

**PHYSICAL EXAMINATION UPGRADE
FOR VASHON HIGH SCHOOL ATHLETICS**

(For incoming freshman who had a physical during 8th grade) This form must be accompanied with the 8th grade completed physical 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.**

EXAMINER'S CERTIFICATION:

Date of last complete physical examination _____

I hereby certify that the above-named individual's physical condition is adequate to participate in supervised interscholastic activities NOT CROSSED OUT BELOW:

BASEBALL BASKETBALL CROSS COUNTRY FOOTBALL

GOLF SOCCER FASTPITCH CHEER TENNIS

TRACK VOLLEYBALL WRESTLING Other

Date _____ Examiner's Signature _____

Examiner's Name (Print) _____

MEDICAL AUTHORITIES LICENSED TO GIVE PHYSICAL EXAMINATIONS

1. Medical Doctor (MD)
2. Medics - Physician Assistant (P.A.)
3. Doctor of Osteopathy (D.O.)
4. Naturopaths (N.D.)
5. Certified Nurse Practitioner (CRN)