

# DE SMET ATHLETIC PHYSICAL & HEALTH HISTORY FORMS AND ACTIVITY REGISTRATION INSTRUCTIONS

2026-2027



De Smet High School  
405 3rd St SW  
De Smet, SD 57231  
(605)854-3674



## PHYSICAL FORM INSTRUCTIONS (Follow all steps.)

De Smet requires yearly physicals to be completed to participate in athletics.

- 1) Complete page 2 of this form, **making sure you do not miss any questions.**
- 2) Give the form to the doctor/physician to complete page 1 (during your appointment). At the end of your appointment, make sure you **keep** the completed versions of both pages of the physical forms (page 1 & 2).
- 3) Have your parents/guardians scan or take a picture of **both** pages of your completed sports physical, which they will need to upload into the BOUND registration system when they register you for your sport/activity.
  - **BOUND registration for each sport/activity is required prior to practice.** Instructions are in the section below.
  - **PAPER, EMAILED, AND FAXED PHYSICAL FORMS WILL NOT BE ACCEPTED.**
  - Any physical dated on or after **April 1, 2026**, will be valid through the 2026-2027 school year.
- 4) Have your parents/guardians regularly check the email they enter in BOUND for any notifications from the BOUND system and/or from the De Smet School Activities Department.

## ACTIVITY/BOUND REGISTRATION INSTRUCTIONS

- **Each sport/activity requires separate registration** by the student's PARENT/GUARDIAN in the BOUND student-management program.
- Students cannot register themselves in BOUND, and registration **CANNOT** be done through the BOUND App.
- Parents (or guardians), you must register your student/s for each selected sport/activity by selecting the Registration option from the following site: <https://www.gobound.com/sd/schools/DeSmet>. (**Important: select "Registration" from the main navigation; do NOT go into the sport first.**)
- After you select Registration, you will be asked to log in to your family account (or create a family account).
- After you create or log into your family account, please select **2026-2027** for the year if "2025-2026" is still showing.
- Find the appropriate sport and level, and then go through the steps as prompted in the BOUND system, using PDF or JPG files for the physical form pages. (Please convert any HEIC files to JPG files; make sure the file size is not lower than medium; and do not cut off any edges of the physical form.)
  - Although you may initially receive a notification that BOUND registration is complete, that completion is pending the review of the uploaded physical form. If both pages of the physical form are not complete, the physical will be deleted so that it can be fully completed and re-uploaded. When that occurs, you will receive a "Physical Form delete/rejected" notification from BOUND, typically along with another email from De Smet that specifies what is missing from the physical form.
  - **Email notifications will be sent to the email you enter in the BOUND system.**
  - If the student's physical form includes a note requiring further evaluation for clearance, please upload the clearance (with the medical professional's signature) into the BOUND system once you receive that official clearance. After you upload the clearance documentation, please also notify the DHS office.
- Make sure you add all names and emails of those you want to receive sports-related communications.

**NOTE:** Clay Target will sign up for Fall and/or Spring. Clay Target athletes do not need a sports physical

**CO-OP SPORTS(WRESTLING) WILL NEED TO REGISTER WITH ARLINGTON SCHOOL DISTRICT** (There is an option on the De Smet site to choose Arlington, so you do not need to go to their BOUND website)



*Exam must be dated on or after April 1, 2026, to qualify for the 2026-2027 school year.*

**SDHSAA PREPARTICIPATION PHYSICAL EXAM FORM**

**Athlete Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Date of Exam:** \_\_\_\_\_ **Annual/Biennial/Triennial:** \_\_\_\_\_

**Physician Reminders:**

**1. Consider additional questions on more sensitive issues:**

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, e-cigarettes, vaping, chewing tobacco, snuff or dip?
- Over the past 30 days, have you used chewing tobacco, snuff or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seatbelt or helmet?

