<u>COPY</u> this Clearance Form for the student to return to the school. <u>KEEP</u> the complete document in the student's medical record.

## SPORTS QUALIFYING PHYSICAL EXAMINATION CLEARANCE FORM

Minnesota State High School League

Student Name:	Student Name:				Age:	Gender: M / F	
Address:							
School:		 Grade:	Sports	<u>:</u>			
certify that the above							
•		erscholastic activit			, (	<b>,</b> ,	
		erscholastic activit ot crossed out belo		estrictions.			
Sport (	Classification Based o	n Contact	Spo	rt Classification	Based on Intensi	ty & Strenuousness	
Collision Contact Sports	Limited Contact Sports	Non-contact Sports	* + + + + + + + + + + + + + + + + + + +	Field Events:	Alpine Skiing*†		
Basketball Cheerleading	Baseball Field Events:	Badminton Bowling	↑ ↑ ★ =: + ~	Shot Put Gymnastics*†	Wrestling*		
Diving	♣ High Jump	Dance Team	ncreasing Static Component → → → Low II. Moderate II. 79, 8M°C) (20-50% (>5				
Football	❖ Pole Vault	Field Events:	<b>↑</b>		Dance Team	Basketball*	
Gymnastics	Floor Hockey	❖ Discus	Component Moderate (20-50%		Football* Field Events:	Ice Hockey* Lacrosse*	
Ice Hockey Lacrosse	Nordic Skiing Softball	Shot Put Golf	20тр Мос (20-5	Diving*†	<ul><li>❖ High Jump</li><li>❖ Pole Vault*†</li></ul>	Nordic Skiing — Freestyle	
Alpine Skiing	Volleyball	Running	tic C ≡.		Synchronized Swimming Track — Sprints	g† Swimming†	
Soccer		Swimming	ı Sta				
Wrestling		Tennis	asing /C)		Baseball*	Badminton Cross Country Running	
		Track	Cree M M	Bowling Golf	Cheerleading Floor Hockey	Nordic Skiing — Classical Soccer*	
			Increasin I. Low (<20% MVC)	Con	Softball* Volleyball	Tennis Track — Long Distance	
	es further evaluati					Track — Long Distance	
	nendation can be			A. Low (<40% Max O₂)	B. Moderate (40-70% Max (		
	al recommendatior	is for the school of		Incr	easing Static Componer		
parents:	i			mon	suching States Componer		
			<ul> <li>Sport Classific</li> <li>dynamic comport</li> </ul>	ation Based on Intensity &	Strenuousness: This class	sification is based on peak static and ever, that higher values may be reached	
☐ (4) Not also	and fam. DAILC		<ul> <li>during training. T</li> </ul>	he increasing dynamic compo	onent is defined in terms of the	e estimated percent of maximal oxygen	
(4) Not clea	ared for: All Sp					increasing static component is related and results in an increasing blood	
		ific Sports	<ul> <li>pressure load. T</li> </ul>	he lowest total cardiovascular	demands (cardiac output an	d blood pressure) are shown in lightest ween depicts low moderate, moderate,	
<del></del>			<ul> <li>and high moders</li> </ul>	ate total cardiovascular dema	nds. *Danger of bodily collisi	on. †Increased risk if syncope occurs.	
Reason	i:		Reprinted with p competitive athle	ermission from: Maron BJ, Zi etes with cardiovascular abno	pes DP. 36th Bethesda Conf rmalities. <i>J Am Coll Cardiol.</i> 2	erence: eligibility recommendations for 2005; 45(8):1317–1375.	
			<del>-</del>				
Libraria arranda ad Haranda a			alifata a Dharata al E		41 1 12	24-4- 11:-b O-b11	
		completed the Sports Qua office and can be made a				State High School League	
Attending Physician Signature			Date of Exam				
Print Physician Nan	ne:						
Office/Clinic Name			Address:				
City, State, Zip Cod	e						
Office Telephone: _		E-Mail Ad	ldress:				
Valid for 3 years fro Normal]	m above date with	a normal Annual He	alth Questionr	naire.   [Ye	ear 2 Normal]	☐ [Year 3	
IMMI INIZATIONS 6	Consider Td or Tder (c	ge 12); MMR (2 required)	): hon P (2 *****	od): variacle /2	ujrad ar bistan : =4	diagona):	
ININIONIZATIONS	poliomyelitis (IPV); infl		), riep B (3 require	eu), vancena (2 rec	julied of flistory of	uisease),	
□ Un-to-date (s		ol documentation)	Not up-to-dat	e / Specify			
IMMUNIZATIONS (	GIVEN TODAY:		Triot up to uut				
EMERGENCY INFO							
Other Information							
Emergency Contact	··			Relations	hin		
Telephone: (H)		(W) -	-	(C)	······································		
Personal Physician	ncy Contact: Relationship ne: (H) (W) (C) Il Physician Office Telephone						

Reference: Preparticipation Physical Evaluation (4th Edition): AAFP, AAP, ACSM, AMSSM, AOSSM, AOASM; 2010