



BINGHAMTON CITY SCHOOL DISTRICT
Interval Health Exam Form for Athletics



| | | |
|---|--|------|
| Student Name: | | DOB: |
| School Name: | | Age: |
| Grade (check): <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 | Level (check): <input type="checkbox"/> Modified <input type="checkbox"/> Fresh <input type="checkbox"/> JV <input type="checkbox"/> Varsity | |
| Sport: | Limitations: <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Date of last health exam: | Date form completed: | |

Health History to Be Completed by Parent/Guardian, Provide Details to Any Yes Answers on Back.
Medicines needed at practice and/or athletic event require the proper paperwork, contact school with questions.

| Has/Does your child: | | |
|--|--------------------------|--------------------------|
| General Health Concerns | No | Yes |
| 1. Ever been restricted by a health care provider from sports participation for any reason? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have an ongoing medical condition? <input type="checkbox"/> Asthma <input type="checkbox"/> Diabetes <input type="checkbox"/> Seizures <input type="checkbox"/> Sickle Cell trait or disease <input type="checkbox"/> Other | | |
| 3. Ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Ever spent the night in a hospital? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Been diagnosed with Mononucleosis within the last month? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have only one functioning kidney? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have a bleeding disorder? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Have any problems with his/her hearing or wears hearing aid(s)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have any problems with his/her vision or has vision in only one eye? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Wear glasses or contacts? | | <input type="checkbox"/> |
| Allergies | | |
| 11. Have a life-threatening allergy? Check any that apply: <input type="checkbox"/> Food <input type="checkbox"/> Insect Bite <input type="checkbox"/> Latex <input type="checkbox"/> Medicine <input type="checkbox"/> Pollen <input type="checkbox"/> Other | | |
| 12. Carry an epinephrine auto-injector? | | |
| Breathing (Respiratory) Health | No | Yes |
| 13. Ever complained of getting more tired or short of breath than his/her friends during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Wheeze or cough frequently during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Ever been told by a health care provider they have asthma? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Use or carry an inhaler or nebulizer? | <input type="checkbox"/> | <input type="checkbox"/> |

| Has/Does your child: | | |
|--|--------------------------|--------------------------|
| Concussion/ Head Injury History | No | Yes |
| 17. Ever had a hit to the head that caused headache, dizziness, nausea, confusion, or been told he/she had a concussion? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Ever had headaches with exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Ever had any unexplained seizures? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Currently receive treatment for a seizure disorder or epilepsy? | <input type="checkbox"/> | <input type="checkbox"/> |
| Devices/Accommodations | No | Yes |
| 22. Use a brace, orthotic, or other device? | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Have any special devices or prostheses (insulin pump, glucose sensor, ostomy bag, etc.)? If yes, there may be need for another required form to be filled out. | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Wear protective eyewear, such as goggles or a face shield? | <input type="checkbox"/> | <input type="checkbox"/> |
| Family History | No | Yes |
| 25. Have any relative who's been diagnosed with a heart condition, such as a murmur, developed hypertrophic cardiomyopathy, Marfan Syndrome, Brugada Syndrome, right ventricular cardiomyopathy, long QT or short QT syndrome, or catecholaminergic polymorphic ventricular tachycardia? | <input type="checkbox"/> | <input type="checkbox"/> |
| Females Only | No | Yes |
| 26. Begun having her period? | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Age periods began: | | |
| 28. Have regular periods? | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Date of last menstrual period: | | |
| Males Only | No | Yes |
| 30. Have only one testicle? | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Have groin pain or a bulge or hernia in the groin? | <input type="checkbox"/> | <input type="checkbox"/> |

Sample Recommended NYSED Interval Health History for Athletics – Page 2

Student Name:

School Name:

DOB:

| Has/Does your child: | | |
|---|--------------------------|--------------------------|
| Heart Health | No | Yes |
| 32. Ever passed out during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Ever complained of light headedness or dizziness during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. Ever complained of chest pain, tightness or pressure during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Ever complained of fluttering in their chest, skipped beats, or their heart racing, or does he/she have a pacemaker? | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Ever had a test by a health care provider for his/her heart (e.g. EKG, echocardiogram stress test)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. Ever been told they have a heart condition or problem by a health care provider? If so, check all that apply: <input type="checkbox"/> Heart infection <input type="checkbox"/> Heart Murmur <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Low Blood Pressure <input type="checkbox"/> High Cholesterol <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> Other: | | |
| Injury History | No | Yes |
| 38. Ever been diagnosed with a stress fracture? | <input type="checkbox"/> | <input type="checkbox"/> |

| Has/Does your child: | | |
|--|--------------------------|--------------------------|
| Injury History continued | No | Yes |
| 39. Ever been unable to move his/her arms and legs, or had tingling, numbness, or weakness after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Ever had an injury, pain, or swelling of joint that caused him/her to miss practice or a game? | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. Have a bone, muscle, or joint injury that bothers him/her? | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. Have joints become painful, swollen, warm, or red with use? | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin Health | No | Yes |
| 43. Currently have any rashes, pressure sores, or other skin problems? | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Have had a herpes or MRSA skin infections? | <input type="checkbox"/> | <input type="checkbox"/> |
| Stomach Health | No | Yes |
| 45. Ever become ill while exercising in hot weather? | <input type="checkbox"/> | <input type="checkbox"/> |
| 46. Have a special diet or need to avoid certain foods? | <input type="checkbox"/> | <input type="checkbox"/> |
| 47. Have to worry about his/her weight | <input type="checkbox"/> | <input type="checkbox"/> |
| 48. Have stomach problems? | <input type="checkbox"/> | <input type="checkbox"/> |
| 49. Ever had an eating disorder? | <input type="checkbox"/> | <input type="checkbox"/> |

| COVID-19 Information | No | Yes |
|---|--------------------------|--------------------------|
| 50. Has your child ever tested positive for COVID-19? | <input type="checkbox"/> | <input type="checkbox"/> |
| 51. Was your child symptomatic? | <input type="checkbox"/> | <input type="checkbox"/> |
| 52. Did your child see a healthcare provider (HCP) for their COVID-19 symptoms? | <input type="checkbox"/> | <input type="checkbox"/> |
| 53. Did your child have any cardiac symptoms (new fast or slow heart rate, chest tightness or pain, blood pressure changes, or HCP diagnosed cardiac condition)? If yes, please provide additional information. | <input type="checkbox"/> | <input type="checkbox"/> |
| 54. Was your child hospitalized? If yes, provide date(s)? | <input type="checkbox"/> | <input type="checkbox"/> |
| If yes, was your child diagnosed with Multisystem Inflammatory syndrome (MISC)? | <input type="checkbox"/> | <input type="checkbox"/> |
| If yes, is your child under a HCP's care for this? | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain fully any question you answered yes to in the space below, include dates if known. Use additional pages if necessary.

Parent/Guardian Signature: _____ Date: _____