

NDHSAA 2020-21 ANNUAL SPORTS HEALTH QUESTIONNAIRE – FORM B

DATE ____/____/____ Name _____ Age ____ Birth Date ____/____/____
 Grade ____ School _____ Sport(s) _____
 Address _____
 Phone _____ Date of Last Sports Qualifying Physical Exam (SQPE) ____/____/____

Check Yes or No boxes for each question or **Circle** question numbers for which you cannot answer.

IN THE LAST YEAR, since your last complete Sports Qualifying Exam with your physician, **HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:**

Athlete Health Questionnaire

Over the past 2 weeks, how often have you been bothered by any of 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 or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥3, please see your provider)

YES NO

1. In the last year, has a doctor restricted your participation in sports for any reason without clearing you to return to sports? YES NO
- IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR**
2. In the last year, have you passed out or nearly passed out *during* or *after* exercise? YES NO
 3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise? YES NO
 4. In the last year, does your heart race or skip beats (irregular beats) during exercise? YES NO
 5. In the last year, do you get light-headed or feel more short of breath than expected during exercise? YES NO
 6. In the last year, have you had an unexplained seizure? YES NO
- IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR**
7. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason? YES NO
 8. In the last year, has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including an unexplained drowning or an unexplained car accident)? YES NO
 9. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning? YES NO
 10. In the last year, has anyone in your immediate family been diagnosed with hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long or short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia? YES NO
 11. In the last year, has anyone in your immediate family under age 35 had a heart problem, pacemaker, or implanted defibrillator? YES NO
- MEDICAL RISK QUESTIONS IN THE LAST YEAR**
12. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems YES NO

Parents or Legal Guardians: Please note below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

Parent or Legal Guardian Signature

Athlete Signature

Date

Activities Director Notes:

a YES answer to any of the questions above requires a clearance note from a physician prior to participation.

SQPE Due ____/____/____ **CLEARED FOR SPORTS:** YES NO