

SPORTS PACKET FORMS

- History Form
- Athletes with Disabilities Form
- Physical Exam Form
- Medical Eligibility Form
- School Asthma Action Plan
- Allergy/Anaphylaxis Care Plan
- Seizure Action Plan

To The Parents/ Guardians,

Please complete all of the required OHSA forms listed above.

As stated in the Ohio Revised Code, any student with asthma, severe allergy causing anaphylaxis or seizure disorder requiring emergency medication must provide the appropriate paper work completed by the prescribing physician.

The forms are included in this packet and only need to be completed if your student athlete carries an inhaler, Epipen or emergency seizure medication.

They will not be allowed to participate in their sport until the paperwork is completed and signed by the doctor and the parent or guardian.

If you have any questions or concerns, please call the school at 330.627.2134.



PREPARTICIPATION PHYSICAL EVALUATION | Ohio High School Athletic Association – 2023-2024

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____ Grade in School: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

List past and current medical conditions: _____

Have you ever had surgery? If yes, list all past surgical procedures: _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional): _____

Do you have any allergies? If yes, please list all your allergies (i.e., medicines, pollens, food, stinging insects): _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS		
(Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)		
	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU		
	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU		
(CONTINUED)		
	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		
	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. 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)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		



PREPARTICIPATION PHYSICAL EVALUATION | Ohio High School Athletic Association – 2023 – 24

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name: _____ Date of birth: _____

1. Type of disability:		
2. Date of disability:		
3. Classification (if available):		
4. Cause of disability (birth, disease, injury, or other):		
5. List the sports you are playing:		
	Yes	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed as having a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "Yes" answers here:

Please indicate whether you have ever had any of the following conditions:

	Yes	No
Atlantoaxial instability		
Radiographic (x-ray) evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "Yes" answers here:

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

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____



PREPARTICIPATION PHYSICAL EVALUATION – Ohio High School Athletic Association – 2023-2024

PHYSICAL EXAMINATION FORM

Name: _____ Date of Birth: _____ Grade in School: _____

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, e-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-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height:	Weight:	
BP: / (/)	Pulse:	Vision: R 20/ L 20/ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 		

^a Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, DC, NP, or PA



PREPARTICIPATION PHYSICAL EVALUATION | OHIO HIGH SCHOOL ATHLETIC ASSOCIATION – 2023-2024

MEDICAL ELIGIBILITY FORM

Name: _____ Date of Birth: _____ Grade in School: _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date of Exam: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, DC, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____



My Asthma Action Plan For Home and School

Name: _____ DOB: ____ / ____ / ____

Severity Classification: ☐ Intermittent ☐ Mild Persistent ☐ Moderate Persistent ☐ Severe Persistent

Asthma Triggers (list): _____

Peak Flow Meter Personal Best: _____

Green Zone: Doing Well

Symptoms: Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night

Peak Flow Meter _____ (more than 80% of personal best)

Control Medicine(s)	Medicine	How much to take	When and how often to take it	Take at
	_____	_____	_____	<input type="checkbox"/> Home <input type="checkbox"/> School
	_____	_____	_____	<input type="checkbox"/> Home <input type="checkbox"/> School

Physical Activity ☐ Use Albuterol/Levalbuterol _____ puffs, 15 minutes before activity ☐ with all activity ☐ when you feel you need it

Yellow Zone: Getting Worse

Symptoms: Some problems breathing – Cough, wheeze, or tight chest – Problems working or playing – Wake at night

Peak Flow Meter _____ to _____ (between 50% and 79% of personal best)

Quick-relief Medicine(s) ☐ Albuterol/Levalbuterol _____ puffs, every 4 hours as needed

Control Medicine(s) ☐ Continue Green Zone medicines

☐ Add _____ ☐ Change to _____

You should feel better within 20–60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

Red Zone: Get Help Now!

Symptoms: Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helping

Peak Flow Meter _____ (less than 50% of personal best)

Take Quick-relief Medicine NOW! ☐ Albuterol/Levalbuterol _____ puffs, _____ (how frequently)

Call 911 immediately if the following danger signs are present:

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue
- Still in the red zone after 15 minutes

School Staff: Follow the Yellow and Red Zone instructions for the quick-relief medicines according to asthma symptoms.

The only control medicines to be administered in the school are those listed in the Green Zone with a check mark next to "Take at School".

☐ Both the Healthcare Provider and the Parent/Guardian feel that the child has demonstrated the skills to carry and self-administer their quick-relief inhaler, including when to tell an adult if symptoms do not improve after taking the medicine.

Healthcare Provider

Name _____ Date _____ Phone (____) _____ - _____ Signature _____

Parent/Guardian

☐ I give permission for the medicines listed in the action plan to be administered in school by the nurse or other school staff as appropriate.

