

PLUMMER MS ATHLETICS

PARENTS,

LISTED BELOW, YOU WILL FIND ALL OF THE REQUIREMENTS FOR PARTICIPATING IN ATHLETICS HERE AT PLUMMER MS. NO STUDENT WILL BE ALLOWED TO PARTICIPATE IN ANY GAMES UNTIL THESE REQUIREMENTS ARE MET. IN ORDER TO PARTICIPATE, YOU MUST COMPLETE THE FOLLOWING:

- I. PHYSICAL/INSURANCE WAIVER FORM- ALL STUDENTS MUST TAKE AND PASS A PHYSICAL EXAMINATION. THE PHYSICAL FORM MUST BE FILLED OUT COMPLETELY. A HARD COPY OF THE PHYSICAL/INSURANCE WAIVER FORM MUST BE TURNED IN TO THE COACH.
- II. INSURANCE- ALL STUDENTS MUST HAVE PROOF OF INSURANCE COVERAGE. IN THE EVENT YOU DON'T HAVE COVERAGE, COVERAGE CAN BE PURCHASED THROUGH THE SCHOOL. THE INSURANCE WAIVER FORM MUST BE NOTARIZED.
- III. PARTICIPATION FORMS- THESE FORMS CAN BE FOUND ONLINE AT <http://aldineisd.rankonesports.com> THESE FORMS NEED TO BE SUBMITTED ONLINE.
- IV. ATHLETIC PARTICIPATION FEE- THERE IS A \$30.00 FEE THAT IS REQUIRED OF ALL STUDENTS THAT PARTICIPATE IN ANY SPORT IN ALDINE ISD. THIS FEE MUST BE PAID BEFORE THE FIRST GAME. IF YOU HAVE MORE THAN ONE CHILD, THE COST FOR ALL OTHER CHILDREN IN THE FAMILY IS \$25.00.

IF YOU HAVE ANY QUESTIONS REGARDING ANY OF THE INFORMATION LISTED ABOVE, FEEL FREE TO CONTACT COACH MCDANIEL AT 281-539-4000.

ALDINE ISD ONLINE ATHLETICS FORMS

ALDINE ISD IS TRANSITIONING TO ONLINE FORMS FOR THE 2016-17 SCHOOL YEAR. ALL FORMS CAN BE FOUND VIA THE INTERNET ON: COMPUTER, TABLET, OR SMARTPHONE. THE WEBSITE IS: <http://aldineisd.rankonesport.com>

DIRECTIONS FOR COMPLETING THE ONLINE FORMS:

- 1. CLICK ON PHYSICAL/INSURANCE WAIVER TAB AT THE TOP TO PRINT THE TWO FORMS THAT MUST STILL BE SUBMITTED AS HARD COPIES.**
- 2. CLICK ON ELECTRONIC PARTICIPATION FORMS TAB TO COMPLETE AND SUBMIT ALL REMAINING FORMS ONLINE.**

BOTH 1 & 2 MUST BE MET BEFORE AN ATHLETE CAN PARTICIPATE IN ATHLETICS!

ALL FORMS MUST BE SUBMITTED AND COMPLETED PRIOR TO ANY ATHLETE PARTICIPATING IN AN ATHLETIC PRACTICE OR EVENT FOR THE 2016-17 SCHOOL YEAR.

****THE PHYSICAL/ INSURANCE WAIVER FORM MUST BE FILLED OUT COMPLETELY (SIGNED AND DATED BY PARENT AND STUDENT) AND IT MUST BE NOTARIZED!**

****ALSO, A HARD COPY OF THE EMERGENCY INFORMATION FORM WILL NEED TO BE SUBMITTED WITH THE PHYSICAL/INSURANCE WAIVER FORM.**

IF YOU HAVE ANY QUESTIONS REGARDING THE ONLINE PAPERWORK PROCESS, PLEASE CONTACT COACH MCDANIEL AT 281-539-4000.

