | Neck       | Shoulder | Upper Arm | Elbow     | Forearm    | Hand/ Fingers | Chest         |       |            |            |     |       |      |            |       |            |   |
| Upper Back  | Lower Back | Hip      | Thigh     | Knee      | Calf/ Shin | Ankle         | Foot/ Toes    |       |            |            |     |       |      |            |       |            |   |

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 \_\_\_\_\_

**UNITED STATES GYMNASTICS FEDERATION  
D/B/A USA GYMNASTICS  
AUTHORIZATION FORM**

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Purpose: This form is used to authorize United States Gymnastics Federation d/b/a USA Gymnastics ("USAG") to disclose your protected health information as described below. Your authorization does not limit your right to choose your own physician for your own personal medical needs.

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**NOTE: Please Print. All information must be completed.**

**SECTION A: Athlete Information.**

First Name: \_\_\_\_\_ M.I. \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Social Security/ID Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
(optional)

**SECTION B: Parent/Guardian Information. (For any athlete who is under the age of 18)**

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

Relationship to Athlete: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
(optional)

**SECTION C: The use and disclosure being authorized.**

Protected health information to be used and/or disclosed: The protected health information to be used or disclosed by USAG includes any and all health information related to the athlete's physical fitness, eligibility or ability to engage in any USAG sponsored or conducted practice, competition or exhibition.

Purpose of this Authorization/Entities Authorized to Use or Disclose: By signing this form, you authorize USAG to use or to disclose your protected health information to (1) USAG coaches, athletic trainers, and staff; (2) health care providers and their physicians, nurses, athletic trainers and staff; and (3) health care providers, athletic trainers and student trainees providing medical care at any location hosting or sponsoring sporting events in which the athlete participates. Your protected health information may be used by or disclosed to these individuals and entities for the following purposes.

- To enable USAG to obtain a determination that the athlete is fit and eligible to practice and participate in any USAG activity.
- To arrange for the diagnosis and treatment of the athlete's injuries and other medical conditions occurring during or relating to any USAG activity.
- To conduct drug testing and to report testing results as required by USAG or the United States Olympic Committee.

**Media and Parents/Family Members:** In addition to the foregoing, by signing this form, you authorize USAG to release protected health information to Outside Media Sources, Insurance Companies, and your parents/guardians and family members (Note: For athletes of minority age, disclosures may be made even if this line is not initialed.)

**Conditions:** This authorization is voluntary. However, USAG reserves the right to limit your participation in a USAG-related activity if you do not sign this Authorization. Similarly, if you sign this Authorization and later revoke it, you may no longer be permitted to participate in a USAG-related activity.

**Effect of Granting this Authorization:** USAG is not covered by federal health information privacy laws, such as HIPAA and FERPA. The protected health information described above may be disclosed to and/or received by individuals or organizations that also are not subject to federal health information privacy laws. As a result, if such information was previously protected, it may no longer be protected by federal health information privacy laws.

**SECTION D: Expiration and revocation.**

**Expiration:** This authorization will expire (a) one year from the date set forth below or (b) upon revocation of this authorization as described below.

**Right to Revoke:** You may revoke this authorization at any time by giving written notice of revocation to the contact listed below. Revocation may affect your eligibility to participate in USAG-related activities. Revocation of this authorization will *not* affect any action we took in reliance on this authorization before we received your written notice of revocation.

Contact Information: Program Director  
USA Gymnastics  
132 E. Washington St., Suite 700  
Indianapolis, IN 46204

Telephone: (317) 237-5050

**SIGNATURES.**

Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Athlete's Name (Printed): \_\_\_\_\_

**FOR ATHLETES UNDER THE AGE OF 18.**

Date: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_

Parent/Legal Guardian Name (Printed): \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_

Parent/Legal Guardian Name (Printed): \_\_\_\_\_



**Authorization to Obtain and Disclose Information**

I AUTHORIZE any physician, medical practitioner, hospital, clinic, other medical or medically related facility, insurance, or reinsuring company, the Medical Information Bureau, Inc., consumer reporting agency or employer having information available as to diagnosis, medical treatment of me, or my minor children if signed by a parent/guardian, and any other non-medical information of me or my minor children to give any and all such information to American Specialty Insurance Services, Inc. or its local representative.

I UNDERSTAND the information obtained by use of the Authorization will be used by American Specialty Insurance Services, Inc. to determine eligibility for benefits under an existing policy. Any information obtained will not be released by USA Gymnastics or American Specialty Insurance Services, Inc. to any person or organization EXCEPT to reinsuring companies, the Medical Information Bureau, Inc., or other person or organizations performing business or legal services in connection with my claim or as may be otherwise lawfully required or as I may further authorize.

I KNOW that I am entitled, upon receipt, to receive a copy of this Authorization and I am also entitled to receive it through my authorized representative.

I AGREE that a photographic copy of the Authorization shall be as valid as the original.

I AGREE the Authorization shall be valid for the term of the coverage of my, or my minor child's, policy/certificate related to the claim information sought.

Date: \_\_\_\_\_

**Signatures:**

\_\_\_\_\_  
Name of Minor Child/Patient

\_\_\_\_\_  
Insured/Patient (if not a Minor)

\_\_\_\_\_  
Parent/Guardian  
(If insured Patient is a minor)

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If a copy of this Authorization requested by Insured / Patient or Parent / Guardian, complete the following statement:

A true copy of this Authorization furnished:

\_\_\_\_\_  
Date

\_\_\_\_\_  
Agent / Claim Representative



## **International / National Event Consent to Treatment**

If under the age of 18:

We, the undersigned, parents of \_\_\_\_\_, minor, do hereby consent to any x-ray examination, anesthetic, medical or surgical evaluation, diagnosis, or treatment that may be rendered to said minor under the general or specific instructions or the USA Gymnastics medical personnel, whether such diagnosis or treatment is rendered at a licensed hospital, clinic, or doctor's office.

