

South Dakota High School Activities Association



Pre-Participation Form Packet

2026-27 School Year

Last Updated: March 17, 2026 by Dan Swartos

SDHSAA PREPARTICIPATION PHYSICAL EXAM FORM

Athlete Name: _____ Date of Birth: _____

Date of Exam: _____ Annual/Biennial/Triennial: _____

Physician Reminders:

1. Consider additional questions on more sensitive issues:

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, e-cigarettes, vaping, chewing tobacco, snuff or dip?
- Over the past 30 days, have you used chewing tobacco, snuff or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seatbelt or helmet?

2. Consider reviewing questions on cardiovascular symptoms (#4-13 on health history form)

EXAMINATION		
Height:	Weight:	BP:
Pulse:	Vision: R 20/ L 20/	Corrected?:

MEDICAL	Normal	Abnormal Findings
Appearance		
Head/Mouth		
Eyes, ears, nose and throat - Pupils equal & Hearing		
Lymph Nodes		
Heart* -Heart sounds, murmurs, pulse, rhythm, auscultation		
Lungs		
Abdomen - Liver/Spleen, masses		
Skin - HSV, Lesions, Staph, MRSA, etc.		
Neurological		
MUSCULOSKELETAL	Normal	Abnormal Findings
Neck		
Back		
Shoulder & Arm		
Elbow & Forearm		
Wrist, Hand and Fingers		
Hip & Thigh		
Knee		
Leg & Ankle		
Foot & Toes		
Functional		
• Double-leg squat test, single-leg squat test, box drop or step drop test		

* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or exam findings, or a combination

Sports Participation Recommended for (Mark One):

- ☐ Medically eligible for all sports without restriction
- ☐ Medically eligible for all sports without restriction with recommendation for further evaluation or treatment of: _____
- ☐ Medically eligible for certain sports (list here): _____
- ☐ Not medically eligible pending further evaluation: _____
- ☐ Not medically eligible for any sports: _____

Name of Examiner: _____

Signature of Examiner: _____

Date of Exam: _____

Note: SDCL allows Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, Licensed Physician Assistant and Licensed Nurse Practitioners as those that can provide this recommendation.

SDHSAA HEALTH HISTORY FORM - To be completed (with parent/guardian if student is under 18) in years when a physical exam is given, prior to the exam.

Name: _____

Date of Birth: _____

Date of Exam: _____

Sports: _____

List all past and current medical conditions:	
Have you ever had surgery? If Yes, list all procedures:	
List all prescriptions, over-the-counter meds or supplements you currently take:	
Do you have any allergies? If Yes, Please list them here:	

Over the last two weeks, how often have you been bothered by the following problems? (Circle Response)

	Not At All	Several Days	Over Half the Days	Nearly Every Day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest in pleasure or doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
<i>A sum of 3 or greater is considered positive on either subscale (Q1+2, or Q3+4) for screening purposes</i>				

ANSWER EACH OF THE FOLLOWING QUESTIONS SPECIFIC TO "IN THE PAST YEAR"

& EXPLAIN ANY YES ANSWERS ON THE BACK OF THIS SHEET:

GENERAL QUESTIONS	Yes	No	BONE AND JOINT QUESTIONS, CONTINUED:	Yes	No
1. Do you have any concerns you'd like to discuss with your provider?			15. Do you have a bone, muscle, ligament or joint injury that bothers you?		
2. Has a provider ever denied or restricted your participation in sports for any reason?			MEDICAL QUESTIONS	Yes	No
3. Do you have any ongoing medical issues or recent illnesses?			16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	17. Are you missing a kidney, an eye, a testicle, your spleen or any other organ?		
4. Have you ever passed out or nearly passed out during or after exercise?			18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
5. Have you ever had discomfort, pain, tightness or pressure in your chest during exercise?			19. Do you have recurring skin rashes or rashes that come and go, including herpes or MRSA?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			20. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?		
7. Has a doctor ever told you that you have any heart problems?			21. Have you ever had numbness, tingling or weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
8. Has a doctor ever requested a test for your heart? (Example: electrocardiography or echocardiography)			22. Have you ever become ill while exercising in the heat?		
9. Do you get light-headed or feel shorter of breath than your friends during exercise?			23. Do you or does someone in your family have sickle cell trait or disease?		
10. Have you ever had a seizure?			24. Have you ever had, or do you have any problems with your eyes or vision?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	25. Do you worry about your weight?		
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before 35 years of age (including drowning or unexplained car crash)?			26. Are you trying to, or has anyone recommended that you gain or lose weight?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS) short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?			27. Are you on a special diet, or do you avoid certain types of foods or food groups?		
13. Has anyone in your family had a pacemaker or implanted defibrillator before age 35?			28. Have you ever had an eating disorder?		
BONE AND JOINT QUESTIONS	Yes	No	FEMALES ONLY	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint or tendon that caused you to miss a practice or a game?			29. Have you ever had a menstrual period?		
			30. How old were you when you had your first period?		
			31. When was your most recent period?		
			32. How many periods have you had in the past 12 months?		

