

free sports clearance exams

for all student athletes who live in Western Garfield
County at Grand River Hospital in Rifle



Girls

Wed., May 24 4 - 6 p.m.

Boys

Thurs., May 25 4 - 6 p.m.

**in Clinic 1 at Grand River
Health (After Hours Entrance)**

Based on a limited period of time in which to
perform sports clearance exams, we have the
following requirements:

Student **MUST** have a **COMPLETELY SIGNED
AND FILLED OUT** physical form **BEFORE** they
come to the clinic. Forms are available from
your school's athletic personnel or online at
www.grhd.org/SportsPhysicalForm.pdf. Student
must wear **SHORTS** and **ATHLETIC SHOES**.

All sports clearance exams are done
on a first come, first served basis.



FOR MORE INFORMATION

501 AIRPORT ROAD, RIFLE CO 81650

970.625.1510

grandriverhealth.org

Student **MUST** have a **COMPLETELY SIGNED AND FILLED OUT** physical form **BEFORE** they come to the clinic. Forms are available on page 2 and 3 of this document. Student must wear **SHORTS** and **ATHLETIC SHOES**. All sports clearance exams are done on a first come, first served basis.

School Name: _____

TO BE COMPLETED BY PARENT/GUARDIAN

Name _____ Sex _____ Age _____ Date of Birth _____ Grade _____

Primary Care Provider _____

	Yes	No
1. Have you ever been hospitalized?	_____	_____
2. Have you ever had surgery?	_____	_____
3. Are you currently taking and medications or pills?	_____	_____
4. Do you have any allergies? (medication, bees or other stinging insects)	_____	_____
5. Have you ever passed out during or after exercise?	_____	_____
Have you ever been dizzy during or after exercise?	_____	_____
Have you had chest pain during or after exercise?	_____	_____
Do you tire more quickly than your friends during or after exercise?	_____	_____
Have you ever had high blood pressure?	_____	_____
Have you ever been told you have a heart murmur?	_____	_____
Have you ever had racing of your heart or skipped heartbeats?	_____	_____
Has anyone in your family died of heart problems or a sudden death before age 50?	_____	_____
6. Do you have any skin problems? (itching, rashes, acne)	_____	_____
7. Have you ever had a head injury?	_____	_____
Have you ever had a seizure?	_____	_____
Have you ever been knocked out or unconscious?	_____	_____
Have you ever had a stinger, burner or pinched nerve?	_____	_____
8. Have you ever had a heat or muscle cramps?	_____	_____
Have you been dizzy or passed out in the heat?	_____	_____
9. Do you have trouble breathing or do you cough during or after activity?	_____	_____
10. Do you any special equipment? (pads, braces, neck rolls, mouth guard Eye guards)	_____	_____
11. Do you wear glasses or contacts or protective eye wear?	_____	_____
Have you had any problems with your vision or eyes?	_____	_____
12. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries to any bones or joints? __Head__shoulder__Thigh__neck__elbow__knee__chest__forarm __shin/calf__back__wrist__ankle__hip__foot	_____	_____
13. Have you had any medical problems? (infections, mononucleosis, diabetes)	_____	_____
14. Have you had any medical problems or injury since your last evaluation?	_____	_____
15. When was your last tetanus shot?	_____	_____
16. When was your last measles immunization?	_____	_____
Please explain any "YES" answers _____		

For Females:

When was your first menstrual period? _____

When was your last menstrual period? _____

What was the longest time between your period last year? _____

I hereby state that to the best of my knowledge, my answers to the above questions are correct.

Signature of student athlete _____ date _____

Signature of Parent/Guardian _____ date _____

School Name: _____

Physical Exam

Name _____ School _____

Height _____ Weight _____ Sex _____ Age _____ DOB _____

Tanner Stage or Maturation Index _____ BP _____ / _____

Pulse _____

Vision L 20/____ R 20/____ Corrected Y N Pupils _____

	Normal	Abnormal		Normal	Abnormal
Eyes			Cervical Spine/neck		
Ears			Back		
Nose			Shoulders		
Throat			Arm/elbow/wrist/hand		
Teeth			Knees/hips		
Skin			Ankle/Feet		
Lymphatic			Marfan Screen		
Lungs			*Urine		
Heart			*Hemoglobin or HCT and/or Iron stores		
Peripheral Pulses			^Echocardiogram		
Abdomen			^Neuropsych testing		
Genitals/Hernia (Males only)			^Pelvic examination		

***When Medically Indicated**

(Physician judgment based on history, exam, and knowledge of other recent laboratory evaluations)

^With Special Indications

(These studies may be recommended to the athlete because of history or physical findings and may or may not be required before making participation decisions.)

CLEARANCE

A. Cleared

B. Cleared after completing evaluation/rehabilitation for: _____

C. Not Cleared for: _____ Collision

_____ Contact

_____ Non Contact _____ Strenuous _____ Moderately Strenuous _____ Non Strenuous

Due to: _____

Date of Examination _____

Name of Medical Provider _____

Address _____ Phone _____

Signature of Medical Provider _____