Monarch High School Athletic Department Paperwork Packet

In order to participate in athletics at any Broward County Public High School you must have on file the following paperwork. This must be done annually and students may not participate in conditioning, practice or competition without a completed packet on file. Do not print front and back. Check off each one as it is completed, and verify that you have signed the documents as needed.

1	Copy of your birth certificate. (only once for the 4 years at Monarch High School)
2	Current yearly FHSAA Physical Exam form, provided by the school. It must be completed by a physician. They do NOT need to be notarized. This form includes the Concussion and Heat Safety forms. Must be signed, stamped and dated by the physician.
3	Current yearly valid insurance card or proof of insurance. A copy (only) of your insurance card must be attached**Football players using school insurance have a specific school insurance requirement. Please read the options carefully when signing up so you get the correct coverage. If you are NOT sure, ask Mr. Klemke.
4	Sportsmanship Policy form.
5	Authorization for release of Medical Records Information & Permission to Treat forms from Broward Health. They are the providers of our athletic trainer's services.
6	Athletic Information sheet
7	Parent/Guardian Permission form.
8	*ONLY IF transferring from another school, you must include a GA4 form. http://www.fhsaa.org/forms/general-forms/general-administrative/ga4

Check to be sure all pages are signed and complete before handing them into the athletic department. <u>DO NOT give them to the coaches</u>. The principal's secretary, Mrs. Ulrich will only take forms during your lunch time. You will not receive the release to participate form if the packet is not completed properly and completely. It is your responsibility to get it in and completed properly.

*If you have transferred from another school, you need to complete the Florida High School Athletic Association (FHSAA) GA4 form which is the Affidavit of Compliance with FHSAA policy on Athletic Recruiting. Please see Monarch Forms or Athletic site for this form. This form must be Notarized.



Home of the Knights!

Monarch High School Athletic Information Sheet

Sport		Year		
Student Number_			·····	_
Student Name				
Las	st	First		Middle
Address				Zip
OOB / / / Month D	Day / Yes	ar	Grad	e
Date Completed 8	th Grade	1	Date Entere	d 9th Crade /
Date Completed 8	Month	Year	Date Entere	d 9 th Grade///Year
Date Completed 9	th Grade	<u>/</u>	Date Entere	d 10 th Grade / Year
School Entered 9 th	Grade	rear		Month Year
Date Entered Mor School Attended I Phone Number (_	ast Year			
arent Signature			Date	,
		Do Not W	rite	
		For Coaches U		
GPA				
		DI		
Birth Certificate	te Turned In	Pny	Date Turne	d In
etters Earned	First Year	Second Year	Third Year	Fourth Year
Ionors Earned	Captain	MVP	Coaches Cho	oice
	Others			

MONARCH HIGH SCHOOL SPORTSMANSHIP POLICY

Monarch High School is committed to a spirit of good sportsmanship as a means to achieve exemplary citizenship and to enhance the image of our school community among students, patrons, and guests of our district. To enhance and promote our sportsmanship and citizenship goals, all students, sponsors and fans representing our school are expected to display exemplary levels of sportsmanship during all school-sponsored events and activities.

I. OBJECTIVES OF STUDENT PARTICIPATION IN THE ATHLETIC PROGRAM

Each student who participates in the Monarch High School athletic program is expected:

On the field/court to:

- 1. Be gracious and courteous regardless of whether he/she wins or loses.
- 2. Abstain from the use of illegal tactics.
- 3. Abstain from the use of profanity.
- 4. Abstain from displaying fits of temper, clowning, or other inappropriate behavior.
- 5. Cooperate with officials, coaches, and athletes
 - Injured players need to be at practices to be considered part of the team.
 - If a player quits or is removed from a team they are not entitled to any post season activity (letters, banquets, scholar athlete etc...)

At school to:

- 1. Maintain good scholarship
- 2. Pay respectful attention to classroom activities.
- 3. Show respect for other students.
- 4. Avoid horseplay and unnecessary boisterousness.
- 5. Maintain a good attendance record.

