

# KISD Physicals - Electronic Form Submission Instructions:

To complete the required forms for a KISD student-athlete to participate in KISD/ UIL athletics:

1. Log on to the Klein ISD Rankone Sport home page (<https://kleinisd.rankonesport.com/New/Home.aspx>)  
Follow the instructions to complete all the forms.

A. Click "Start Online Forms"

B. Create a Parent Account (highly suggested) or Go to Forms

Klein ISD Online Participation Forms

Home/Instructions Electronic Participation Forms - Download and Print -

Welcome to the Athletics Parent Portal.

Physical

Start Online Forms

Have you previously created a Parent Account when completing forms online?

No, Create New Account

Yes, Sign In

Not Sure, Search for Account

I don't want an account. Go to forms

2. Once all the Electronic Participation forms (& email) are completed- click "submit".

Electronic Participation Forms -

UIL Forms Signature Page

Pre Participation Athletic Form

KISD Code of Conduct Form

Notification Email: [text box] If the athlete is 18 and completing the form themselves, please enter their email. If the athlete is under 18 or the parent/guardian is completing the form, please enter the parent/guardian email. An email notification will be sent once the form has been approved.

Submit

3. Download, Complete AND Print the KISD Pre-Participation Physical Form.

Download and Print -

Physical

4. This form has 2 Pages. Page 1 is completed by Parent & Student, Page 2 has 2 Sections; The Medical History Section (completed by Parent & Student) and the Physical Exam Section (completed by a MD).

Page 1

Page 2

5. Once the KISD Pre-Participation Physical Form (with pages) are completed, dated and stamped by a MD; have the student-athlete turn the form into the **High School Athletic Trainer (AT)** or to the **Intermediate Head Coach**.

6. Once ALL electronic forms have been submitted (online or paper) AND the KISD Pre-Participation Physical Form has been physically turned in and verified by the **High School Athletic Trainer (AT)/ Intermediate Head Coach**, THEN the student-athlete will be eligible (Cleared) to participate in athletics events including practices before, during & after school (this includes the athletics class period).  
Contact your Campus AT with any questions.

## KISD Physicals - Electronic Form Submission Instructions:

Parents:

You need to navigate to the KISD Athletics website <http://www.kleinisd.net/preview.aspx?name=issath.home> to complete & sign the following forms for your student to participate in athletics:

1. KISD Handbook, Rules, & KISD Concussion Protocol
2. KISD Code of Conduct
3. UIL Consent & Eligibility form
4. UIL Steriod Form
5. UIL Concussion Form
6. UIL Cardiac Awareness Form
7. KISD Pre-Participation Athletic Form

Once you are on the KISD website ([www.kleinisd.net](http://www.kleinisd.net)):

1. Click on **Departments**  
Then
  2. Click on **Athletics**  
You will see "FORMS"
  3. Click on "**Submit Forms Online**"
  4. Follow the Insturctions to complete and sign the forms electronically
- You must also complete the **2-page KISD Pre-Participation Athletic Form**;
- Page 1: Student Information & Consent
  - Page 2: The Physical Evaluation Medical History form (left side of form) AND Physical Exam (right side of form)
- Complete the forms and then take it to your MD to have the KISD Pre-Participation Physical Evaluation. The Physical Exam must be completed by the MD
- Once both sides are completed please have your athlete turn it in to the High School Athletic Trainer or the Intermediate Head Coach.
- Once you have completed the online forms, KISD Pre-Participation Physical form, and have turned them into the Athletic Trainer/ Itermediate Coach, THEN your student will be eligibilte to participate in athletics

**Electronic 2017-2018 KLEIN ISD PRE-PARTICIPATION ATHLETIC FORM** Page 1 of 2  
**ALL INFORMATION IS REQUIRED \*\*DO NOT LEAVE ANY BLANKS \*\*PRINT LEGIBLY WITH BLUE OR BLACK INK\*\***

Student's Last Name / Student's First Name / Student's Middle Name

KISD Student ID # Gender Age Date of Birth 2017-18 GRADE

17-18 School: \_\_\_\_\_ List the sport(s) in which you plan to participate: \_\_\_\_\_

Parent/Guardian 1 FULL Name (include last name) / Parent/Guardian 1 – Cell Phone / Parent/Guardian 1 – E-MAIL (PRINT)

Parent/Guardian 2 FULL Name (include last name) / Parent/Guardian 2 – Cell Phone / Parent/Guardian 2 – E-MAIL (PRINT)

Allergies to medication or other (please list): \_\_\_\_\_

Any medications taken regularly (please list): \_\_\_\_\_

Any medical concerns that should be noted: \_\_\_\_\_

List all Surgeries: \_\_\_\_\_

Sickle Cell/ Trait: YES / NO Diabetes: YES / NO Epilepsy/ Seizure Disorder: YES / NO

Diagnosed Concussions: NO / YES- Dates: \_\_\_\_\_ Baseline ImPACT Testing: NO / YES- Date(s): \_\_\_\_\_

**CONSENT & RELEASE TO RETURN TO PARTICIPATION AFTER ANY MEDICAL CONSULTATIONS**

Athletes who seek medical attention from a HealthCare Provider for any injury or illness, regardless of whether they are removed from or have restrictions placed on their ability to participate, CANNOT return to athletic participation until a signed and dated physician's release has been provided to the Athletic Trainer (AT) or designee. Parental authorization or notification will NOT be accepted in place of the medical release/note. This includes any and all injury/illness that may not be school related (Club/ off campus).

