

Hello everyone and happy Father's Day,

We have information about our physicals this year. Everyone needs a physical to participate with us. All Physicals are good for 2 school years, so if you had one done last year, we just need to make sure we have it on file in the band hall. If you have not completed a physical in the last year or it has expired, I'm attaching the new physical form for this year. Please bring this form with you if you choose to go to your own physician. I'm also including dates that NISD is putting on physicals for band and spirit students. Please make an appointment soon, they fill up fast! Please let me know if you have any questions!

Physicals: NISD Fine Arts, Spirit & ROTC Organizations
Effective: Summer, 2020

Rationale:

To comply with covid-19 concerns, the following district procedure will be used for all students participating in Band, Spirit, and ROTC organizations for the 20-21 school year.

Students participating in Band, Spirit, and ROTC organizations will need to plan on completing the UIL Medical History Form required by the state UIL office. Any “yes” answer to any of questions 1-6 on the Medical History Form will require a student to receive further medical evaluation, *which may include* a physical exam, and receive written clearance from a physician.

*Only those students with “yes” answers to any of the questions 1-6 are required to receive written clearance to participate through further medical evaluation. The person filling out the Medical History Form will need to explain why there is a “yes” answer to questions 1-6. The program director may need to contact the parent or student to acquire further information and explain why the student is not approved to participate.

Any participant *who has not previously completed* A Pre-Participation Physical Evaluation (PPE) and been cleared to participate will be required to complete the Medical History Form as noted above, *as well as a physical* prior to participation in any UIL practices or performances.

Available Resources:

Students may complete this requirement by contacting their personal physician, local medical clinic, or one of district sites listed below.

NISD Sites:

Wednesday, July 8, 2020	Holmes HS Bandhall	10:00 am to 3:00 pm
Saturday, July 18, 2020	Brennan HS Bandhall	9 am to 2:00 pm

Wednesday, July 22, 2020

Brandeis HS Bandhall

10:00 am to 3:00 pm

NOTE: COVID REGULATIONS WILL APPLY.

Appointment Arrangements:

To set up an appointment at any of the NISD sites, please visit The University Health System at www.healthuexpress.com or contact Mary Torres, 210 358 7020 or at maria.torres@uhs-sa.com. Physicals administered at NISD sites are \$25. Physical examination costs at other sites may vary.

ALL COMPLETED STUDENT PHYSICAL EXAMINATION FORMS ARE TO BE RETURNED TO THE CAMPUS BAND DIRECTOR, SPIRIT DIRECTOR/COACH, or ROTC COMMANDER. PHYSICALS ARE VALID FOR TWO YEARS. THE MEDICAL HISTORY FORM IS REQUIRED EVERY YEAR.

2020-2021 Northside ISD Medical History – BAND

X Student ID # _____

This form must be on file prior to participation in any practice or performance before, during or after school.

Student Name LAST _____ Student Name FIRST _____ Grade 19-20 school year _____ Date of Birth _____

Student Address (Street, City, Zip Code) _____ Student Phone _____ Age _____ Sex _____
 In case of Emergency contact: _____

Name _____ Relationship _____ Phone _____ Cell Phone _____

This MEDICAL HISTORY FORM must be completed **annually** by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate.

Explain "Yes" answers in the box below**
Circle questions to which you do not know the answer

		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"/>	13	Have you ever gotten unexpectedly short of breath with exercise? Do you have Asthma?	<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"/>		* If yes, complete both sides of the Asthma Action Form Do you have an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>															
3	Have you ever had prior testing for the heart ordered by a physician? 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?	<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"/>															
	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)? Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<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"/>	<input type="checkbox"/>															
					<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td><input type="checkbox"/> Neck</td> <td><input type="checkbox"/> Forearm</td> <td><input type="checkbox"/> Thigh</td> </tr> <tr> <td><input type="checkbox"/> Back</td> <td><input type="checkbox"/> Wrist</td> <td><input type="checkbox"/> Knee</td> </tr> <tr> <td><input type="checkbox"/> Chest</td> <td><input type="checkbox"/> Hand</td> <td><input type="checkbox"/> Shin/Calf</td> </tr> <tr> <td><input type="checkbox"/> Shoulder</td> <td><input type="checkbox"/> Finger</td> <td><input type="checkbox"/> Ankle</td> </tr> <tr> <td><input type="checkbox"/> Upper Arm</td> <td></td> <td><input type="checkbox"/> Foot</td> </tr> </table>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle	<input type="checkbox"/> Upper Arm		<input type="checkbox"/> Foot		
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	Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	16	Do you want to weigh more or less than you do now?	<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?	<input type="checkbox"/>	<input type="checkbox"/>	17	Do you lose weight regularly to meet weight requirements for your sport? Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>															
	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?	<input type="checkbox"/>	<input type="checkbox"/>	18	Have you ever been diagnosed with or treated for sickle cell trait or sickle cell diseases? Females only	<input type="checkbox"/>	<input type="checkbox"/>															
	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"/>	19	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?	_____	_____															
5	Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (questions 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' ANSWERS IN THE BOX BELOW (Attach additional sheet if necessary)																		
6	Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>																			
7	Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>																			
8	Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>																			
9	Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>																			
10	Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>																			
11	Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>																			
12	Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>																			

Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above student should need 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 said student by any physician, athletic trainer, nurse, or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student. If, between this date and the beginning of competition, 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.

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.

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

Any yes answer to questions, 1, 2, 3, 4, 5 or 6, may require further medical evaluation, which may include a physical exam. The written clearance from a Physician, Physician Assistant, Chiropractor, or Nurse Practitioner is required before any participation in UIL events.

PRE-PARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION - BAND

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

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (____ / _____, ____ / _____)

Brachial blood pressure while sitting

Vision R 20/____ L 20/____

Corrected: Y N

Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again, prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. ***Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearances			
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			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

Cleared

Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

Physical Examination must be performed and signed on or after June 1, 2020 to be valid.

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 Number: _____

Signature: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE OR PERFORMANCE BEFORE, DURING OR AFTER SCHOOL.