In the school building and on school grounds to:

Conduct him/her so as to provide role models for other students.

- 1. Use school equipment with respect and care.
- 2. Respect the property of others.
- 3. Represent Monarch High School with honor and pride.

II. MINIMUM TRAINING RULES AND REGULATIONS AS ESTABLISHED BY THE ATHLETIC DEPARTMENT

- Students are expected to be at team practices on time. A student should always consult his/her coach before missing practice. Missing practice or a game without good reason is unacceptable.
- 2. Students are expected to treat all equipment as if it were his/her own. He/she should not abuse it or see it wantonly harmed. Each student is financially responsible for all equipment he/she checks out and will not be allowed to participate in another sport until the obligation is cleared.
- 3. Athletes, like all other students, are expected to conduct themselves in a reasonable, responsible manner in keeping with the School Board of Broward Code of Conduct.
- 4. Students are expected to remain on a team until all contests are completed (play-offs and such).

 An Athlete and parent needs to be aware of potential conflicts between schools, activities and

State Series competitions. Dropping out of a sport is a serious matter. No student should quit any sport without first consulting his/her coach and explaining his/her intentions. Any athlete quitting or being dropped from a team is not permitted to participate in another sport or use athletic facilities until the conclusion of the sport that he or she quits or was dropped from.

- 5. Students must have a current physical examination as well as all paperwork on file with the Athletic Department before conditioning, practicing or competing.
- 6. Students/Athletes are to be dressed in official uniforms when representing Monarch High School in a game or meet. Deviations from or additions to the school uniform are not permitted.
- 7. Students/Athletes are to keep the team locker room neat.
- 8. Players and coaches **ARE** to travel as a team to and from all contests except in the case of an emergency (injury, illness). Special arrangements will be addressed via a conference and in writing with the Athletic Director's office and the parents.
- 9. Student athletes are expected to attend and participate in **ALL CLASSES** for which they are enrolled, including Physical Education on a scheduled contest date as well in order to practice each day.

III. SOCIAL MEDIA

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at Monarch High School in one form or another. Student-athletes should be aware that third parties - - including the media, faculty, future employers and opponents could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the school.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).

IV. PENALTIES

- 1. Unauthorized possession of school equipment: Any student in unauthorized possession of an item of Monarch School equipment or property will be immediately suspended from athletics and reported to his/her Assistant Principal pending investigation.
- 2. Drugs and Alcohol: Any team member found using or possessing alcohol or drugs will be suspended from competing in athletics immediately per The SBBC Student Code of Conduct.
- 3. Any external suspension from school will result in automatic suspension from the sport and/or removal from the team.

4. Athlete/Parents are responsible for any fines incurred by the athlete's misconduct or appeal of that misconduct. Or any fines associated with the student participating in athletics.

IV. APPEALS

If a team member, suspended by a coach wishes to appeal he/she will notify the Athletic Director to set up a meeting with the Principal, Athletic Director and Coach. The athlete and his/her parent(s) must be present.

V. MONARCH HIGH SCHOOL ELIGIBILITY RULES

To be eligible to play a sport a student must fulfill all of the eligibility requirements established by the FHSAA, BCAA, SBBC, and Monarch High School.

- 1. A student must complete all paperwork before grades are checked.
- 2. A student must carry an un-weighted cumulative GPA of 2.0 or higher.
- 3. A student must be in attendance on the day of a scheduled contest to be eligible to play in that contest.
 - a. Any student missing one or more classes with an unexcused absence on the day an event is ineligible to participate on that date. (Excused ONLY by AD or Administration)
 - b. Any student "sleeping in" and arriving to school late or being dismissed early to "rest up before the Game" on the day of an event is ineligible to participate on that date.

VII. ADDITIONAL INFORMATION

If you have additional questions, please feel free to contact the Athletic Office (754)322-1400 or refer to the FHSAA website (www.fhsaa.org). The website offers the FHSAA Handbook with much useful information.

