

**MORTON/WHITE PASS SCHOOL DISTRICTS
ATHLETICS AND ACTIVITIES HANDBOOK
2016-2017**

Dear Parents, Guardians, and Students:

The co-curricular programs of Morton and White Pass Junior/Senior High Schools are considered only a phase of the total comprehensive educational programs. We strive first and foremost to enhance academic excellence and personal growth through involvement in athletics or activities. Our mission is to create an environment in which our student participants develop skills for life while achieving competitive success. As such, it is designed to make a lasting contribution to the health, welfare, and character of the young people who participate.

Participation in athletics/activities means more than competition between individuals or teams representing different schools. It is rather, a means of building a way of life truly respected in our society. Participation teaches the understanding and appreciation of sacrifice and teamwork. The decision to participate indicates that the individual is willing to be self-disciplined by following training rules and choosing healthy living habits. This results in a mutual trust among coaches/advisors and other team members. Participation exemplifies the philosophy that dedication, drive, and determination bring eventual success and respect to our school.

The decision to participate in interscholastic athletics is entirely voluntary, and is made with the understanding that the athlete has not violated any of the eligibility rules and regulations of the Washington Interscholastic Activities Association, National Federation of High School Athletics, or Morton/White Pass Junior/Senior High Schools.

As self-discipline is important in developing good study habits, it is also essential to the development of quality athletes. For this reason, we seek your help, cooperation, and assistance in encouraging your athlete to maintain the stated guidelines.

The school boards, administration, and staff recommend proper attitudes and values be displayed by all students in the Morton/White Pass School Districts. Therefore, the following are rules and regulations regarding the conduct of students participating in co-curricular activities as members of Morton/White Pass Junior/Senior High School team(s). These rules are in conjunction with the rules in the student handbook. The coaches, club advisors, principals, athletic directors, and school board members of Morton/White Pass Junior/Senior High Schools have adopted the following rules to which participants in co-curricular activities must conform. The rules are in force 24 hours a day, 7 days a week, from the first practice of a summer season, until the final game that ends the activity.

Academic Eligibility

Students desiring to participate in any and all activities must maintain a minimum grade point average of 2.0 and have no failing grades (F). Any participant who falls below the 2.0 grade point average on the previous quarter/semester OR who had a failing grade(s) (F) will have weekly grade checks in which the teachers report grades to the office and he/she must be passing all classes. A participant is still eligible to participate if they fall under the 2.0 grade point average with no failing grades (F), however, again, they will have weekly grade checks. These conditions must be met both during the quarter preceding the sport/club and if applicable, the quarter's grading period during the season. In addition, all participants will have academic eligibility checks at mid-term (approximately 4.5 weeks) of each quarter. Printed reports will be given to coaches.

The first time a participant has 1 failing grade, he/she will be placed on a 1 week probation (per sport) where the student is still eligible for games. If after the 1 week probation, the participant still has 1 failing grade, he/she is placed on academic suspension. During the suspension, the participant is NOT eligible for competition, contest participation. The participant will remain on weekly suspension until he/she no longer has a failing grade OR until the athletic season is over. Said participant may attend contests and club activities and travel with the team/band/club ONLY on Fridays and Saturdays, at the coach/advisor's discretion. However, a participant whose grade check indicates a failing grade may not travel with the team on Monday through Thursdays NOR miss class to travel with the team any day.

Any participant who has 2 or more failing grades will automatically be placed on weekly suspension. HOWEVER, if a participant has 2 or more failing grades at either semester, he/she will be placed on WIAA 5 week suspension for high school students and 3 week WIAA suspension for junior high students.

Incoming 7th grade eligibility will be based on final 6th grade classes. If applicable, incoming 6th grade eligibility will be based on final 5th grade classes.

Appearance

All students representing Morton/White Pass Junior/Senior High Schools shall meet the standards of appearance set forth by the coach or advisor.

