

**Important** - Form is valid for three years from *date of physical exam*.

This form is not valid unless signed by *Physician* on page 1 and *Adult Athlete* or *Guardian* on page 2.

Program/Team _____		Ethnicity (Optional)	
Athlete's Name (Please Print) _____		<input type="checkbox"/> Male	Date of Birth / /
Athlete's Address _____		<input type="checkbox"/> Female	
City _____	State <b>WA</b>	Zip _____	Home Phone _____
Parent/Guardian's Name _____			
Parent/Guardian's Address (if different than athlete) _____			
City _____	State <b>WA</b>	Zip _____	Home Phone _____
Parent Secondary Phone _____		Emergency Contact (other than parent/guardian) _____	
Emergency Contact Address _____		City _____	State _____ Zip _____
Emergency Contact Phone (If other than Paren/Guardian) _____		Alternate Phone _____	
Health/Accident Insurance Company _____		Policy # _____	

### Health History: To be completed by Parent/Caregiver/Physician

Yes No <input type="checkbox"/> <input type="checkbox"/> *Heart disease / heart defect / high blood pressure <input type="checkbox"/> <input type="checkbox"/> *Chest pain <input type="checkbox"/> <input type="checkbox"/> *Seizures / epilepsy/fainting spells <input type="checkbox"/> <input type="checkbox"/> Emotional / psychiatric / behavioral <input type="checkbox"/> <input type="checkbox"/> *Concussion or serious head injury <input type="checkbox"/> <input type="checkbox"/> *Major surgery or serious illness <input type="checkbox"/> <input type="checkbox"/> *Blindness / visual problem <input type="checkbox"/> <input type="checkbox"/> Contact lenses / glasses <input type="checkbox"/> <input type="checkbox"/> Hearing loss / hearing aid	Yes No <input type="checkbox"/> <input type="checkbox"/> Tobacco use <input type="checkbox"/> <input type="checkbox"/> Easy bleeding <input type="checkbox"/> <input type="checkbox"/> *Asthma <input type="checkbox"/> <input type="checkbox"/> *Diabetes <input type="checkbox"/> <input type="checkbox"/> Special diet <input type="checkbox"/> <input type="checkbox"/> Bone or joint problem <input type="checkbox"/> <input type="checkbox"/> Sickle cell trait or disease <input type="checkbox"/> <input type="checkbox"/> Heat stroke / exhaustion <input type="checkbox"/> <input type="checkbox"/> Immunizations up to date	Yes No <input type="checkbox"/> <input type="checkbox"/> Allergy: <input type="checkbox"/> <input type="checkbox"/> Medicines <input type="checkbox"/> <input type="checkbox"/> Food <input type="checkbox"/> <input type="checkbox"/> Insect stings/bites <input type="checkbox"/> <input type="checkbox"/> Easy bleeding
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Date of most recent tetanus immunization \_\_\_ / \_\_\_ / \_\_\_ Other (for additional space, use back of form):

\*Requires physical examination

**Medications:** Please print medication name, amount, date prescribed and number of times per day medication is given.  
 (For additional space please attach a separate sheet of paper.)

Medication Name	Dosage Prescribed	Date	Times Per Day

➔ **Signature of Parent/Caregiver/Adult Athlete/Physician** \_\_\_\_\_ Date / /

### Atlanto-Axial Instability Assessment For Athletes With Down Syndrome

**Examiner's Note:** If the athlete has Down syndrome, Special Olympics requires a full radiological examination establishing the absence of Atlanto-axial Instability before he/she may participate in sports or events which, by their nature, may result in hyperextension, radical flexion or direct pressure on the neck or upper spine. The sports and events for which such a radiological examination is required are: judo, equestrian sports, gymnastics, diving, pentathlon, butterfly stroke and diving starts in swimming, high jump, alpine skiing, snowboarding, squat lift, and football team competition (soccer).

**Yes No**

- Has an x-ray evaluation for atlanto-axial instability been done?  
  If yes, was it positive for atlanto-axial instability? (positive indicates that the atlanto-dens interval is 5mm or more)

### Physical Examination

Blood pressure: \_\_\_ / \_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Normal Abnormal <input type="checkbox"/> <input type="checkbox"/> Vision <input type="checkbox"/> <input type="checkbox"/> Hearing <input type="checkbox"/> <input type="checkbox"/> Oral cavity <input type="checkbox"/> <input type="checkbox"/> Neck <input type="checkbox"/> <input type="checkbox"/> Extremities	Normal Abnormal <input type="checkbox"/> <input type="checkbox"/> Cardiovascular system <input type="checkbox"/> <input type="checkbox"/> Respiratory system <input type="checkbox"/> <input type="checkbox"/> Gastrointestinal system <input type="checkbox"/> <input type="checkbox"/> Genitourinary system <input type="checkbox"/> <input type="checkbox"/> Skin	Normal Abnormal <input type="checkbox"/> <input type="checkbox"/> Cranial nerves <input type="checkbox"/> <input type="checkbox"/> Coordination <input type="checkbox"/> <input type="checkbox"/> Reflexes
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Other \_\_\_\_\_

Primary MR Etiology/Category (If known) \_\_\_\_\_

I have reviewed the above health information and have performed the above examination on this athlete within the past 6 months and certify that the athlete can participate in Special Olympics.

