

**SUMMER PROGRAMS MEDICAL FORM**

**Student Trooper**

Please Print or Type

Full Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
Last First Middle M D Y

Home Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
Box # or Street City State Zip area code

Name, Relationship of Parent or Guardian: \_\_\_\_\_

Address \_\_\_\_\_  
Box # or Street City State Zip

Parent or Guardian's Phone Number: Day(\_\_\_\_) \_\_\_\_\_ Night (\_\_\_\_) \_\_\_\_\_

Name, Address & Phone of Family Physician \_\_\_\_\_

**IN CASE OF EMERGENCY PLEASE CONTACT:**

Name: \_\_\_\_\_ (Relationship to delegate): \_\_\_\_\_

Phone number, Day (\_\_\_\_) \_\_\_\_\_ Evening (\_\_\_\_) \_\_\_\_\_

**HEALTH INSURANCE INFORMATION REQUIRED: (A copy of the insurance card, front and back, and the prescription drug card, if applicable, front and back, must be included with this form)**

Name of Ins. Co. \_\_\_\_\_ Subscriber's ID No. \_\_\_\_\_ Grp. No. \_\_\_\_\_

Address of Ins. Co. \_\_\_\_\_ Subscriber's Name: \_\_\_\_\_

Other: \_\_\_\_\_

**AUTHORIZATION AND CONSENT:**

I hereby agree that the attending physician or whomever he or she may designate may undertake treatment, including operations and/or the administration of necessary anesthesia, in serious or major illnesses or injuries without prior notification of the undersigned or any other person, and without obtaining consent of the undersigned or any other person, if in the judgment of the physician or designee it is necessary for health care reasons to proceed with the treatment without delay. I further agree that the attending physician or whomever he or she may designate may evaluate and treat all other injuries or illnesses for which help is sought. In the case of a minor (under 18 years of age) individual, this treatment may proceed without prior notification of the undersigned parent or guardian, although every attempt will be made to notify the parent or guardian in the event of such an injury or illness. I also agree that needed immunizations may be administered. I further agree that any medical information may be released to other health care providers who may be providing care.

**\*Signature of summer program participant:** \_\_\_\_\_

**\*Signature of minor's parent or guardian:** \_\_\_\_\_

Date: \_\_\_\_\_

(\*This section must have signatures of participant **and** parent or guardian if participant is a minor under the age of 18)

(over)

**PERSONAL HISTORY - Comment on all positive answers under remarks.**

HAVE YOU HAD?	Yes
Allergy to:	
Penicillin	
Sulfonamides	
Peanuts	
Bees, wasps	
Other	
Specify:	
Infectious mononucleosis	
Tropical Disease (specify)	
Chicken pox/Varicella	
Respiratory disorders, including asthma	
High blood pressure	
Diabetes, thyroid, endocrine problems	

HAVE YOU HAD?	Yes
Stomach or intestinal Disorders	
Blood Disorders, including anemia	
Headaches, Migraines	
<b>Concussions</b>	
Hearing disabilities	
Current prescription medicines (list)	
<b>Must be listed to attend.</b>	
Current non-prescription medicines (list)	
Current vitamins or supplements (list)	
Smoking or other tobacco use	
Surgery or serious injury	

HAVE YOU HAD?	Yes
Chronic Medical Condition (specify)	
Vision, corrective lens	
Cancer	
Heart Disease	
Serious head injury	
Hepatitis B	
Hepatitis C	
Kidney diseases	
Neurological disorder	
Depression, anxiety	
Other psychological problem	
Seizure	
Limited physical activity	
Organ loss	

If any explanation is needed, enter here. \_\_\_\_\_  
 \_\_\_\_\_

If **YES** is checked on any of the boxes above, a Physician's approval and signature to attend the program and be able to participate in all exercises listed below must be obtained.

Physician's Signature approving student to participate \_\_\_\_\_

EXERCISE	EXERCISE
Jumping Jacks (10)	Forward Bends (2)
Toe Touches (2)	Hamstring Stretch (2)
Groin Stretch (2)	Neck Stretch (2)
Jumping Jacks (25)	Push Ups (10) (10)
Sit Ups (10)	Back Extensions (10)
Leg Raises (10)	Arm Rotations (4 sets)
Speed Run (1/4 mile)	Distance Run (1 mile)

**PARTICIPANT, PARENTS OR GUARDIANS**

Is this participant capable of carrying a full program of fitness activities, including sports of all kind?  Yes  No  
 If "No", please state limitations below:

\_\_\_\_\_

Is there anything else about this participant that we should know?  Yes  No If "Yes", explain:  
 \_\_\_\_\_

Do you have any recommendations regarding the care of this participant?  Yes  No If "Yes", explain:  
 \_\_\_\_\_

Is the participant now under treatment or on medication for any medical or emotional condition, or does he any require special medical attention?  
 Yes  No

Explain below  
 \_\_\_\_\_

Date \_\_\_\_\_

**Signature** \_\_\_\_\_  
**Parent, or Guardian**