ASB Card

Students participating in any school-sponsored activity must purchase an ASB Student Activity Card. These funds are used to help finance the activity programs and insure the continuation of program offerings. They can be purchased in the high school offices.

Sport Fee

Students participating in any school-sponsored sport must pay a \$15 per sport fee during the academic year. The fee must be paid prior to the first contest/event.

Attendance

Participants shall be in class prior to the end of first period and for the rest of the day in order to be eligible to participate in practice, interscholastic or club events on that day. Exceptions to the above rule include:

- Medical/dental appointments are excused; however, a doctor's/provider's note verifying the appointment will need to accompany the participant upon his/her return.
- Family emergencies.
- School-sponsored activities.
- An event cleared in advance by the principal, athletic director or designee.
- If the return bus arrives at the Morton/White Pass site after midnight, participants are expected to be in class prior to the end of first period the following morning. If the bus arrives at the Morton/White Pass site after 1:00 a.m., participants are expected to be at school no later than 9:30 a.m. the following morning. The transportation department will be asked to alert the school office of arrivals after 12:00 a.m.

The high school office prior to participation must clear a participant who has an excused absence. For emergencies without prior notice, the athletic director, principal or other high school office personnel will approve or disapprove the student's request. (Note: The Morton and White Pass School Districts recommends parents have their student drivers ride the bus during times of questionable road conditions).

Conduct

Each participant in an activity will demonstrate courtesy and good sportsmanship at all times to Morton/White Pass players and coaches, opponents, officials and other participants. Flagrant and repeated incidents of poor sportsmanship, or profanity, may result in suspension from the team or activity.

Care and Return of Athletic Equipment

Upon signing the inventory card, the student becomes responsible for the care of the equipment issued and responsible for its return at the end of the sports season. Equipment that is lost, damaged (other than normal wear and tear) or otherwise not returned will be billed to the student at replacement cost. No student will be released to turn out for another sport until his/her obligations to the prior sport have been met, specifically the return of or payment for the athletic equipment.

Detention

Students who receive detention must make it up prior to participating in practice or games. Students are allowed to serve detention, and then attend practice/game the same day. If the game is away, they must ride the bus. Any participant who is given a short-term suspension or a long-term suspension from school will not be allowed to practice, compete, or attend until the suspension has ended. Playing time is still determined by the coach, therefore, the amount of practice/contest time lost due to after school detentions or suspensions will be handled by the individual coach/advisor.

Disciplinary Action Appeal Process

When infractions occur within the athletic program, the following process may be followed:

- A. Upon the imposition of penalty for infraction(s) of said rules or regulations, any aggrieved student and parents of said student shall have the right to an informal conference with the building principal and/or designee, athletic/activities director, and coach (Building Hearing Committee) to request that they refrain from enforcing the decision. If the students and parents do not make a written request for this informal conference within five (5) school days of the action grieved, they will have waived their right to the conference and appeal procedure. The informal conference is to be held within three (3) school days of the request.
- B. The aggrieved party may appeal to the Superintendent of Schools within three (3) school days of the appeals decision. The Superintendent of Schools, after hearing the case in detail, shall render a decision within ten (10) school days of the hearing.
- C. The aggrieved party may appeal the Superintendent's decision to the Board of Directors, within three (3) school days. The Board of Directors, after hearing the case in detail, shall render a decision on the case within ten (10) school days of the hearing. This decision shall be final.

Letter Award

Letters will be awarded to those athletes who complete the season in good standing and meet the criteria set forth by the athletic department. Letters will not be awarded to anyone who fails to complete the season.

Miscellaneous

There may be other types of student conduct not covered in the athletic code that calls for disciplinary actions. When this occurs, the building administrators and the athletic director will meet to decide on an appropriate sanction.

Narcotics, Alcoholic Beverages, Drugs, and any form of Tobacco or Delivery Devices are prohibited

A student shall not knowingly possess, use, transmit, be under the influence of, or show evidence of having used a narcotic, hallucinogenic, amphetamine, barbiturate, marijuana, alcoholic beverage, intoxicant of any kind or any illegal drug or any type of tobacco during the entire course of any athletic season. This includes Vaping Pens or any other delivery device.