I have read, understand and agree to comply with the above rules of conduct and ethics as required as a

VIII. ACKNOWLEDGEMENT OF CODE OF ETHICS AND CONDUCT

member of any Monarch High School Athletic Team.		
Student Athlete (Print)	Signature	Date
Parent or Guardian(Print)	Signature	Date





Signature of Student:

Florida High School Athletic Association

Revised 03/16

Preparticipation Physical Evaluation (Page 1 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

	ted by student or parent)
	Sex: Age: Date of Birth:/
ol:	Grade in School: Sport(s):
e Address:	Home Phone: ()
e of Parent/Guardian:	E-mail:
n to Contact in Case of Emergency:	
	one: () Work Phone: () Cell Phone: () _
nal/Family Physician:	City/State: Office Phone: ()
A DATE OF LATE A	
t 2. Medical History (to be completed by st	udent or parent). Explain "yes" answers below. Circle questions you don't know
Have you had a medical illness or injury since your last	Yes No
heck up or sports physical?	26. Have you ever become ill from exercising in the heat?27. Do you cough, wheeze or have trouble breathing during or after
Oo you have an ongoing chronic illness?	activity?
Have you ever been hospitalized overnight?	28 Do you have gethme?
Iave you ever had surgery?	20 Do you have seasonal allergies that require medical treatment?
Are you currently taking any prescription or non-	30. Do you use any special protective or corrective equipment or
rescription (over-the-counter) medications or pills or	medical devices that aren't usually used for your sport or position
sing an inhaler?	(for example, knee brace, special neck roll, foot orthotics, shunt,
lave you ever taken any supplements or vitamins to	retainer on your teeth or hearing aid)?
elp you gain or lose weight or improve your	31. Have you had any problems with your eyes or vision?
erformance?	32. Do you wear glasses, contacts or protective eyewear?
Oo you have any allergies (for example, pollen, latex, nedicine, food or stinging insects)?	33. Have you ever had a sprain, strain or swelling after injury?
Have you ever had a rash or hives develop during or	34. Have you broken or fractured any bones or dislocated any joints?
fter exercise?	35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?
lave you ever passed out during or after exercise?	If yes, check appropriate blank and explain below:
Iave you ever been dizzy during or after exercise?	Head Elbow Hip
lave you ever had chest pain during or after exercise?	
Oo you get tired more quickly than your friends do	Back Wrist Knee
uring exercise?	Chest Hand Shin/Calf
lave you ever had racing of your heart or skipped	Shoulder Finger Ankle
eartbeats?	Upper Arm Foot
Have you had high blood pressure or high cholesterol?	—— 36. Do you want to weigh more or less than you do now?
Iave you ever been told you have a heart murmur? Ias any family member or relative died of heart	—— 37. Do you lose weight regularly to meet weight requirements for your
roblems or sudden death before age 50?	— sport?
Have you had a severe viral infection (for example,	38. Do you feel stressed out? 39. Have you ever been diagnosed with sickle cell anemia?
nyocarditis or mononucleosis) within the last month?	39. Have you ever been diagnosed with sickle cell anemia?40. Have you ever been diagnosed with having the sickle cell trait?
las a physician ever denied or restricted your	41. Record the dates of your most recent immunizations (shots) for:
articipation in sports for any heart problems?	Tetanus: Measles:
Do you have any current skin problems (for example,	— Unnatitus D. Chiekenney:
ching, rashes, acne, warts, fungus, blisters or pressure sores	!
Iave you ever had a head injury or concussion? Iave you ever been knocked out, become unconscious	FEMALES ONLY (optional)
r lost your memory?	42. When was your first menstrual period?
Have you ever had a seizure?	43. When was your most recent menstrual period?
Oo you have frequent or severe headaches?	44. How much time do you usually have from the start of one period to
Have you ever had numbness or tingling in your arms,	the start of another:
ands, legs or feet?	45. How many periods have you had in the last year?
ands, legs of feet:	
ave you ever had a stinger, burner or pinched nerve?	46. What was the longest time between periods in the last year?

