

Athletic Participation Packet


(Sports, Cheer and Dance/Drill Participa^at)

THIS PACKET CONTAINS MANY FORMS THAT YOU CAN COMPLETE DIGITALLY.

After filling out those sections,

- 1) Save the document for future reference,
- 2) Print, sign and date all forms that require you to do so,
- 3) Return the packet in its entirety to your school.

Signatures cannot be completed digitally

Below is list of documents included in this packet. Use this page as a check-list and be sure all items are complete before turning into the front office. BE SURE TO SIGN WHERE REQUIRED (both athlete and parent)	
Pages	
1-2 Pre-Participation Physical Evaluation Form	
3-4 KSHSSA Eligibility Check-List	
5-8 KSHSSA Concussion & Head Injury Information Release Form	
9 Substance Abuse Agreement	
10 Insurance Waiver	
11 Student Transportation Release & Consent	



Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

HISTORY FORM (should be filled out by the student and parent/guardian prior to the physical examination)

Name _____ Sex _____ Age _____ Date of birth _____
 Grade _____ School _____ Sport(s) _____
 Home Address _____ Phone _____
 Personal physician _____ Parent Email _____

PPE is required annually and shall not be taken earlier than May 1 preceding the school year for which it is applicable.

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

Do you have any allergies? Yes No If yes, please identify specific allergy below. No Medications
 Medicines _____ Pollens _____ Food _____ Stinging Insects _____
 What was the reaction? _____

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

General Questions	Yes	No	Medical Questions	Yes	No
1. Have you had a medical condition or injury since your last check up or sports physical?			27. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Has a doctor ever denied or restricted your participation in sports for any reason?			28. Have you ever used an inhaler or taken asthma medicine?		
3. 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: _____			29. Is there anyone in your family who has asthma?		
4. Have you ever spent the night in the hospital?			30. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
5. Have you ever had surgery?			31. Do you have groin pain or a painful bulge or hernia in the groin area?		
Heart Health Questions About You	Yes	No	32. Have you had infectious mononucleosis (mono) within the last month?		
6. Have you ever passed out or nearly passed out DURING or AFTER exercise?			33. Do you have any rashes, pressure sores, or other skin problems?		
7. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			34. Have you had a herpes or MRSA skin infection?		
8. Does your heart ever race or skip beats (irregular beats) during exercise?			35. Have you ever had a head injury or concussion? If yes, how many? _____ What is the longest you've been held out of sports or school? _____ When were you last released? _____		
9. 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 <input type="checkbox"/> Other: _____			36. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			37. Do you have a history of seizure disorder?		
11. Do you get lightheaded or feel more short of breath than expected during exercise?			38. Do you have headaches with exercise?		
12. Have you ever had an unexplained seizure?			39. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling (Stinger/Burner/Pinched Nerve)?		
13. Do you get more tired or short of breath more quickly than your friends during exercise?			40. Have you ever been unable to move your arms or legs after being hit or falling?		
Heart Health Questions About Your Family	Yes	No	41. Have you ever become ill while exercising in the heat?		
14. 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)?			42. Do you get frequent muscle cramps when exercising?		
15. 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?			43. Do you or someone in your family have sickle cell trait or disease?		
16. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			44. Have you had any problems with your eyes or vision?		
17. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			45. Have you had any eye injuries?		
Bone And Joint Questions	Yes	No	46. Do you wear glasses or contact lenses?		
18. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			47. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had any broken or fractured bones or dislocated joints?			48. Do you worry about your weight?		
20. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			49. Are you trying to or has anyone recommended that you gain or lose weight?		
21. Have you ever had a stress fracture?			50. Are you on a special diet or do you avoid certain types of foods?		
22. 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)			51. Have you ever had an eating disorder?		
23. Do you regularly use a brace, orthotics, or other assistive device?			52. Do you have any concerns that you would like to discuss with a doctor?		
24. Do you have a bone, muscle, or joint injury that bothers you?			Females Only	Yes	No
25. Do any of your joints become painful, swollen, feel warm, or look red?			53. Have you ever had a menstrual period?		
26. Do you have any history of juvenile arthritis or connective tissue disease?			54. If yes, are you experiencing any problems or changes with athletic participation (i.e., irregularity, pain, etc.)?		
			55. How old were you when you had your first menstrual period?		
			56. 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 _____

Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

Date of recent immunizations: Td _____ Tdap _____ Hep B _____ Varicella _____ HPV _____ Meningococcal _____

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?

- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt and use a helmet?

2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	Male <input type="checkbox"/> Female <input type="checkbox"/>	BP (corrected for height/age) / (/) Pulse
Vision R 20/	L 20/	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Gross Hearing			
Lymph nodes			
Heart * • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only)**			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic***			
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS	
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. **Consider GU exam if in private setting. Having third party present is recommended.

***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

*Reason _____

Recommendations _____

I have examined the above-named student and student history and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of healthcare provider (print/type) _____ Date _____

Address _____ Phone _____

Signature of healthcare provider _____, MD, DO, DC, PA-C, APRN
(please circle one)

ATTENTION PARENTS AND STUDENTS

KSHSAA ELIGIBILITY CHECK LIST

PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.

NOTE: Transfer Rule 18 states in part, a student is eligible transfer-wise if:

BEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or she may choose to attend. In addition, age and academic eligibility requirements must also be met.