In addition, the attendance by a participant at an event where illegal substances are being consumed, or the association by a participant with others who are illegally consuming the above substances is prohibited. This policy is cumulative throughout the participant's career (grades 6-12).

First Offense:

A student found in violation of this rule (Drugs, Alcohol, Tobacco, Vaping Pens or Delivery Devices) will be suspended from competition for 30% of the contest in the current sports season. If the 30% penalty is not fulfilled during the current sports season, the remaining percentage of the penalty will carry over to the next sports season in which the participant is involved.

Before the student is eligible to participate in any upcoming activity or sport season, he/she must complete six (6) hours or be enrolled (proof of enrollment/attendance is mandatory) in an approved and appropriate substance abuse counseling program. The participant must follow the prescribed and written recommendations given by the chemical health professional or agency. The refusal to be assessed, or the failure to follow the prescribed treatment will result in the immediate forfeiture of athletic/activity participation until the individual complies. The parent/guardian or student is responsible for the cost of counseling.

Second Offense:

A student found in violation of this rule (Drugs, Alcohol, Tobacco, Vaping Pens or Delivery Devices) a second time will be suspended from competition for 100% of the contests in the current sports season. If the 100% penalty is not fulfilled during the current sports season, the remaining percentage of the penalty will carry over to the next sports season in which the participant is involved.

Before the student is eligible to participate in any upcoming activity or sport season, he/she must complete 12 hour or be enrolled (proof of enrollment/attendance is mandatory) in an approved and appropriate substance abuse counseling program. The parent/guardian or student is responsible for the cost of counseling.

Third Offense:

A student found in violation of this rule (Drugs, Alcohol, Tobacco, Vaping Pens or Delivery Devices) a third time will be suspended from competition for 1 calendar year equaling twelve months. The suspension will begin on the date the violation was verified or upon the date the appeal process was exhausted.

Before the student is eligible to participate in any upcoming activity or sport season, he/she must complete 18 hours or be enrolled (proof of enrollment/attendance is mandatory) in an approved and appropriate substance abuse counseling program. The participant must follow the prescribed and written recommendations given by the chemical health professional or agency. The refusal to be assessed, or the failure to follow the prescribed treatment will result in the immediate forfeiture of athletic/activity participation until the individual complies. The parent/guardian or student is responsible for the cost of counseling.

Fourth Offense:

A student found in violation of this rule (Drugs, Alcohol, Tobacco, Vaping Pens or Delivery Devices) a fourth time will be ineligible for participation the remainder of their high school/junior high school career.

Requirements for Athletic/Activity Participation

All participants must have the following items completed prior to participation (participation included tryouts, practice or competition):

- Valid ASB card (Turnout fees paid by the first contest, if applicable).
- Outstanding athletic fees or uniform/equipment from prior season/sport turned in.
- Signed parent permission slip.
- Medical clearance signed by a physician.
- School insurance or an equal value personal policy.
- Signed athletic policy.
- Completed emergency medical release information.
- Complete all Friday/Saturday Schools, in school/out of school suspensions, after school detentions, and closed lunches.
- Transportation Permission Form.
- Meet ALL WIAA rules and regulations (i.e. residence, age, previous semester and amateur standing requirements.) Go to www.wiaa.com for more details.

Student Transportation

All members of athletic teams, including players, managers, statisticians, and media technicians are required to ride school provided/arranged transportation to and from interscholastic activities and dress for travel as directed by the coach/advisor. Any exception to this rule will be made in written request by the student's parent/guardian to the coach involved with the supervision of the trip. At no time shall a participant drive to and from out of district activities without prior approval. Participants may travel home from an event in a private vehicle provided that one of the following has happened:

- The parent/guardian is at the event site and personally asks the coach/advisor to release the participant to him/her. A signed travel form will need to be handed to the coach/advisor before the student is released. Individual coaches/advisors may have specific rules that require participants to ride to and from out of district activities.
- Prior arrangements must be made for participant to ride home with another student's parent or a non-student family member. The arrangements must be made with the consent of the coach and athletic/activities director or principal before the scheduled event takes place and a note must be on file.