Date: ____/ ____/ ____

Signature of Parent/Guardian: _



Revised 03/16



Florida High School Athletic Association

Preparticipation Physical Evaluation (Page 2 of 3)

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	rature:					Blood Pressure:	_/(/	_,)
						Unequal		
	NGS		<u> </u>	-	ORMAL FINDI			INITIALS*
MEDIO	CAL							
1.	Appearance							
2.	Eyes/Ears/Nose/Throat							
3.	Lymph Nodes							
4.	Heart							
5.	Pulses							
6.	Lungs							
7.	Abdomen							
8.	Genitalia (males only)							
9.	Skin							
MUSC	ULOSKELETAL							
10.	Neck							
11.	Back							
12.	Shoulder/Arm							
13.	Elbow/Forearm							
14.	Wrist/Hand							
15.	Hip/Thigh							
16.	Knee							
17.	Leg/Ankle							
18.	Foot							
* – stat	tion-based examination of	only						
ACCE	SSMENT OF EXAMIN	INC DHVSICIAN	/DUVSICIAN ASSIST	A NIT/NITID CE	DDACTITION	HED.		
						irect supervision with the	following conclusion	on(s).
	leared without limitation		p					(0)*
	Disability:			Diag	nosis:			
Р	recautions:							
N	lot cleared for:					Reason:		
	leared after completing	evaluation/rehabilit	ation for:					
						For:		
Recom	mendations:							
Name (of Physician/Physician A	.ssistant/Nurse Prac	titioner (print):				Date:	/ /
'								
Addres	SS:							



Revised 03/16



Florida High School Athletic Association

Preparticipation Physical Evaluation (Page 3 of 3)

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Student's Name:		_			
ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)					
I hereby certify that the examination(s) for which referred was/were performed	d by myself or an individual under my direct supervision	on with the following conclusion(s)			
Cleared without limitation					
Disability:	Diagnosis:				
Precautions:					
Not cleared for:					
Cleared after completing evaluation/rehabilitation for:					
Recommendations:					
Name of Physician (print):					
Address:					
Signature of Physician:					

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.



Name of Parent/Guardian (printed)

Name of Student (printed)

Florida High School Athletic Association

Revised 05/18

Consent and Release from Liability Certificate (Page 1 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable; a change of schools during the validity period of this form will require this form to be re-submitted.

