FORSYTH COUNTY PHYSICAL FORM 2025–2026



Quality Learning and Superior Performance for All

SOUTH FORSYTH MIDDLE SCHOOL

For Officia	l Use Only:
Verified by	/:
Expiration	Date:
Put a ✓ if f	form has been completed
□ "Bl. □ GH □ His □ Phy □ Me	S Athletic Participation Form anket" Permission / Transportation Waiver Forms SA Concussion Awareness Form SA Sudden Cardiac Arrest Awareness Form tory Form ysical Examination Form
	nletic Contract orts Medicine Emergency Information Form
,	Medical Eligibility Form: ☐ Medically eligible for all sports without restriction ☐ Not medically eligible for any sports
	□ Other:
From P	Participation Form:
	Insurance No Insurance
If no in	surance, has policy been purchased through the school?
	Yes No Waiver signed

Student's Last Name

First Name

EXPIRES:

OFFICE USE ONLY



FORSYTH COUNTY PHYSICAL FORM

	TH COUNTY SCHOO	OL SYSTEM ATHL	ETIC P	ARTICIPATI	ON FORM	1	
FORSYTH COUNT		PERI	MISSION FOR	RM			
Student – Athlete: (Ple	ase Print)	Name of Parent/Guard	Name of Parent/Guardian: (Please Print)				
Street Address:	*	School:	School: Grade: CIRC 7 8 9 10 11				
City: State:	Zip:	Date of Birth:		Pho	one: Home – Work –		
In the event of	f emergency, please giv	e the best person and	method	to contact in th	e box provid	led.	
Name:	Relationship:	Phone	# :		Alt #:	:	
	on: We, the undersigned astic athletics in the follo		's paren	t/guardian, apply	for permissic	on to	
[] Baseball / Softball	[] Cross Country	[]Lacrosse	[]Ten	nis	[] Gymnast	ics	
[] Basketball	[] Football	[] Soccer	[]Trac	ck & Field	[] Other: _		
[] Cheerleading	[] Golf	[] Swimming	[] Wre	estling		£	
that additional question	s- We have read and disc s or specific circumstanc e FC Athletic Guidelines a	es should be directed to	our stud	dent's coach, ath	letic director		
understand that the stu follow the rules of the s athletes. However, we sports. Injuries may and	nowledge and understan dent-athlete will be unde port and the instructions acknowledge and unders do occur. Sports injuries knowingly, and willfully a	r the supervision and dir of the coach in order to tand that neither the coa s can be severe and in s	rection or reduce to ach nor lo nome cas	f a FCSS athletion fe risk of injury to the risk of injury to the risk of injury to the result in t	c coach. We a to the student ate the risk of permanent d	agree to and other finjury in isability or	
FCSS, its athletic coacl	ion of FCSS allowing the nes and other employees n arising from or out of ar	free, harmless and inde	emnified	from and agains	st any and all	claims,	
	ires parents to provide in the option to purchase so al insurance provider.						
Check One: [] School Accide	ent Insurance [] Name of Other	Insurance Company	Policy N	lo.			
Address:		Group N	No.	,			
correct. We agree to at FCSS is unable to cont treatment for the studer	MEDICAL AUTHORIZA bide by state and local rul act the parent, we grant I nt's injury. Treatment may visician. We accept the fin	es. If the student-athlete FCSS permission and au ninclude, but is not limite	e is injure uthority t ed to firs	ed while participa to obtain necessa t aid, CPR, medi	ating in athleti ary medical ca cal or surgica	cs and are and/or	
We, the undersigned sathletic participation a	student and parent, hav at my school.	e read this document a	and und	lerstand all of th	ne expectation	ons for	
Student:				Date:			
Parent/Guardian Signature:				Date:			