Parent/Coach Relationships

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone.

High school sports have become a family thing. A parent should be the best advocate for their child. This advocacy, however, should be anchored in respect. Respect for the coach and his/her position. Respect for your child's feelings. Respect for the game he/she is playing. Respect for proper discourse. The coaches should reciprocate that respect as well. Sometimes the worse thing a sports parent can do for their child is to criticize a coach in front of the athlete. If that

criticism overflows into the ears of the prep athletes, fans, the coaches' family, friends and relatives it creates a negative environment.

Encourage your son or daughter to problem solve with the coach. The skills learned when talking with a person in authority will help your child throughout his or her life, no matter where that life takes them. And that is what high school sports should really be about. It's about building positive memories and learning skills to use over the next 10, 20, 30, 40 years.

Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Communication parents should expect from their child's coach:

1. Coach's philosophy.
2. Expectations the coach has for your son or daughter, as well as other players on the team.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
5. Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

1. Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regard to the coach's philosophy and/or expectations.
3. Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach encouraged.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

1. How much playing time each athlete is getting.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

If a parent has a concern to discuss with the coach, the following procedure should be followed:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts, as you understand them.
5. Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

1. Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
2. At this meeting, an appropriate next step can be determined, if necessary.
3. Realize that your meeting with the coach and administration will not necessarily result in change.

Student involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this handout helps make that experience more enjoyable for everyone involved.

Morton/White Pass Junior/Senior High Schools Athletics Warning to Parents & Students

Before any student-athlete is allowed to compete for Morton/White Pass Junior/Senior High School teams, he/she, along with a parent, must read and acknowledge the following warnings.

Risk of injury:

WARNING: Participation in supervised inter-scholastic athletics **BY ITS NATURE, INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG TERM CATASTROPHIC, INCLUDING PERMANENT PARALYSIS FROM THE NECK DOWN OR DEATH.** Although serious injuries are not common in supervised athletic programs it is possible only to minimize, not eliminate this risk. These situations where serious, catastrophic and perhaps even fatal accidents may occur include practice and competition.

The use of equipment can result in accidents, and/or other exposures to risk of injury. Students will be instructed in proper techniques to be used in competition as well as proper usage & safety precautions when using equipment. Students must adhere to that instruction and must refrain from improper usage and technique.

Participants can and have the responsibility to help reduce the chance of injury. **PARTICIPANTS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, AND INSPECT THEIR EQUIPMENT DAILY.**

CONCUSSION INFORMATION:

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• "Pressure in head"• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• "Don't feel right"• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in-coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider."

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>



Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

- 1. RECOGNIZE Sudden Cardiac Arrest**
 - Collapsed and unresponsive
 - Abnormal breathing
 - Seizure-like activity
- 2. CALL 9-1-1**
 - Call for help and for an AED
- 3. CPR**
 - Begin chest compressions
 - Push hard/ push fast (100 per minute)
- 4. AED**
 - Use AED as soon as possible
- 5. CONTINUE CARE**
 - Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second Counts!**



**MORTON/WHITE PASS JR/SR HIGH SCHOOLS
ATHLETIC PROFILE SHEET**

SCHOOL YEAR: _____ **SPORT:** Football Volleyball Cross Country Cheer
Basketball Fast Pitch Baseball Track

GENERAL INFORMATION

NAME _____ BIRTHDATE _____ AGE _____

GRADE IN SCHOOL: 6 7 8 9 10 11 12

PARENT/GUARDIAN'S NAME: _____

ADDRESS: _____ CITY: _____

HOME PHONE: _____ WORK PHONE: _____ CELL PHONE: _____

PLEASE ANSWER THE FOLLOWING QUESTIONS:

- _____ Is the student currently living with parents or legal guardians?
- _____ Does the student live in the Morton School District?
- _____ Did the student attend another school outside the Morton School District last year?
- _____ Does the student live in the White Pass School District?
- _____ Did the student attend another school outside the White Pass School District last year?