This form is non-transferable; a change of schools during the validity period of this form will require this form to be re-submitted.	
School: School District (if applicable):	
Part 1. Student Acknowledgement and Release (to be signed by student at the bottom) I have read the (condensed) FHSAA Eligibility Rules printed on Page 4 of this "Consent and Release Certificate" and know of no reason why I am not eligible to represent the condensed of the condensed of the representative, I agree to follow the rules of my school and FHSAA and to abide by their decision, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare voluntarily acrept any and all responsibility for my own safety and welfare voluntarily acrept any and all responsibility for my own safety and welfare voluntarily acrept any and all responsibility for my own safety and welfare voluntarily acrept any and all responsibility for my own safety and welfare voluntarily acrept any and all responsibility for my own safety and welfare voluntarily acrept any and all responsibility for my own safety and welfare voluntarily acrept any and all responsibility for any injury or claim resulting from such athletic participation and agree to take no legal action against FHSAA because of any accident or mishap involving athletic participation. I hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necess hereby grant to FHSAA the right to review all records relevant to my athletic eligibility including, but not limited to, my records relating to enrollment and attends academic standing, age, discipline, finances, residence and physical fitness. I hereby grant the released parties the right to photograph and/or videotape me and furth use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservatic limitation. The released parties, however, are under no obligation to exercise said rights herein. I understand that the authorizations and rights granted herein are	ons. Incus- while n(s), I y and ng my ssary lance ther to ion or intary ger be
Part 2. Parental/Guardian Consent, Acknowledgement and Release (to be completed and signed by a parent(s)/guardian(s) at the tom; where divorced or separated, parent/guardian with legal custody must sign.) A. I hereby give consent for my child/ward to participate in any FHSAA recognized or sanctioned sport <u>EXCEPT</u> for the following sport(s):	bot-
List sport(s) exceptions here	
B. I understand that participation may necessitate an early dismissal from classes. C. I know of, and acknowledge that my child/ward knows of, the risks involved in interscholastic athletic participation, understand that serious injury, and even dispossible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding the risks involved, I release and hold harmless my child's/ward's school, the schools against which it competes, the school district, the contest officials and FHSA any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against the FHSAA because any accident or mishap involving the athletic participation of my child/ward. I authorize emergency medical treatment for my child/ward should the need arise for treatment while my child/ward is under the supervision of the school. I further hereby authorize the use or disclosure of my child's/ward's individually identifiable information should treatment for illness or injury become necessary. I consent to the disclosure to the FHSAA, upon its request, of all records relevant to my child/wathletic eligibility including, but not limited to, records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fit agrant the released parties the right to photograph and/or videotape my child/ward and further to use said child's/ward's name, face, likeness, voice and appearant connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are undoubligation to exercise said rights herein. D. I am aware of the potential danger of concussions and/or head and neck injuries in interscholastic athletics. I also have knowledge about the risk of continuity participate once such an injury is sustained without proper medical clearance.	AA of all as a control of the such that the such t
READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGA	<u>iGE</u>
OUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGE INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU A	ERI- ERS ARE THE A IN AGE RE-
E. Lagree that in the event we/I pursue litigation seeking injunctive relief or other legal action impacting my child (individually) or my child's team particution in FHSAA state series contests, such action shall be filed in the Alachua County, Florida, Circuit Court. F. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation writing to my school. By doing so, however, I understand that my child/ward will no longer be eligible for participation in interscholastic athletics. G. Please check the appropriate box(es): My child/ward is covered under our family health insurance plan, which has limits of not less than \$25,000. Company: My child/ward is covered by his/her school's activities medical base insurance plan. I have purchased supplemental football insurance through my child's/ward's school. I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (Only one parent/guardian signature is required)	_
Name of Parent/Guardian (printed) Signature of Parent/Guardian Date	

Date

In (printed)

Signature of Parent/Guardian

Date

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (student must sign)

Signature of Student



Revised 03/10

Consent and Release from Liability Certificate for Concussions (Page 2 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

School:	School District (if applicable):
	•

Concussion Information

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all 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. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

Signs and Symptoms of a Concussion:

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- Vacant stare or seeing stars
- · Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- · Headache or persistent headache, nausea, vomiting
- Altered visior
- · Sensitivity to light or noise
- · Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo(spinning) or loss of equilibrium (being off balance or swimming sensation)
- · Decreased coordination, reaction time
- · Confusion and inability to focus attention
- · Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

DANGERS if your child continues to play with a concussion or returns too soon:

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

Steps to take if you suspect your child has suffered a concussion:

Any athlete suspected of suffering a concussion should be removed from the activity 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 written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

Return to play or practice:

Following physician evaluation, the *return to activity process* requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit http://www.cdc.gov/concussioninyouthsports/ or http://www.seeingstarsfoundation.org

Statement of Student Athlete Responsibility

Parents and students should be aware of preliminary evidence that suggests repeat concussions, and even hits that do not cause a symptomatic concussion, may lead to abnormal brain changes which can only be seen on autopsy (known as Chronic Traumatic Encephalopathy (CTE)). There have been case reports suggesting the development of Parkinson's-like symptoms, Amyotropic Lateral Sclerosis (ALS), severe traumatic brain injury, depression, and long term memory issues that may be related to concussion history. Further research on this topic is needed before any conclusions can be drawn.

I acknowledge the annual requirement for my child/ward to view "Concussion in Sports-What You Need to Know" at www.nfhslearn.com. I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

		/	/
Name of Student-Athlete (printed)	Signature of Student-Athlete	Date	
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	/	/
		/	/
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date	

Revised 05/18



Florida High School Athletic Association

Consent and Release from Liability Certificate for Sudden Cardiac Arrest and Heat-Related Illness (Page 3 of 4)

	This completed form must be kept on the by the school. This form is valid for 505 calendar days from the date of the most recent signature.
School: _	School District (if applicable):

Sudden Cardiac Arrest Information

Sudden cardiac arrest is a leading cause of sports-related death. This policy provides procedures for educational requirements of all paid coaches and recommends added training. Sudden cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA can cause death if it's not treated within minutes.