**2. Consider reviewing questions on cardiovascular symptoms (#4-13 on health history form)**

EXAMINATION		
Height:	Weight:	BP:
Pulse:	Vision: R 20/      L 20/	Corrected?:

MEDICAL	Normal	Abnormal Findings
Appearance		
Head/Mouth		
Eyes, ears, nose and throat - Pupils equal & Hearing		
Lymph Nodes		
Heart* -Heart sounds, murmurs, pulse, rhythm, auscultation		
Lungs		
Abdomen - Liver/Spleen, masses		
Skin - HSV, Lesions, Staph, MRSA, etc.		
Neurological		
MUSCULOSKELETAL	Normal	Abnormal Findings
Neck		
Back		
Shoulder & Arm		
Elbow & Forearm		
Wrist, Hand and Fingers		
Hip & Thigh		
Knee		
Leg & Ankle		
Foot & Toes		
Functional		
• Double-leg squat test, single-leg squat test, box drop or step drop test		

\* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or exam findings, or a combination

**Sports Participation Recommended for (Mark One):**

- Medically eligible for all sports without restriction
- Medically eligible for all sports without restriction with recommendation for further evaluation or treatment of: \_\_\_\_\_
- Medically eligible for certain sports (list here): \_\_\_\_\_
- Not medically eligible pending further evaluation: \_\_\_\_\_
- Not medically eligible for any sports: \_\_\_\_\_

**Name of Examiner:** \_\_\_\_\_

**Signature of Examiner:** \_\_\_\_\_

**Date of Exam:** \_\_\_\_\_

**Note: SDCL allows Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, Licensed Physician Assistant and Licensed Nurse Practitioners as those that can provide this recommendation.**

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**Form must have the signature of the examiner (stamp not accepted).**

**Form must be signed by both a parent/guardian and the student at the bottom.**

**SDHSAA HEALTH HISTORY FORM - To be completed (with parent/guardian if student is under 18) in years when a physical exam is given, prior to the exam.**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Exam: \_\_\_\_\_

Sports: \_\_\_\_\_

List all past and current medical conditions:	
Have you ever had surgery? If Yes, list all procedures:	
List all prescriptions, over-the-counter meds or supplements you currently take:	
Do you have any allergies? If Yes, Please list them here:	

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

*A sum of 3 or greater is considered positive on either subscale (Q1+2, or Q3+4) for screening purposes*

**ANSWER EACH OF THE FOLLOWING QUESTIONS SPECIFIC TO "IN THE PAST YEAR"**

**& EXPLAIN ANY YES ANSWERS ON THE BACK OF THIS SHEET:**

GENERAL QUESTIONS	Yes	No	BONE AND JOINT QUESTIONS, CONTINUED:	Yes	No
1. Do you have any concerns you'd like to discuss with your provider?			15. Do you have a bone, muscle, ligament or joint injury that bothers you?		
2. Has a provider ever denied or restricted your participation in sports for any reason?			<b>MEDICAL QUESTIONS</b>		
3. Do you have any ongoing medical issues or recent illnesses?			16. Do you cough, wheeze, or have difficulty breathing during or after exercise?	Yes	No
<b>HEART HEALTH QUESTIONS ABOUT YOU</b>			17. Are you missing a kidney, an eye, a testicle, your spleen or any other organ?		
4. Have you ever passed out or nearly passed out during or after exercise?	Yes	No	18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
5. Have you ever had discomfort, pain, tightness or pressure in your chest during exercise?			19. Do you have recurring skin rashes or rashes that come and go, including herpes or MRSA?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			20. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?		
7. Has a doctor ever told you that you have any heart problems?			21. Have you ever had numbness, tingling or weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
8. Has a doctor ever requested a test for your heart? (Example: electrocardiography or echocardiography)			22. Have you ever become ill while exercising in the heat?		
9. Do you get light-headed or feel shorter of breath than your friends during exercise?			23. Do you or does someone in your family have sickle cell trait or disease?		
10. Have you ever had a seizure?			24. Have you ever had, or do you have any problems with your eyes or vision?		
<b>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</b>			25. Do you worry about your weight?		
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before 35 years of age (including drowning or unexplained car crash)	Yes	No	26. Are you trying to, or has anyone recommended that you gain or lose weight?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS) short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?			27. Are you on a special diet, or do you avoid certain types of foods or food groups?		
13. Has anyone in your family had a pacemaker or implanted defibrillator before age 35?			28. Have you ever had an eating disorder?		
<b>BONE AND JOINT QUESTIONS</b>			<b>FEMALES ONLY</b>		
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 a game?	Yes	No	29. Have you ever had a menstrual period?	Yes	No
			30. How old were you when you had your first period?		
			31. When was your most recent period?		
			32. How many periods have you had in the past 12 months?		

**CERTIFICATION OF HEALTH: I hereby state that, to the best of my knowledge, my answers on this form are complete and correct:**

Signature of Athlete: \_\_\_\_\_

Signature of parent/guardian (if under 18): \_\_\_\_\_

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

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