

**GORHAM SCHOOL DEPARTMENT HEALTH OFFICE  
PHYSICAL EXAMINATION FORM**

THIS FORM IS TO BE COMPLETED BY A PHYSICIAN. SEND COMPLETED FORMS TO:

- GREAT FALLS ELEMENTARY SCHOOL; 73 JUSTICE WAY; GORHAM, ME 04038; FAX: 207-892-6301
- GORHAM HIGH SCHOOL; 41 MORRILL AVE; GORHAM, ME 04038; FAX: 207-839-7742
- GORHAM MIDDLE SCHOOL; 106 WEEKS RD; GORHAM, ME 04038; FAX: 207-839-4092
- NARRAGANSETT ELEMENTARY SCHOOL; 284 MAIN ST; GORHAM, ME 04038; FAX: 207-839-5018
- VILLAGE ELEMENTARY SCHOOL; 12 ROBIE ST; GORHAM, ME 04038; FAX: 207-839-5029

STUDENT NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ PARENT/GUARDIAN(S) NAME: \_\_\_\_\_

DATE OF EXAM: \_\_\_\_\_ PHYSICIAN/PCP NAME: \_\_\_\_\_  
(please print)

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ PULSE: \_\_\_\_\_ RESPIRATIONS: \_\_\_\_\_ BLOOD PRESSURE: \_\_\_\_\_

EYES: R: \_\_\_\_\_/20 L: \_\_\_\_\_/20 GLASSES: Y / N LABS (IF INDICATED): HEMOGLOBIN \_\_\_\_\_ URINE \_\_\_\_\_

MEDICATION ALLERGIES (PLEASE LIST):

FOOD ALLERGIES (PLEASE LIST):

OTHER ALLERGIES (SPECIFIC):

CARDIOVASCULAR:

NEUROLOGICAL:

RESPIRATORY:

MUSCULOSKELETAL:

INTEGUMENTARY:

GENITALIA:

EARS/NOSE/THROAT:

HERNIA:

TEETH/LAST DENTAL VISIT:

OTHER:

PLEASE LIST MEDICATIONS AND INDICATION FOR USE:

LIST ANY PHYSICAL LIMITATIONS/RESTRICTIONS:

**PLEASE ATTACH A COMPLETE AND CURRENT IMMUNIZATION RECORD**

**Physician/PCP SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Gorham School Department  
Health Services/Athletic Department**

There are many health needs recognized in school-age children, thus it is necessary to keep accurate up to date physical exam records both in the Health Services Department as well as the Athletic Department. Health Services recommends a physical exam report for all students in grades K, 4, 7, and 10. The physical exam report provides the school with valuable information about the health status of your child.

The Athletic Department requires that students participating on a school sponsored team will have on file, a current completed physical form within two years of the sport being played.

To facilitate the record keeping process for both departments and to alleviate duplication of effort, all physical exam records should be filed with the Health Services Department. The exam forms required for sports participation will be distributed and collected by the Athletic Department and then filed in Health Services. Once filed, the Athletic Department will have access to the records by contacting Health Services Department.

**Parents Please Note: No student will be allowed to participate in sports unless the physical form is up to date (within 2 years). A note stating the student was seen by the doctor is not proof of a physical examination. The form must say that the student had a physical on a specified date and that he/she is cleared for all sports/activities at school**

Helpful Tip: Whenever your child goes to the doctor's office for a physical, make several copies of the form and keep in a file at home so that whenever proof of a physical is needed, you will have it handy for any sport season, camp or activity your child is involved in. This will save last minute phone calls to the doctor's office to get another copy.