☐ I consent to communication between the prescribing health care provider or clinic, the school nurse, the school medical advisor and school-based health clinic providers necessary for asthma management and administration of this medicine.

Name _____ Date _____ Phone (____) _____ - _____ Signature _____

School Nurse

☐ The student has demonstrated the skills to carry and self-administer their quick-relief inhaler, including when to tell an adult if symptoms do not improve after taking the medicine.

Name _____ Date _____ Phone (____) _____ - _____ Signature _____

Please send a signed copy back to the provider listed above.

1-800-LUNGUSA | Lung.org

ALLERGY/ANAPHYLAXIS CARE PLAN

Name _____ Birthdate _____ Teacher _____

School Nurse _____ Phone _____ Fax _____

Healthcare Provider _____ Preferred Hospital _____

HISTORY OF ASTHMA: ☐ No ☐ Yes-Higher risk for severe reaction

ALLERGY: (check appropriate) *To be completed by Healthcare Provider*

☐ Foods (list):

☐ Medications (list):

☐ Latex: ☐ Type I (anaphylaxis) ☐ Type IV (contact dermatitis)

☐ Stinging Insects (list):

☐ Other (list):

Student
Photo

RECOGNITION & TREATMENT:

Chart to be completed by Healthcare Provider ONLY		Give CHECKED Medication	
If food ingested or contact w/ allergen occurs:		Epinephrine	Antihistamine
No symptoms noted	<input type="checkbox"/> Observe for other symptoms		
Mouth	Itching, tingling, or swelling of lips, tongue, mouth		
Skin	Hives, itchy rash, swelling of the face or extremities		
Gut+	Nausea, abdominal cramps, vomiting, diarrhea		
Throat+	Tightening of throat, hoarseness, hacking cough		
Lung+	Shortness of breath, repetitive coughing, wheezing		
Heart+	Thready pulse, low BP, fainting, pale, blueness		
Neuro+	Disorientation, dizziness, loss of consciousness		
If reaction is progressing (several of the above areas affected), GIVE:			
The severity of symptoms can quickly change. + = Potentially life-threatening.			

DOSAGE:

- ✓ Epinephrine: Inject into outer thigh (through clothing) ☐ 0.3 mg OR ☐ 0.15 mg
- ✓ Antihistamine: ☐ Loratadine _____ mg ☐ Cetirizine _____ mg ☐ Diphenhydramine _____ mg
(Liquid or melts or depends which is available). *To be given by mouth only if able to swallow.*

Other: _____

☐ This child has received instruction in the proper use of the Auto-injector: EpiPen® or Auvi-Q® or _____ (circle one). It is my professional opinion that this student SHOULD be allowed to carry and use the auto-injector independently. The child knows when to request antihistamine and has been advised to inform a responsible adult if the auto-injector is self-administered.

☐ It is my professional opinion (HCP) that this student **SHOULD NOT** carry an auto-injector.

☐ This child has special needs and the following instructions apply: _____

Healthcare Provider Signature _____ Phone: _____ Date _____

EMERGENCY PROTOCOL:

Call 911. State that an allergic reaction has been treated, and additional epinephrine may be needed.

1. Call parents/guardian to notify of reaction, treatment and student's health status.
2. Treat for shock. Prepare to do CPR.

ALLERGY/ANAPHYLAXIS CARE PLAN

Side 2: To Be Completed by Parent/Guardian, Student and School
Allergy/Anaphylaxis Action Plan (continued) Student Name _____

Parent/Guardian AUTHORIZATIONS

- ☐ I want this allergy plan implemented for my child; I want my child to carry an auto-injector and I agree to release the school district and school personnel from all claims of liability if my child suffers any adverse reactions from self-administration of an auto-injector.
- ☐ I want this plan implemented for my child and I do not want my child to self-administer epinephrine.
- ☐ I request that school staff be trained in to give emergency medications to my child in the absence of the nurse.

Parent is responsible for auto injectors for before and after school activities separate from the school day supply.

I understand that submission of this form may require the nurse to contact and receive additional information from the health care provider regarding the allergic condition(s) and the prescribed medication.

Parent/Guardian Signature: _____ Phone: _____ Date: _____

EMERGENCY CONTACTS

	Name	Home #	Work #	Cell #
Parent/Guardian				
Parent/Guardian				
Other:				
Other:				

Student Agreement:

- I have been trained in the use of my auto-injector and allergy medication and understand the signs and symptoms for which they are given;
- I agree to carry my auto-injector with me at all times;
- I will notify a responsible adult (teacher, nurse, coach, noon duty, etc.) **IMMEDIATELY** when my auto-injector (epinephrine) is used;
- I will not share my medication with other students or leave my auto-injector unattended;
- I will not use my allergy medications for any other use than what it is prescribed for.