FORMAS ATLETICAS DE ALDINE ISD EN EL INTERNET

ALDINE ISD ESTÁ EN TRANSICIÓN HACIA FORMAS EN LÍNEA PARA EL AÑO 2016-2017. TODAS LAS FORMAS SE PUEDEN ENCONTRAR EN EL INTERNET EN: COMPUTADORA, TABLETA O UN TELEFONO INTELIGENTE. EL SITIO WEB ES: <http://aldineisd.rankonesport.com>

INDICACIONES PARA LLENAR LOS FORMULARIOS EN LÍNEA:

1. HAGA CLIC EN PHYSICAL/ INSURANCE WAIVER TAB EN LA PARTE DE ARRIBA PARA IMPRIMIR LAS DOS FORMAS QUE AÚN DEBE SOMETERSE SEGÚN COPIAS IMPRESAS.
2. HAGA CLIC EN ELECTRONIC PARTICIPATION FORM TAB PARA COMPLETAR Y ENVIAR TODAS LAS MODALIDADES RESTANTES POR LÍNEA.

AMBOS 1 Y 2 DEBEN CUMPLIRSE ANTES DE QUE UN ATLETA PUEDE PARTICIPAR EN DEPORTES!

TODOS LOS FORMULARIOS DEBEN SER PRESENTADOS Y COMPLETARSE ANTES DE QUE CUALQUIER ATLETA PUEDA PARTICIPAR EN UNA PRÁCTICA O EVENTO ATLETICO PARA EL AÑO ESCOLAR 2016-17.

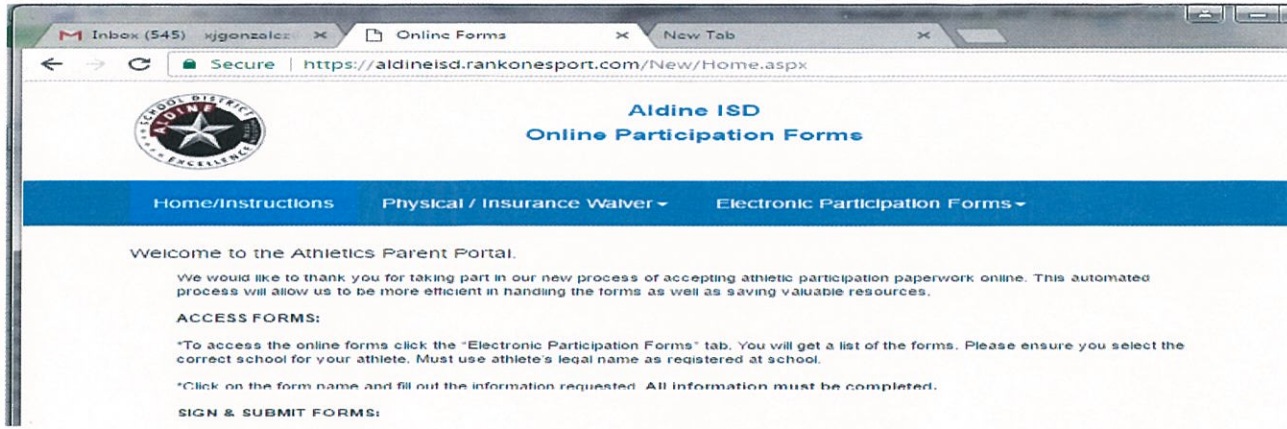
**** EL FORMULARIO DE PHYSICAL/INSURANCE WAIVER DEBE SER LLENADA COMPLETAMENTE (FIRMADO Y FECHADO POR PADRE Y ESTUDIANTE) Y DEBE SER NOTARIADO!**

**** TAMBIÉN, UNA COPIA IMPRESA DE LA INFORMACIÓN DE LA FORMA DE EMERGENCIA TENDRÁN QUE SER PRESENTADOS CON LA FORMA DE PHYSICAL/INSURANCE WAIVER.**