If so, name of previous school: _____

Address and city: _____

SAFETY INFORMATION

I have read the risk of injury warning printed on pages 6, 7, and 8 of this handbook, which includes the following: Concussions, Sudden Cardiac Arrest, injuries ranging from minor to long term catastrophic, such as permanent paralysis from the neck down or death. I am aware of and understand the inherent risks of participation in junior high or high school athletics.

Parent/Guardian's Signature: _____ Athlete's Signature: _____

PUPIL ACTIVITY TRANSPORTATION

Your signature below will allow your student to travel via school transportation to athletic events as participant, rooter or band member, as well as to club activities, special events, turnouts, and field trips. Your student will be responsible for notifying you of the activities as posted or announced. You may limit your student's participation in a particular activity by simply calling or writing the school office prior to the activity. In addition, your signature below will allow your students to travel via private adult transportation to athletic events as participant throughout the months of June, July and August of 2016.

Parent/Guardian's Name: _____ Date: _____

Parent/Guardian's Signature: _____

PHYSICAL

A copy of the physical examination report must be on file at your school.

Date of last physical: _____

Physical problems the school should be aware of: _____

EMERGENCY INFORMATION

Student's Name: _____

Home Phone: _____

Work Phone(s): _____

Emergency Contact Person: _____

Phone: _____

Family Doctor: _____

Doctor's Phone: _____

SUPPLEMENTAL HEALTH INFORMATION

Should your child have any restrictions on physical activities at school? NO _____ YES _____

If yes, explain in detail:

Any known allergies? (i.e., bee sting, Penicillin, Sulfa, etc...) _____

Any known medical conditions? (i.e., Diabetic, Asthmatic, Epilepsy, etc...) _____

Is student taking any known medication? NO _____ Yes, explain: _____

Any significant medical problems in past? (i.e., concussion 2001) _____

Date of last known Tetanus shot _____

As Parent or Legal Guardian, I authorize the team physician or, in his absence, a qualified physician to examine the above-named student and in the event of injury to administer emergency care and to arrange for any consultation by a specialist, including a surgeon, he deems necessary to insure proper care of any injury. Every effort will be made to contact parent or guardian to explain the nature of the problem prior to any involved treatment.

Parent/Guardian's Signature: _____ Date _____

() YES () NO If your answer is NO, please state the procedure you wish the coaching staff to follow: _____

ATHLETE AND PARENT/GUARDIAN'S CONSENT FOR PARTICIPATION

I hereby give consent for my son/daughter to participate in _____. Our signatures indicate that the above information on the athletic profile sheet is accurate. We have read and understand the attached Athletic/Activities Code of Conduct and the WIAA Interscholastic Eligibility Requirements. We fully understand the consequences in the event of a violation on the student's part and the possibility of injury or death.

Athlete's Signature: _____ Date: _____

Parent/Guardian's Signature: _____ Date: _____

ATHLETIC ACCIDENT PLAN COVERAGE

It is required that participants in interscholastic athletic activities carry insurance for injury and/or accident. Many private insurance policies and employer sponsored group insurance plans DO NOT cover interscholastic related injuries. ONE OF THE TWO OPTIONS below must be completed to be eligible to participate in our interscholastic athletics.

_____ **OPTION ONE-** I HAVE ACCIDENT/MEDICAL INSURANCE that covers my son/daughter when he/she is involved in interscholastic athletics.
Our insurance company is _____ Policy # _____

_____ **OPTION TWO-** School insurance has been purchased to cover my son/daughter involved in interscholastic activities.

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.

Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

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