Student Signature: _____ Date _____

Approved by Nurse/Principal Signature: _____ Date _____

PREVENTION: Avoidance of allergen is crucial to prevent anaphylaxis.

Critical components to prevent life threatening reactions: ☒ Indicates activity completed by school staff

<input type="checkbox"/>	Encourage the use of Medic-alert bracelets
<input type="checkbox"/>	Notify nurse, teacher(s), front office and kitchen staff of known allergies
<input type="checkbox"/>	Use non-latex gloves and eliminate powdered latex gloves in schools
<input type="checkbox"/>	Ask parents to provide non-latex personal supplies for latex allergic students
<input type="checkbox"/>	Post "Latex Reduced Environment" sign at entrance of building
<input type="checkbox"/>	Encourage a No-Peanut Zone in the school cafeteria
<input type="checkbox"/>	Other:

STAFF MEMBERS TRAINED

Name	Title	Location/Room #	Trained By (RN only)

CEVSD School District with permission from Anchorage School District

Nursing & Health Services; Adapted from the Asthma & Allergy Foundation of America, Alaska Chapter

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Seizure Action Plan

with Emergency Seizure Care Instructions

This student is being treated for a seizure disorder. The information below should assist you if a seizure occurs during school hours.

Student's First Name		Student's Last Name		Date of Birth (Mo/Da/Year)	
Parent/Guardian Name		Tel (Home)	Tel (work)	Tel (cell)	
Other Emergency Contact		Tel (Home)	Tel (work)	Tel (cell)	
Child's Neurologist or Treating Physician		Tel Number(s)		Email	

Seizure Information

What types of seizures does your child have? Describe seizure symptoms in more detail below.			
Seizure Type	Length	Frequency	Description

Seizure triggers or warning signs?	
Student's response after a seizure?	

Basic First Aid: Care & Comfort

Please describe basic first aid procedures:	Basic Seizure First Aid: <ul style="list-style-type: none"> ✓ Stay calm & track time ✓ Keep child safe ✓ Stay with child until fully conscious ✓ Record seizure in log X Do <u>not</u> restrain X Do <u>not</u> put anything in mouth <u>For tonic-clonic (grand mal) seizure:</u> ✓ Protect head ✓ Keep airway open, watch breathing ✓ Turn child on side
Does student need to leave the classroom after a seizure? NO YES	
If YES, describe process for returning student to the classroom:	

Emergency Response

A "seizure emergency" for this student is defined as:	A Seizure is generally considered an Emergency when: <ul style="list-style-type: none"> ✓ A convulsive (tonic-clonic) seizure lasts longer than 5 minutes ✓ Student has repeated seizures without regaining consciousness ✓ Student has a first time seizure ✓ Student is injured or diabetic ✓ Student has breathing difficulties ✓ Student has a seizure in water
Seizure Emergency Protocol (check all that apply and clarify below)	
<input type="checkbox"/> Contact school nurse at: _____	
<input type="checkbox"/> Call 91 for transport to: _____	
<input type="checkbox"/> Notify parent or emergency contact	
<input type="checkbox"/> Administer emergency medications as indicated below	
<input type="checkbox"/> Notify doctor	
<input type="checkbox"/> Other: _____	

Treatment Protocol During School Hours

What medication(s) does your child take?			
Medication	Dosage	Time of day given	Common Side Effects & Special Instructions

Does your child have a Vagus Nerve Stimulator?	NO	YES	If YES, please describe magnet use:

SPECIAL CONSIDERATIONS AND PRECAUTIONS (regarding school activities, sports, trips, etc)

Describe any special considerations or precautions:

EMERGENCY SEIZURE CARE INSTRUCTIONS

Name and purpose of the prescribed emergency anti-seizure medication:			
Emergency Medication	Dosage	Administration Instructions (timing* & method**)	The frequency of administration

*After 2nd or 3rd seizure, for cluster of seizure, etc. ** Orally, under tongue, rectally, etc.

When should emergency anti-seizure medication be administered?

Describe in detail the seizure symptoms, including frequency, type, and length of seizures that identify when the administration of an emergency anti-seizure medication becomes necessary.	
The circumstances under which the medication may be administered:	
Any potential adverse responses by the student and recommended actions and when to call 911:	
A protocol for observing the student after a seizure:	
Who should be contacted to continue observation plan?	

Physician Name	Physician Signature:	Date

Parent/Guardian Name	Parent/Guardian Signature:	Date