"BLANKET" PERMISSION TO PARTICIPATE IN A SERIES OF SCHOOL SPONSORED FIELD TRIPS

			1
Sport:	School Year:	School:	
understand that transportation m		ries of field trips related to one part Forsyth County School District (Dis	
independent transportation to ineligible to compete in that ex- transportation unless a Travel released to their own parent/g contest site. If a student and h	o an event, without permission for went. All team members will retu I Release form is completed by a guardian from a contest. A parer	ided transportation with the team rom the coach and the Athletic Diarn to their High School in the Foundaries parent/guardian (see the head cont/guardian must sign out the athlets for private transportation, the yor loss.	rector in advance, will be rsyth County provided pach). Athletes will only be lete from the coach at the
given to the parents/guardians p Principal). If any emergency medi supervisor(s) taking, arranging f In consideration of FCs athletics coaches and other empl	rior to each trip in the series. (Exc ical procedures or treatment are re- for, and consenting to the procedu SS allowing the student-athlete to	ne of departure, time of return, purp reptions must be approved by the Sc quired by the student during the trip res or treatment in his/her or their d participate in athletics, we agree to ified from and against any and all cl er from participation in athletics.	chool Director of Athletics and , I consent to the trip iscretion. release and hold FCSS, its
NOTE	: This form must be signed by stu	dent if the student is 18 years of age	or older.
Name of Student (PLEASE PR	RINT) Signa	ture of Student (if 18)	Date
Name of Parent/Guardian (PL	EASE PRINT) Signatu	ire of Parent/Guardian	Date
All team members will ride to independent transportation to ineligible to compete in that extransportation unless a travel parent/guardian from a contestudent and his/her parent ma	NAME OF STUDE an event in school provided train an event, without permission from the cent. All team members will return release form is completed by a past. A parent/guardian must sign likes arrangements for private tr	ATION WAIVER OMPLETED BY THE I ENT LISTED ABOVE Insportation with the team. Any at rom the coach and the Athletic Dimern to their High School in the Forwarent/guardian. Athletes will only out the athlete from the coach at ansportation, they shall not hold to	chlete who arranges rector in advance, will be rsyth County provided y be released to their own the contest site. If a
Forsyth County Schools durin	- I give my son/daughter permis og the school year. I further und	sion to ride with an adult chapero lerstand that I am releasing the so rmission for medical treatment sh	chool & its staff from my
DADENT / CHADDIAN SICN	ATTIDE		ATE

Georgia High School Association Student/Parent Concussion Awareness Form

SCHOOL: _

DANGERS OF CONCUSSION

Concussions at all levels of sports have received Adolescent athletes are particularly vulnerable to head, it is now understood that a concussion has long-term). A concussion is a brain injury that rest the brain is violently rocked back and forth or twis in any sport following a concussion can lead to voltain, and even death. Player and parental education in this area is cruck signed by a parent or guardian of each student voltained by a parent or guardian or guardi	the effects of concussion. Once consider the potential to result in death, or character in a temporary disruption of normal ted inside the skull as a result of a blow worsening concussion symptoms, as we still — that is the reason for this docume who wishes to participate in GHSA athlews clumsily, reduced energy level/tiredrams.	dered little more than a minor "ding" to the anges in brain function (either short-term or al brain function. A concussion occurs when to the head or body. Continued participation ell as increased risk for further injury to the ent. Refer to it regularly. This form must be etics. One copy needs to be returned to the ness
 Loss of consciousness (NOTE: This does) 	not occur in all concussion episodes.)	
Federation of State High School Associations, and shall be immediately removed from the practice of has determined that no concussion has occurred (MD/DO) or another licensed individual under the or certified athletic trainer who has received train a) No athlete is allowed to return to a game or a pruled out. b) Any athlete diagnosed with a concussion shall participation in any future practice or contest. To clearance.	or contest and shall not return to play of d. (NOTE: An appropriate health care supervision of a licensed physician, suching in concussion evaluation and mana practice on the same day that a concussion be cleared medically by an appropriate	until an appropriate health care professional professional may include licensed physician h as a nurse practitioner, physician assistant, gement. ion (a) has been diagnosed, OR (b) cannot be e health care professional prior to resuming
By signing this concussion form, I give_		High School
permission to transfer this concussion form to concussion and this signed concussion form form will be stored with the athletic I HAVE READ THIS FORM AND I UNDERSTAN	will represent myself and my child physical form and other acc	during the 2024-2025 school year. This
THAVE READ THIS FORM AND FONDERSTAN	D THE PACIST RESERVED IN TH.	
Student Name (Printed)	Student Name (Signed)	Date
Parent Name (Printed)	Parent Name (Signed)	Date
,	,	
		(Revised: 3/24)