CERTIFICATION OF HEALTH: I hereby state that, to the best of my knowledge, my answers on this form are complete and correct:

Signature of Athlete: _____

Signature of parent/guardian (if under 18): _____

Date: _____

Form adapted with permission © American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine, 2019

SDHSAA INTERIM PRE PARTICIPATION HEALTH HISTORY FORM -- Complete & Sign this form (with parents if younger than 18) in years when no physical is given to the student.

Name: _____

Date of Birth: _____

Date of Exam: _____

Sports: _____

List all past and current medical conditions:	
Have you ever had surgery? If Yes, list all procedures:	
List all prescriptions, over-the-counter meds or supplements you currently take:	
Do you have any allergies? If Yes, Please list them here:	

Over the last two weeks, how often have you been bothered by the following problems? (Circle Response)

	Not At All	Several Days	Over Half the Days	Nearly Every Day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest in pleasure or doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3

A sum of 3 or greater is considered positive on either subscale (Q1+2, or Q3+4) for screening purposes

**ANSWER EACH OF THE FOLLOWING QUESTIONS SPECIFIC TO "IN THE PAST YEAR"
& EXPLAIN ANY YES ANSWERS ON THE BACK OF THIS SHEET:**

GENERAL QUESTIONS		Yes	No	BONE AND JOINT QUESTIONS, CONTINUED:		Yes	No
1.	Do you have any concerns you'd like to discuss with your provider?			15.	Do you have a bone, muscle, ligament or joint injury that bothers you?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?			MEDICAL QUESTIONS		Yes	No
3.	Do you have any ongoing medical issues or recent illnesses?			16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?		
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	17.	Are you missing a kidney, an eye, a testicle, your spleen or any other organ?		
4.	Have you ever passed out or nearly passed out during or after exercise?			18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
5.	Have you ever had discomfort, pain, tightness or pressure in your chest during exercise?			19.	Do you have recurring skin rashes or rashes that come and go, including herpes or MRSA?		
6.	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			20.	Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?		
7.	Has a doctor ever told you that you have any heart problems?			21.	Have you ever had numbness, tingling or weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
8.	Has a doctor ever requested a test for your heart? (Example: electrocardiography or echocardiography)			22.	Have you ever become ill while exercising in the heat?		
9.	Do you get light-headed or feel shorter of breath than your friends during exercise?			23.	Do you or does someone in your family have sickle cell trait or disease?		
10.	Have you ever had a seizure?			24.	Have you ever had, or do you have any problems with your eyes or vision?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No	25.	Do you worry about your weight?		
11.	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before 35 years of age (including drowning or unexplained car crash)			26.	Are you trying to, or has anyone recommended that you gain or lose weight?		
12.	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS) short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?			27.	Are you on a special diet, or do you avoid certain types of foods or food groups?		
13.	Has anyone in your family had a pacemaker or implanted defibrillator before age 35?			28.	Have you ever had an eating disorder?		
BONE AND JOINT QUESTIONS		Yes	No	FEMALES ONLY		Yes	No
14.	Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint or tendon that caused you to miss a practice or a game?			29.	Have you ever had a menstrual period?		
				30.	How old were you when you had your first period?		
				31.	When was your most recent period?		
				32.	How many periods have you had in the past 12 months?		

RECERTIFICATION OF HEALTH: I hereby state that, to the best of my knowledge, my answers on this form are complete and correct & the above named student is physically fit to participate in interscholastic athletics for the current school year, including those areas marked 'yes' above:

Signature of Athlete: _____

Signature of parent/guardian (if under 18): _____

Date: _____

Form adapted with permission © American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine, 2019



Sudden Cardiac Arrest

Information for Parents and Students

What is Sudden Cardiac Arrest? The leading cause of death in young athletes while training or participating in sports, Sudden cardiac arrest is caused by a malfunction in the electrical system of the heart that occurs suddenly and often without warning. The malfunction may be caused by an abnormality in the heart at birth, a virus in the heart, or a hard blow to the chest. Survival depends on quick action, including calling 911, starting CPR, and the use of an AED.

What are the warning signs and risk factors?

- Fainting or seizure during or following exercise
- Racing or fluttering heart palpitations
- Excessive shortness of breath during exercise
- Frequent dizziness/lightheadedness
- Chest pain with exercise
- Excessive fatigue during or after exercise
- Family history of heart abnormalities or sudden death before age 50.

How can I protect my student's Heart?

- Know the warning signs and follow up with your doctor if your student is having any warning signs or risk factors above
- Answer the Pre-Participation History questions dealing with heart health and family heart health (questions 4-13) truthfully, and follow up with your doctor during the athletic physical
- Encourage your child to speak up if they are having any symptoms
- Help fund or find grant programs to get more AED's in your student's school

What can schools do to be prepared for sudden cardiac arrest events?

- Have a well-developed, well-rehearsed emergency action plan
- Ensure that AEDs are readily available, along with people trained on their use
- Practice response drills with school personnel, medical personnel, and EMS
- Ensure that AEDs are functioning with appropriate batteries and pads