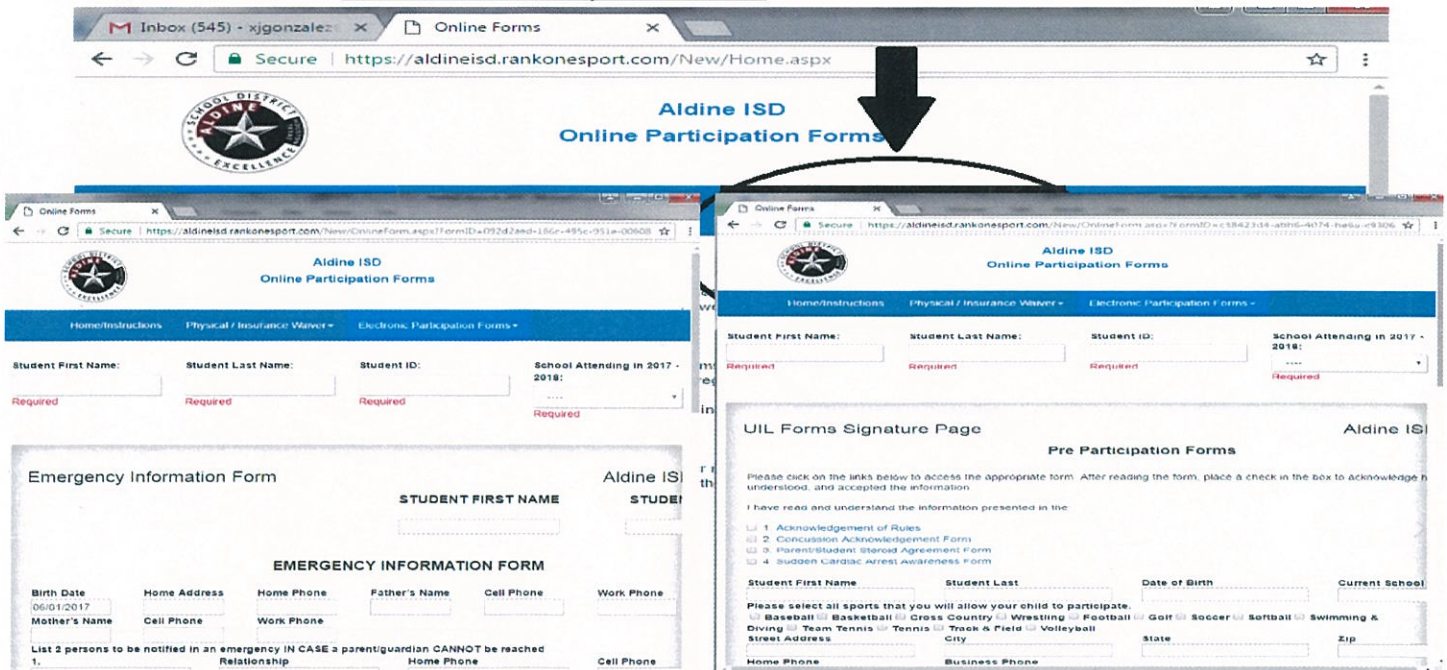
SI TIENE PREGUNTAS SOBRE EL PROCESO DE LOS TRÁMITES EN LÍNEA, PUEDE CONTACTARSE CON EL ENTRENADOR MCDANIEL AL 281-539-4000.

How to complete online forms:

Step 1: Website- aldineisd.rankonesport.com (No www. Or http. Is needed)



STEP 2: Select: Electronic Participation Form Tab



STEP 3: Both the Emergency Information Form and UIL signature Page must be filled out and submitted. Make sure to fill out every space. If you do not know the answer type (N/A), You must have student name and ID number.

PREPARTICIPATION PHYSICAL EVALUATION (PART 1)—MEDICAL HISTORY (TO BE COMPLETED BY STUDENT'S PARENT/GUARDIAN)

Explain "Yes" answers on an additional sheet. Circle questions you don't know the answers to. Any "Yes" answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games, or matches.