Georgia High School Association Student/Parent Sudden Cardiac Arrest Awareness Form

SCHOOL:			
1: Learn the Early Warning Signs			
If you or your child has had one or m	ore of these signs, see your primary care ph	ysician:	
 clocks or ringing phones Unusual chest pain or shortr Family members who had su Family members who have k cardiomyopathy (HCM) or Lo 	nut warning, especially during exercise or in names of breath during exercise and unexpected death been diagnosed with a condition that can calong QT syndrome out warning, especially during exercise or in	efore age 50 use sudden cardiac death, such as hype	ertrophi
2: Learn to Recognize Sudden Cardi	ac Arrest		
	e he has experienced sudden cardiac arrest ing normally, and may have some jerking (So		
3: Learn Hands-Only CPR			
Effective CPR saves lives by circulatir important life skills you can learn – a	ng blood to the brain and other vital organs and it's easier than ever.	until rescue teams arrive. It is one of th	าe most
breastbone, one on top of the times/minute, to the beat ofIf an Automated External De	nter of the chest. Kneel at the victim's side, ne other, elbows straight and locked. Push o	own 2 inches, then up 2 inches, at a rate ow the voice prompts. It will lead you s	te of 10
By signing this sudden cardiac arre	est form, I give	High	Scho
permission to transfer this sudden of sudden cardiac arrest and this s school year. This form will be s	cardiac arrest form to the other sports that igned sudden cardiac arrest form will repretored with the athletic physical form and the athletic physical form at a form the athletic physical form and the athletic physical form and the athletic physical form at a form to the athletic physical form and the athletic physical form at a fo	my child may play. I am aware of the sent myself and my child during the 20	024-202
Student Name (Printed)	Student Name (Signed)	Date	
Parent Name (Printed)	 Parent Name (Signed)		

(Revised: 3/24)

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your pare Name:					
Name: (First Name) Date of examination:	(Last Nan	Sport(s):		-	1
Sex assigned at birth:					
List past and current medical conditions.	ŷ				
Have you ever had surgery? If yes, list all past surg	gical proced				
Medicines and supplements: List all current presci	riptions, ove	er-the-cou	nter medicines, ar	nd supplements (herbal an	d nutritional).
Do you have any allergies? If yes, please list all y	our allergie	es (ie, med	licines, pollens, fo	od, stinging insects).	9 9
Patient Health Questionnaire Version 4 (PHQ-4) Over the last 2 weeks, how often have you been					
Feeling nervous, anxious, or on edge Not being able to stop or control worrying Little interest or pleasure in doing things Feeling down, depressed, or hopeless (A sum of ≥3 is considered positive on either		ot at all 0 0 0 0 10 10 10 10 10 10		Over half the days No. 2 2 2 2 2 2 2 2 4 for screenir	□3 □3 □3 □3
GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes N		HEART HEALTH QUE (CONTINUED)	ESTIONS ABOUT YOU nt-headed or feel shorter of br	Yes No
Do you have any concerns that you would like to discuss with your provider?] -	than your frien 10. Have you ever	ds during exercise?	
Has a provider ever denied or restricted your participation in sports for any reason?				ESTIONS ABOUT YOUR FAMI	LY Yes No
Do you have any ongoing medical issues or recent illness? HEART HEALTH QUESTIONS ABOUT YOU Have you ever passed out or nearly passed out during or after exercise?	Yes No		11. Has any family problems or ho sudden death k	member or relative died of had an unexpected or unexplainefore age 35 years (including nexplained car crash)?	neart ned
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? 6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			problem such o (HCM), Marfar ventricular caro syndrome (LQT	n your family have a genetic has hypertrophic cardiomyopat n syndrome, arrhythmogenic n diomyopathy (ARVC), long Q 'S), short QT syndrome (SQTS	thy L] L right T S),
7. Has a doctor ever told you that you have any heart problems? 8. Has a doctor ever requested a test for your]	morphic ventric	ome, or catecholaminergic po cular tachycardia (CPVT)?	
heart? For example, electrocardiography (ECG) or echocardiography.		$\exists \ $		your family had a pacemake lefibrillator before age 35?	r or

