



2025-2026 MINNESOTA STATE HIGH SCHOOL LEAGUE

ANNUAL SPORTS HEALTH QUESTIONNAIRE

Name _____ Birth Date _____ Today's Date _____ Grade _____ School _____

Date of Last Sports Qualifying Physical Exam (SQPE) _____ Sport(s) _____

Address _____ Phone _____

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 Physical Exam with your physician or your Year 2 Annual Health Questionnaire, HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:

Athlete Health Questionnaire

- | | 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? | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR | | |
| 2. In the last year, have you passed out or nearly passed out <i>during</i> or <i>after</i> exercise?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. In the last year, does your heart race or skip beats (irregular beats) during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. In the last year, do you get light-headed or feel more short of breath than expected during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. In the last year, have you had an unexplained seizure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. In the last year, has a doctor told you that you have any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. In the last year, has a doctor requested a test for your heart? For example, electrocardiography (ECG) or echocardiogram (ECHO)?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR | | |
| 9. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. 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)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. 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?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. In the last year, has anyone in your immediate family under age 35 had a heart problem, pacemaker, or implanted defibrillator?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| MEDICAL RISK QUESTIONS IN THE LAST YEAR | | |
| 14. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. In the last year have you become ill while exercising in the heat?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. In the last year, have you learned that someone in your family has sickle cell trait or disease?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. In the last year, have you had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> |

Parents or Legal Guardians: Please note below any health concerns, medications, or allergies that may be important for the coaches or 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 Note: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)

SQPE Due _____ / _____ / _____ **MEDICALLY ELLIGIBLE FOR SPORTS PARTICIPAITON: YES NO**

Supplemental Mental Health Screening Questions (may be cut from form before submitting)

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	3
Not being able to stop or control worrying	0	1	2	3	3
Little interest or pleasure in doing things	0	1	2	3	3
Feeling down, depressed, or hopeless	0	1	2	3	3

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