Any Athlete that see any Medical Professional for any reason, must have a note from that Medical Professional BEFORE being able to resume Participation- NO EXCEPTIONS!\*\* MD notes should include a Diagnosis including any restrictions- these notes are not "attendance" notes.

**YOUR SIGNATURE BELOW GIVES AUTHORIZATION THAT IS NECESSARY FOR THE SCHOOL DISTRICT, ITS LICENSED ATHLETIC TRAINERS, COACHES, ASSOCIATED PHYSICIANS, SCHOOL PERSONNEL AND STUDENT INSURANCE PERSONNEL TO SHARE INFORMATION CONCERNING MEDICAL DIAGNOSIS AND TREATMENT FOR YOUR STUDENT-ATHLETE.**

Parent/Guardian Sign (required): \_\_\_\_\_ Date: \_\_\_\_\_

Once ALL electronic forms have been submitted (online or paper) **AND** the KISD Pre-Participation Physical Form has been physically turned in and verified by the **High School Athletic Trainer (AT)/ Intermediate Head Coach**, **THEN** the student-athlete will be eligible (Cleared) to participate in athletics events including practices before, during & after school (this includes the athletics class period). Contact your Campus AT with any questions.

**For School Personnel Use Only:** Athletic Trainer or Intermediate Coach ONLY Page 1 of 2

Electronic Forms Submitted (date): \_\_\_\_\_ Verified By (Signature) / Date: \_\_\_\_\_

Pre-Participation Medical History & Physical Form Submitted(date): \_\_\_\_\_ Verified By (Signature) / Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

STUDENT – PARENT/GUARDIAN SECTION		
This MEDICAL HISTORY FORM must be completed <u>annually</u> by parent/guardian and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition, which would make it hazardous to participate in an athletic event. <b>Explain all "Yes" answers. 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.</b> Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches.		
	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"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had prior testing for the heart ordered by a physician?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>
Has any family member or relative died of heart problems or of sudden unexpected death before age 50? WHO:	<input type="checkbox"/>	<input type="checkbox"/>
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? WHO:	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____ When was the last concussion? _____		
How severe was each one? (Explain) _____		
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have seasonal allergies that require medical treatment?	<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"/>
15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip <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"/> 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 <input type="checkbox"/> Chest		
16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you ever been diagnosed with/or treated for sickle cell trait or disease?	<input type="checkbox"/>	<input type="checkbox"/>
19. Females Only: 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?		

MEDICAL EXAMINER SECTION			
As a minimum requirement this PHYSICAL EXAMINATION FORM <i>must</i> be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It must be completed if there are "yes" answers to specific questions on the student's MEDICAL HISTORY FORM in the left column. <b>*KISD requires an annual physical exam.</b>			
Height: _____	Weight: _____	Pulse: _____	
BP: _____ / _____ ( _____ / _____ : _____ / _____ ) Brachial Blood Pressure while sitting			
Vision: R – 20/ _____ L – 20/ _____ Corrected: Y N			
Pupils: Equal/Unequal	Normal	%Body Fat (optional): _____	Initials*
MEDICAL	Normal	Abnormal Findings	Initials*
Appearance			
Eyes/Ears			
Nose/Throat			
Lymph Nodes			
Heart – Auscultation Supine			
Heart – Auscultation Standing			
Heart – Lower Extremity Pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's Stigmata (arachnodactyly, pectus excavatum, joint hyper-mobility, scoliosis)			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			
<b>CLEARANCE</b> * Station-based examination only			
<input type="checkbox"/> Cleared			
<input type="checkbox"/> Cleared after completing evaluation/rehabilitation for: _____			
<input type="checkbox"/> Not cleared 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.			
Date of Examination: _____			
<b>Stamp or Label:</b>			
MD Name: _____			
Address: _____			
Phone Number: _____			
Physician's Signature: _____			

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question THREE above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physicians assistant, chiropractor, or nurse practitioner. EXPLAIN 'YES' ANSWER (attach another sheet if necessary):

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the UIL nor Klein ISD 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 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 & KISD.

**X** Parent/Guardian Sign (required): \_\_\_\_\_ Student Sign (required): \_\_\_\_\_ Date: \_\_\_\_\_

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