Symptoms of sudden cardiac arrest include, but not limited to: sudden collapse, no pulse, no breathing.

Warning signs associated with sudden cardiac arrest include: fainting during exercise or activity, shortness of breath, racing heart rate, dizziness, chest pains, extreme fatigue.

It is strongly recommended all coaches, whether paid or volunteer, are regularly trained in CPR and the use of an AED. Training is encouraged through agencies that provide hands-on training and offer certificates that include an expiration date.

Automatic external defibrillators (AEDs) are required at all FHSAA State Series games, tournaments and meets. The FHSAA also strongly recommends that they be available at all preseason and regular season events as well along with coaches/individuals trained in CPR.

What to do if your student-athlete collapses:

- **Call 911**
- Send for an AED 2.
- 3. Begin compressions

FHSAA Heat-Related Illnesses Information

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

Heat Stroke is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

Heat Exhaustion is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

Heat Cramps usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

Who's at Risk?

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

courses at www.nfhslearn.com. I acknowledge been advised of the dangers of participation for	that the information on Sudden Cardiac Arrest and Heat-Rel myself and that of my child/ward.	ated Illness have been read and understood. I have
Name of Student-Athlete (printed)	Signature of Student-Athlete	Date //
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date //
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	/

By signing this agreement, I acknowledge the annual requirement for my child/ward to view both the "Sudden Cardiac Arrest" and "Heat Illness Prevention"



Florida High School Athletic Association

Revised 05/18

Consent and Release from Liability Certificate (Page 4 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

Attention Student and Parent(s)/Guardian(s)

Your school is a member of the Florida High School Athletic Association (FHSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an FHSAA recognized sport (i.e. bowling, competitive cheerleading, girls flag football, lacrosse, boys volleyball, water polo and girls weightlifting or sanctioned sport (i.e. baseball, basketball, cross country, tackle football, golf, soccer, fast-pitch softball, swimming & diving, tennis, track & field, girls volleyball, boys weightlifting and wrestling), the student:

- 1. This form is non-transferable; a separate form must be completed for each different school at which a student participates.
- 2. Must be regularly enrolled and in regular attendance at your school. If the student is a home education student or attends a charter school or Florida Virtual School Full time Program or a special/alternative school or certain small non-member private schools, the student must declare in writing his/her intention to participate in athletics to the school at which the student is permitted to participate. Home education students and students attending small non-member private schools must be approved through the use of a separate form prior to any participation. (FHSAA Bylaw 9.2, Policy 16 and Administrative Procedure 1.8)
- 3. Must attend school within 10 days of the beginning of each semester to be eligible during that semester. (FHSAA Bylaw 9.2)
- 4. Must maintain at least a cumulative 2.0 grade point average on a 4.0 unweighted scale prior to the semester in which the student wishes to participate. This GPA must include all courses taken since the student entered high school. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester. (FHSAA Bylaw 9.4)
- 5. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4)
- 6. Must not have **enrolled in the ninth grade for the first time** more than four school years ago. If the student is a sixth, seventh or eighth grade student, the student must not participate if repeating that grade. (FHSAA Bylaw 9.5)
- 7. Must have signed permission to participate from the student's parent(s)/legal guardian(s) on a form (EL3) provided the school. (Bylaw 9.8)
- 8. Must not turn 19 before September 1st to participate at the high school level; must not turn 16 prior to September 1st to participate at the junior high level; and must not turn 15 prior to September 1st to participate at the middle school level, otherwise the student becomes permanently ineligibile. (FHSAA Bylaw 9.6)
- 9. Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics (form EL2).
- 10. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating. (FHSAA Bylaw 9.9)
- 11. Must not participate in an all-star contest in a sport prior to completing his/her high school eligibility in that sport. (FHSAA Policy 26)
- 12. Must display good sportsmanship and follow the rules of competition **before**, **during and after** every contest in which the student participates. If not, the student may be suspended from participation for a period of time. (FHSAA Bylaw 7.1)
- 13. Must not provide false information to his/her school or to the FHSAA to gain eligibility. (FHSAA Bylaw 9.1)
- 14. Youth exchange, other international and immigrant students must be approved by the FHSAA office prior to any participation. Exceptions may apply. See your school's principal/athletic director. (FHSAA Policy 17)
- 15. Must refrain from hazing/bullying while a member of an athletic team or while participating in any athletic activities sponsored by or affiliated with a member school.

