

# VASHON ISLAND HIGH SCHOOL

9600 SW 204th Street, Vashon, Washington 98070

Telephone (206) 463-9171

FAX (206) 463-1944

## Physical Examination Upgrade Form

(For incoming freshman who had a physical during 8th grade. The 8<sup>th</sup> grade physical form must be on file in the high school office in addition to this update form.)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

WIAA Regulation - PHYSICAL EXAMINATION - Prior to the first practice for participation in interscholastic athletics in a middle level school and prior to participation in a high school, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination. This physical examination must include, but not necessarily be limited to:

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- B. Documentation of satisfactory examination of the cardiopulmonary system.
- C. Documentation of satisfactory sport specific orthopedic screening examination.
- D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

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### MEDICAL EXAMINER'S CERTIFICATION

Date of last complete physical examination: \_\_\_\_\_

I hereby certify that the above-named individual is:

- Cleared to participate in all high school sports without restriction
- Cleared to participate in certain high school sports not crossed out below:  

Baseball	Basketball	Cheer	Cross-country	Football	Golf
Soccer	Softball	Tennis	Track and Field	Volleyball	Wrestling
- Not cleared to participate in any high school sports

Medical Examiner's Name (Print): \_\_\_\_\_

Medical Examiner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*MEDICAL AUTHORITIES LICENSED TO GIVE PHYSICAL EXAMINATIONS*

*Medical Doctor (MD), Medics--Physician Assistant (PA), Doctor of Osteopathy (DO), Naturopathic Doctor (ND), Certified Nurse Practitioner (CRN)*