BON	NE AND JOINT QUESTIONS	Yes	No	MEDICAL QUESTIONS (CONTINUED)	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 game?			25. Do you worry about your weight? 26. Are you trying to or has anyone recommended that you gain or lose weight?		
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?			27. Are you on a special diet or do you avoid certain types of foods or food groups?		
MED	DICAL QUESTIONS	Yes	No	28. Have you ever had an eating disorder?		
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?			Explain "Yes" answers here.		
1 <i>7</i> .	Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			Explain "tes" answers nere.		
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?					
19.	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?					
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?					
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?					
22.	Have you ever become ill while exercising in the heat?					
23.	Do you or does someone in your family have sickle cell trait or disease?					
24.	Have you ever had or do you have any prob- lems with your eyes or vision?					
and	correct.			y answers to the questions on this form are co	nple	te
	rure of athlete:					
	ure of parent or guardian:					
ate:						
		, ,	D 1:			

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2023 This form has been modified for use by the GHSA

■ PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

PHYSICIAN REMINDERS

 Do you ev Do you fee Have you During the Do you dr Have you Have you Do you we 	el stressed out of er feel sad, hopel safe at your lever tried cigan apast 30 days, ink alcohol or uever taken and ever taken anyear a seat belt,	or under a lot o peless, depresse home or resider rettes, e-cigaret did you use ch use any other d bolic steroids o supplements to use a helmet, c	of pressure? ed, or anxious? nce? ttes, chewing tobacco, snuff, o newing tobacco, snuff, or dip?	e-enhancing suppleme or improve your perfo					
EXAMINATION									
Height:		Weight:							
BP: /	(/)	Pulse:	Vision: R 20/	L 20/	Correc	ted:	□ Y [ΠN	
MEDICAL						No	RMAL	ABNORMALI	FINDINGS
myopia, mitra	l valve prolapse		ed palate, pectus excavatum, c ortic insufficiency)	arachnodactyly, hyper	axity,				
Eyes, ears, nose, o Pupils equal Hearing	and throat								
Lymph nodes			NOTICES THE PROPERTY OF THE PR			L			
Heart ^o	1	T				Г	\neg		
	cultation standi	ng, auscultatior	n supine, and ± Valsalva mane	euver)		<u> </u>	_		
Lungs						-	_		
Abdomen									
Skin Herpes simple: tinea corporis	x virus (HSV), l	esions suggestiv	ve of methicillin-resistant <i>Stap</i> i	hylococcus aureus (MF	RSA), or				
Neurological									
MUSCULOSKELET	TAL					NO	RMAL	ABNORMAL I	FINDINGS
Neck									
Back							×		
Shoulder and arm	1								
Elbow and forear	m								
Wrist, hand, and	fingers								i
Hip and thigh									<u> </u>
Knee									
Leg and ankle									
Foot and toes									•
Functional						Γ			
		And the state of t	and box drop or step drop test			LL		<u> </u>	
nation of those.	0 1 7 .	•••	iography, referral to a cardiol						
Address:					Ph	one:		MD DO	D, NP, or PA
signature or nealth	care profession	nut						, MD, DC	2, 141, OF TA