If the student is declared or ruled ineligible due to one or more of the FHSAA rules and regulations, the student has the right to request that the school file an appeal on behalf of the student. See the principal or athletic director for information regarding this process.

By signing this agreement, the undersigned acknowledges that the information on the Consent and Release from Liability Certificate in regards to the FHSAA's

established rules and eligibility have been read and understood.

Name of Student-Athlete (printed)

Signature of Student-Athlete

Date

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Date

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Date





Florida High School Athletic Association

Consent and Release from Liability Certificate for Concussion and Heat-Related Illness (Page 1 of 2)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

Concussion Information

What is a concussion?

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all 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. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

What are the signs and symptoms of concussion?

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- · Vacant stare or seeing stars
- · Lack of awareness of surroundings
- · Emotions out of proportion to circumstances (inappropriate crying or anger)
- · Headache or persistent headache, nausea, vomiting
- · Altered vision
- · Sensitivity to light or noise
- · Delayed verbal and motor responses
- · Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo(spinning) or loss of equilibrium (being off balance or swimming sensation)
- · Decreased coordination, reaction time
- · Confusion and inability to focus attention
- · Memory loss · Sudden change in academic performance or drop in grades
- · Irritability, depression, anxiety, sleep disturbances, easy fatigability
- · In rare cases, loss of consciousness

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

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

What do I do if I suspect my child has suffered a concussion?

Any athlete suspected of suffering a concussion should be removed from the activity 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 written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), or a licensed physician assistant under the direct supervision of a MD/DO (as per Chapters 458 and 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

When can my child return to play or practice?

Following physician evaluation, the return to activity process requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit http://www.cdc.gov/concussioninyouthsports/ or http://www.seeingstarsfoundation.org

Statement of Student Athlete Responsibility

I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSTION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

		<u> </u>
Name of Student-Athlete (printed)	Signature of Student-Athlete	Date
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date





Florida High School Athletic Association

Consent and Release from Liability Certificate for Concussion and Heat-Related Illness (Page 2 of 2)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

FHSAA Heat-Related Illnesses Information

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

Heat Stroke is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

Heat Exhaustion is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

Heat Cramps usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

Who's at Risk?

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

By signing this agreement, the undersigned acknowledges that the information on page 1 and page 2 have been read and understood.

		$\mathcal{I} = I$
me of Student-Athlete (printed)	Signature of Student-Athlete	Date
me of Parent/Guardian (printed)	Signature of Parent/Guardian	Date
	-2-	



CONSENT FOR TREATMENT

Minor's Name:		Date of Birth:			
I hereby authorize physicians, nurs (collectively "providers") of Browa screening, diagnostic, or any other minor child ("child") to participate to child while participating in scho providers to render to my child apinclude but not be limited to the remecessity exists beyond that which further authorize and give permiss transport to a medical facility. I ur parent or guardian in the case of a more collective of the collection of the case of a magnitude of the collection.	ard Health ("BH") to come procedure deemed new in school athletics. In ol athletics, I further an appropriate and necessary dering of first-aid or each can be reasonably desion to providers to an addressand that every effects	onduct routine medical, medical recessary in order for the above the event that an injury occurs athorize and give permission to ry care at that time. This may mergency treatment. If medical lealt with on school grounds I range for professional medical			
I understand that BH is a teaching facility and that medical, nursing, and other health care personnel in training may participate in child's care and that these individuals are not necessarily employees or agents of BH. I also understand that BH contracts with physicians and physician groups to provide services to patients, and that they may be independent contractors and are not necessarily the agents or employees of BH. I understand that BH is not legally responsible for the acts and omissions of its independent contractors or these individuals that are not employees or agents of BH. I acknowledge that no guarantees have been made to me regarding the results of any examination, care or treatment to be provided by any BH agent.					
Signature of Parent(s)/Guardian	Date Signed	Relationship to Minor			
Name of Parent(s)/Guardian					
Pre-existing medical condition:					
Medication:					