Restrictions _____	
➔ Physician Signature _____	Date / /
Physician Name (Print) _____	Phone _____
Physician Address _____	City _____ State _____ Zip _____



## Official Special Olympics Release Form

### Release To Be Completed By Adult Athlete

I, \_\_\_\_\_ am at least 18 years old and have submitted the attached application for participation in Special Olympics.

I represent and warrant that, to the best of my knowledge and belief, I am physically and mentally able to participate in Special Olympics activities. I also represent that a licensed physician has reviewed the health information contained in my application and has certified, based on an independent medical examination, that there is no medical evidence which would preclude me from participating in Special Olympics. I understand that if I have Down Syndrome, I cannot participate in sports or events which by their nature result in hyper-extension, radical flexion or direct pressure on my neck or upper spine unless I have had a full radiological examination which establishes the absence of Atlanto-axial instability. I am aware that I must have this radiological examination before I can participate in equestrian sports, gymnastics, diving, pentathlon, butterfly stroke, diving starts in swimming, high jump, alpine skiing, and soccer.

Special Olympics has my permission, (both during and any time after), to use my likeness, name, voice, or words in either television, radio, film, newspapers, magazines, and other media, and in any form, for the purpose of advertising or communicating the purposes and activities of Special Olympics and/or applying for funds to support those purposes and activities.

If, during my participation in Special Olympics activities, I should need emergency medical treatment, and I am not able to give my consent or make my own arrangements for that treatment because of my injuries, I authorize Special Olympics to take whatever measures are necessary to protect my health and well-being, including, if necessary, hospitalization.

I, the athlete named above, have read this paper and fully understand the provisions of the release that I am signing. I understand that by signing this paper, I am saying that I agree to the provisions of this release.

\_\_\_\_\_  
➔ **Signature of Adult Athlete**

\_\_\_\_\_  
**Date**

### Release To Be Completed By Parent or Guardian of Minor Athlete

I am the parent/guardian of, \_\_\_\_\_ the minor athlete, on whose behalf I have submitted the attached application for participation in Special Olympics. I hereby represent that the athlete has my permission to participate in Special Olympics activities.

I further represent and warrant that to the best of my knowledge and belief, the athlete is physically and mentally able to participate in Special Olympics. With my approval, a licensed physician has reviewed the health information set forth in the athlete's application, and has certified based on an independent medical examination that there is no medical evidence that would preclude the athlete's participation. I understand that if the athlete has Down Syndrome, he/she cannot participate in sports or events that by their nature result in hyperextension, radical flexion or direct pressure on the neck or upper spine, unless a full radiological examination establishes the absence of Atlanto-axial Instability. I am aware that the sports and events for which this radiological examination is required are equestrian sports, gymnastics, diving, pentathlon, butterfly stroke, diving starts in swimming, high jump, alpine skiing, and soccer.

In permitting the athlete to participate, I am specifically granting my permission, (both during and any time after), to Special Olympics to use the athlete's likeness, name, voice and words in television, radio, film, newspapers, magazines and other media and in any form for the purpose of advertising or communicating the purposes and activities of Special Olympics and/or applying for funds to support those purposes and activities.

If a medical emergency should arise during the athlete's participation in any Special Olympics activities, at a time when I am not personally present so as to be consulted regarding the athlete's care, I hereby authorize Special Olympics, on my behalf, to take whatever measures are necessary to ensure that the athlete is provided with any emergency medical treatment, including hospitalization, which Special Olympics deems advisable in order to protect the athlete's health and well-being.

I am the parent (guardian) of the athlete named in this application. I have read and fully understand the provision of the above release, and have explained these provisions to the athlete. Through my signature on this release form, I am agreeing to the above provisions on my own behalf and on the behalf of the athlete named above.

I hereby give my permission for the athlete named above to participate in Special Olympics games, recreation programs, and physical activity programs.

\_\_\_\_\_  
➔ **Signature of Parent or Guardian**

\_\_\_\_\_  
**Date**