(Last Name)

_____ Date of birth: _____

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PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name:	Date of birth:	_ ;	
Medically eligible for all sports without restriction		į.	
☐ Medically eligible for all sports without restriction with recommend	dations for further evaluation or treatment of		
		-	
Medically eligible for certain sports		-	
■ Not medically eligible pending further evaluation	·	-	
☐ Not medically eligible for any sports			
Recommendations:		-	
I have examined the student named on this form and complet apparent clinical contraindications to practice and can partic examination findings are on record in my office and can be a arise after the athlete has been cleared for participation, the and the potential consequences are completely explained to	cipate in the sport(s) as outlined on this form. A copy of made available to the school at the request of the paren physician may rescind the medical eligibility until the pr	the physicants. If conditi	ıl ions
Name of health care professional (print or type):	Date:		
Address:	Phone:	1	
Signature of health care professional:		_, MD, DO, N	NP, or PA
SHARED EMERGENCY INFORMATION		:	
Allergies:		_	
		_	
Medications:		- 1	
		-	
Other information:		_	
		-	
Emergency contacts:		-	
		_	

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Forsyth County Middle/High Schools ATHLETIC CONTRACT

*Rules of Conduct for Athletes

Cc: athlete, parent, school

Athletes are representatives of the school, the community, and the league. As leaders in the school, athletes are expected to conduct themselves in a manner prescribed by the athletic department and the school. This conduct shall continue throughout the year and not just for a particular sports season. The athlete shall display good sportsmanship at all times. Inappropriate behavior or language, failure to follow the instructions of the coach and/or officials may lead to suspension from contests and/or the team. A neat, clean and well groomed appearance is expected at all times from every member of the athletic department: athletes, coaches, and administrators.

As a member of the Forsyth County Middle/High School Athletic Department, I understand my responsibilities as a student/athlete (and as a parent/guardian of this athlete) in participating in Forsyth County Middle/High School Athletics and the consequences of violating any of the expectations outlined in this contract.

		7
As an athlete, I,	further pledge to:	
* communicate my sports schedule well in a	dvance to my parents and teachers,	
* schedule my personal life so that it does no		1
	mitments I have that conflict with the team schedul	e,
	eam captains and parents before they become probl	
* abide by all the training rules set forth by r		,
	coaches to continually strive to contribute to the pr	rogram.
		8
Signature of Athlete	Date	
orginature or runnete	Butto	i
As a parent/guardian, I.	further pledge to:	
* stay informed about my son/daughter's ath	, further pledge to: aletic schedule to keep conflicts to a minimum.	
	nmit to the team by attending as many team meeting	gs contests and
special events as my schedule will permit,	mint to the team of attending as many team meeting	85, 00110515 0111
	assure an appropriate academic and athletic experie	nce for my
daughter/son throughout his/her high school		nee ioi iiij
	whiter and then their coach before they become prob	lematic
* assure that my son/daughter will attend all		Tomatio,
follow all training rules set forth,	practices, contests, special events and will	
	coach to determine strategy and player selection,	
	ents, and school personnel to assure a wholesome a	and successful
athletic program for our school.	ents, and school personnel to assure a wholesome a	ind successiui
aunetic program for our school.		
G:	Data	
Signature of Parent/Guardian	Date	



South Forsyth Middle School Sports Medicine Emergency Information

Name:	Grade: Birthday:
Drug Allergies/Medications/Me	dical Problems:
Parent(s)/Guardian(s):	
	Parent/Guardian Phone:
Person to Contact in an Emerger	ncy:
Phone:	Alternate Phone:
Is the Athlete Listed Above Cov	vered by Private Medical Insurance? Yes No
Insurance Company:	
Policy Holder's Name:	
	Group Number:
*I/We give my/our permission to care for my/our child in my/our	o the SFMS coaching staff to seek emergency medical absence.
Parent(s)/Guardian(s) Signature	:Date:
Comments/Notes:	