It is understood that this consent is given in advance of any specific diagnosis or treatment being required, but is given to provide authority and power to render care which the staff of USA Gymnastics in the exercise of their best judgement may deem advisable.

It is understood that in case of an emergency that reasonable efforts shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

This consent shall remain effective until one year from the date below unless sooner revoked in writing and delivered to USA Gymnastics, 132 E. Washington St., Suite 700, Indianapolis, Indiana 46204.

Dated: \_\_\_\_\_

### **Signatures:**

Mother: \_\_\_\_\_ Phone: \_\_\_\_\_

Father: \_\_\_\_\_ Phone: \_\_\_\_\_

Legal Guardian (if applicable)

\_\_\_\_\_ Phone: \_\_\_\_\_



## VERIFICATION OF OTHER INSURANCE

**Athlete Name:** \_\_\_\_\_ Home Address: \_\_\_\_\_

SOCIAL SECURITY OR CERTIFICATE NO.: \_\_\_\_\_ Home Phone: \_\_\_\_\_

**Mother's Name:** \_\_\_\_\_ Home Address: \_\_\_\_\_

SOCIAL SECURITY OR CERTIFICATE NO.: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Mother's Employer: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Group Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_

Insurance Company Address: \_\_\_\_\_

Yes  I am covered by this policy

No  I am not covered by this policy

SOCIAL SECURITY OR CERTIFICATE NO.: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Father's Employer: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Group Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_

Insurance Company Address: \_\_\_\_\_

Yes  I am covered by this policy

No  I am not covered by this policy

I hereby certify that the foregoing answers I have designated to the stated questions are true, complete, and correct to the best of my knowledge.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Parent/Guardian Signature (if athlete under 18)

\_\_\_\_\_  
Date Signed

**PLEASE READ THE FOLLOWING CAREFULLY BEFORE SIGNING:**

In consideration for the permission to participate in this competition, I agree to be bound by each of the following paragraphs:

**I. WAIVER AND RELEASE; ASSUMPTION OF RISK**

I agree that USA Gymnastics and the sponsor of this competition, along with the employees, agents, officers, and directors of both organizations (hereinafter referred to as "USAG" and "Sponsor") shall not be liable for any injuries, damages, or losses sustained by me which are in anyway related to my participation in this competition and which may be attributable to the negligence of USAG or the Sponsor. I am fully aware of the risks, including potential personal injuries, paralysis or death, damages and losses, whether to person or property (together "Losses"), associated with participation in a gymnastics competition; and I assume all risks and accept full responsibility for any Losses which I may incur in connection with my decision to exercise my permission to participate in this competition. I agree for myself, my family, my estate, my executor, my heirs, and my assigns (a) not to file any suit or initiate any claim procedure against USAG or Sponsor in connection with any Losses arising directly or indirectly out of my participation in this competition and (b) to fully and forever release and discharge USAG and Sponsor from any and all claims, demands, damages, rights of action, or causes of action in any way connected with this competition.

**II. READINESS TO COMPETE**

I am both physically and psychologically prepared to participate in this competition. I have been instructed by my coaches in the proper method to perform each of the exercises I will attempt in this competition; I have practiced those exercises; and I have performed those exercises in the past without suffering injury.

**III. ELIGIBILITY; COMPLIANCE WITH RULES**

I am a member in good standing of USAG and am eligible to participate in this competition. To the extent I remain eligible to compete in school or college gymnastics and am required to have my participation in this competition cleared, I represent that I have cleared my participation in this competition with the appropriate school or collegiate athletic association. During this competition, I will not knowingly violate any provision of applicable rules, procedures and protocols, and will voluntary cooperate with and participation in all drug-testing required at this competition to be carried out by the United States Anti-Doping Agency (or any other drug testing agency), and their employees and agents.

**IV. PUBLICITY RIGHTS**

USAG is recording this competition and in exchange for participating in the competition, I (or, if I am under 18 years of age, my parent/guardian) grant USAG permission to record, use and edit my name, voice, photograph, image, likeness, performance and any and all biographical information submitted by me. USAG may reproduce, create derivative works, distribute, publicly perform and display, and sell said recording in any and all formats or media, whether now known or yet to be discovered or developed, as well as use said recording in advertising, marketing or promoting USAG or its events and programs. USAG may not use my performance for the express or implied endorsement of any third party's products or services. All permissions granted by me shall be irrevocable and effective in perpetuity and throughout the world, and apply to USAG and its assigns, contractors, sub-licensees, distributors, successors, and agents.

I HAVE READ AND UNDERSTAND THIS RELEASE AND IT IS BINDING UPON ME AND MY HEIRS, MY LEGAL REPRESENTATIVES AND ASSIGNS.

\_\_\_\_\_  
Signature of Gymnast

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**If the gymnast is under the age of 18:**

As the legal parent and/or guardian for \_\_\_\_\_, I do hereby verify that I fully understand and accept each of the above four (4) conditions for permitting my child to participate in this competition.

\_\_\_\_\_  
Signature of Parent/Guardian

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Send to:  
Please check which Discipline  
 Acrobatic  Men  Rhythmic  Trampoline and Tumbling  Women  
USA Gymnastics  
132 E. Washington St, Suite 700  
Indianapolis, IN 46204  
317-237-5069 fax