1. Have you had a medical illness or injury since your last check up or sports physical? Y N
2. Have you been hospitalized overnight in the past year? Y N
Have you ever had surgery? Y N
3. Have you ever had prior testing for the heart ordered by a physician? Y N
Have you ever passed out during or after exercise? Y N
Have you ever had chest pain during or after exercise? Y N
Do you get tired more quickly than your friends do during exercise? Y N
Have you ever had racing of your heart or skipped heartbeats? Y N
Have you had high blood pressure or high cholesterol? Y N
Have you ever been told you have a heart murmur? Y N
Has any family member or relative died of heart problems or of sudden unexpected death before the age 50? Y N
- Has any 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? Y N
- Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month? Y N
- Has a physician ever denied or restricted your participation in sports for any heart problems? Y N
4. Have you ever had a head injury or concussion? Y N
Have you ever been knocked out, become unconscious, or lost your memory? Y N
If Yes, how many times _____
When was the last concussion? _____
How severe was each one? (Explain below) _____
Have you ever had a seizure? Y N
Do you have frequent or severe headaches? Y N
Have you ever had numbness or tingling in your arms, hands, legs, or feet? Y N
Have you ever had a stinger, burner, or pinched nerve? Y N
5. Are you missing any paired organs? Y N
6. Are you under a doctor's care? Y N
7. Are you currently taking any prescription or non-prescription (over the counter) medication or pills or using an inhaler? Y N
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? Y N
9. Have you ever been dizzy during or after exercise? Y N
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? Y N
11. Have you ever become ill from exercising in the heat? Y N
12. Have you had any problems with your eyes or vision? Y N
13. Have you ever gotten unexpectedly short of breath with exercise? Y N
Do you have asthma? Y N
Do you have seasonal allergies that require medical treatment? Y N
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, spinal neck roll, foot orthotics, retainer on your teeth, hearing aid)? Y N
15. Have you ever had a sprain, strain, or swelling after an injury? Y N
Have you ever broken or fractured any bones or dislocated any joints? Y N
Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? Y N
If Yes, check appropriate box and explain below.
Head Elbow Hip Neck Forearm Thigh
Back Wrist Knee Chest Hand Shin/Calf
Shoulder Finger Ankle Upper Arm Foot
16. Do you want to weigh more or less than you do now? Y N
17. Do you feel stressed out? Y N
18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? Y N

FEMALES ONLY

19. When was your first menstrual period? _____
When was your most recent menstrual period? _____
How much time do you usually have from 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? _____

MALES ONLY

20. Do you have two testicles? _____
21. Do you have any testicular swelling or masses? _____

For school use only: This Medical History Form was reviewed by:

Name _____ Date _____ Sign _____

* It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the Aldine Independent School District 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 district 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 athletic 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.

Student X _____ Date _____
Parent X _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION (PART 2)—
(To be completed by examining physician or physician's designee prior to beginning physical examination)

Student's Name _____
Sex _____ Age _____ Date of Birth _____
Height _____ Weight _____
% Body Fat (optional) _____ Pulse _____
BP _____ / _____ (_____ / _____)
Vision R 20/ _____ L 20/ _____ Corrected? Y N
Pupils: Equal _____ Unequal _____

PREPARTICIPATION PHYSICAL EVALUATION (PART 3)—PHYSICAL EXAMINATION (TO BE COMPLETED AND SIGNED BY 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.)

*station-based examination only
CLEARANCE

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Appearance			
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	NORMAL	ABNORMAL FINDINGS	INITIALS*
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

- Cleared
 Cleared after completing evaluation/rehabilitation for: _____
 Not cleared for: _____ Reason: _____

Recommendations: _____

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.

Examiner's Name (Print) _____

Date of Examination _____

Address _____

Phone _____

Signature _____