Broward Health is affiliated with the University of Florida and Nova Southeastern Colleges of Medicine And is an equal opportunity employer and affirmative action procurer of goods and services



AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION

I		ereby authorize physicians, nurses,
		lectively "providers") of Broward
officials, coaches, teachers of determining child's ability of consists of history, physical information, or information child's ability to participate minimum amount of information used or d	ool Board of Broward of agents, for the purpose of participate in school a examinations, medical spertaining to injury or ill in school athletics. I undition necessary to fulfill a sclosed pursuant to this a	County or its employees, school of engaging in school athletics and athletics. The health information screenings, past or present health lness that may have a bearing on derstand BH will release only the request. I also understand that the authorization may be subject to resono longer protected by federal
refuse to sign and BH will not benefits on whether you sign authorization at any time by In the event I revoke this auth	t condition treatment, pay n this authorization. I un notifying in writing the B orization, it will not have	olth information is voluntary, I can ement, enrollment, or eligibility for inderstand that I may revoke this H representative at child's school, any effect on actions taken by BH year from the date it is signed.
Signature of Parent(s)/Guardi	Date Signed	Relationship to Minor

AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION CONSENT FOR TREATMENT: U18 Sports Medicine Program

Minor's Name:		Date of Birth:
Please list all the Minor's Medication and Medical Condition	ns:	
I,	or any other healthc medical, medical scre nild") to participate in a ther authorize and give ical necessity exists be ission to Providers to add to contact the participation.	enings, diagnostic of any other procedure school athletics. In the event that an injury repermission to Providers to render to my eyond that which can be reasonably dealt arrange for professional medical transport rent or guardian in the case of a medical
I understand the MHS has both employed and independent these individuals are not always employees or agents of physician groups to provide services to patients and that the agents or employees of MHS. I understand that MHS independent contractors or these individuals that are not enable been made to me regarding the results of any example agent, or independent contractor.	MHS. I also understar hey may be independe is not legally respo employees or agents o	nd that MHS contracts with physicians and ent contractors and are not necessarily the nsible for the acts and omissions of its of MHS. I acknowledge that no guarantees
I hereby authorize physicians, nurses, athletic trainers contractors of MHS to examine and evaluate Child and to County or its employees, school officials, coaches, teached determining Child's ability to participate in school attexaminations, medical screenings, past or present health have a bearing on Child's ability to participate in school disclosed pursuant to this authorization may be subject to protected by Federal confidentially laws or MHS.	o release the health in ers or agents, for the p eletics. The health in information or information athletics. I also under	formation to the School Board of Broward urpose of engaging in school athletics and information consists of history, physical, ation pertaining to injury or illness that may estand that the health information used or
I understand that authorizing the disclosure of this health condition treatment, payment, enrollment or eligibility for may revoke this authorization at any time by notifying, in revoke this authorization, it will not have any effect on actibe effective until revoked or until the Child reaches eight system.	benefits on whether I writing, the MHS repr ons taken by MHS pri	sign this authorization. I understand that I esentative at Child's school. In the event I or to the revocation. This authorization will
PARENT(S) / GUARDIAN(S)		
By:	5 . 6	Deletionabie to Child
Printed Name:	Date Signed	Relationship to Child
By:	Date Signed	Relationship to Child
Printed Name:	Date Signed	reduction to entire
Memorial Healthcare System Authorization For Release Of Medical Information Consent For Treatment: U18 Sports Medicine Program	PA	TIENT/LABEL