BEGINNING NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year junior high are treated equally to ninth graders of a four-year senior high school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a three-year junior high school at the beginning of the school year and be eligible immediately under the Transfer Rule. Such a ninth grader must then as a tenth grader, attend the feeder senior high school of their school system. Should they attend a different school as a tenth grader, they would be ineligible for eighteen weeks.

ENTERING HIGH SCHOOL FOR THE FIRST TIME—A senior high school student is eligible under the Transfer Rule at any senior high school he or she may choose to attend when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility requirements must also be met.

For Middle/Junior High and Senior High School Students to Retain Eligibility

Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student to be eligible to participate in interscholastic activities must be certified by the school principal as meeting all eligibility standards.

All KSHSAA rules and regulations are published in the official *KSHSAA Handbook* which is distributed annually and is available at your school principal's office.

Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.

Rule 7 Physical Evaluation - Parental Consent—Students shall have passed the **attached evaluation** and have the written consent of their parents or legal guardian.

Rule 14 Bona Fide Student—Eligible students shall be a **bona fide undergraduate member** of his/her school in good standing.

Rule 15 Enrollment/Attendance—Students must be regularly **enrolled and in attendance** not later than Monday of the fourth week of the semester in which they participate.

Rule 16 Semester Requirements—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. A student shall not have more than eight semesters of possible eligibility in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.

NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.

Rule 17 Age Requirements—Students are eligible if they are not 19 years of **age** (16, 15 or 14 for junior high or middle school student) on or before September 1 of the school year in which they compete.

Rule 19 Undue Influence—The use of **undue influence** by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it shall meet the requirements of the KSHSAA.

Rules 20/21 Amateur and Awards Rules—Students are eligible if they have not **competed under a false name** or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.

Rule 22 Outside Competition—Students may not engage in **outside competition** in the same sport during a season in which they are representing their school.

NOTE: Consult the coach or principal before participating individually or on a team in any game, training session, contest, or tryout conducted by an outside organization.

Rule 25 Anti-Fraternity—Students are eligible if they are not members of any **fraternity** or other organization prohibited by law or by the rules of the KSHSAA.

Rule 26 Anti-Tryout and Private Instruction—Students are eligible if they have not participated in **training sessions or tryouts** held by colleges or other outside agencies or organizations in the same sport while a member of a school athletic team.

Rule 30 Seasons of Sport—Students are not eligible for more than **four seasons** in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.

Student's Name _____

(PLEASE PRINT CLEARLY)

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (*See KSHSAA Handbook, Rule 7*). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading.

The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable. The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.

Parent or Guardian Consent

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the **HISTORY** part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer, school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury.

I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

**The above named student and I have read the
KSHSAA Eligibility Check List
and how to retain eligibility information listed in this form.**

For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling

If a **negative** response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (*Schools shall process a Certificate of Transfer Form T-E on all transfer students.*)

YES NO

1. Are you a bona fide student in **good standing** in school? (If there is a question, your principal will make that determination.)
2. Did you **pass at least five new subjects (those not previously passed)** last semester? (*The KSHSAA has a minimum regulation which requires you to pass at least five subjects of unit weight in your last semester of attendance.*)
3. Are you planning to **enroll in at least five new subjects (those not previously passed)** of unit weight this coming semester? (*The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five subjects of unit weight.*)
4. Did you **attend** this school or a feeder school in your district last semester? (*If the answer is "no" to this question, please answer Sections a and b.*)
 - a. Do you reside with your parents?
 - b. If you reside with your parents, have they made a permanent and bona fide move into your school's attendance center?

The student/parent authorizes the school to release to the KSHSAA student records and other pertinent documents and information for the purpose of determining student eligibility. The student/parent also authorizes the school and the KSHSAA to publish the name and picture of student as a result of participating in or attending extra-curricular activities, school events and KSHSAA activities or events.

Parent or Guardian's Signature

Date

Student's Signature

Date

Birth Date

Grade

**BLUE VALLEY SCHOOL DISTRICT
CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM
2019-20**

This form must be signed by all student athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

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 disrupt the way the brain normally works. Even though most concussions symptoms resolve quickly, **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:

- 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
- 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 incoordination
- 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

Adapted from the CDC and the 3rd International Conference in Sport

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 (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling 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 sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. **When in doubt, the athlete sits out!**

Cognitive Rest & Return to Learn

The first step to concussion recovery is cognitive rest. This is essential for the brain to heal. Activities that require concentration and attention such as trying to meet academic requirements, the use of electronic devices (computers, tablets, video games, texting, etc.), and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified while they are initially recovering from a concussion. Decreasing stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. This may involve staying home from school for a few days, followed by a lightened school schedule, gradually increasing to normal. Any academic modifications should be coordinated jointly between the student's medical providers and school personnel. No consideration should be given to returning to physical activity until the student is fully integrated back into the classroom setting and is symptom free. Rarely, a student will be diagnosed with post-concussive syndrome and have symptoms that last weeks to months. In these cases, a student may be recommended to start a non-contact physical activity regimen, but this will only be done under the direct supervision of a healthcare provider.

Blue Valley School District Concussion Procedures **Return to Practice and Competition**

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

Based on the Kansas School Sports Head Injury Prevention Act and guidance from the Center for Disease Control, NFHS and the KSHSAA; all Blue Valley Student-Athletes who have been diagnosed with a concussion or referred to a physician for a suspected concussion due to his/her assessment by either a member of the coaching staff, school nurse, or Athletic Trainer, **must adhere** to the following protocol to ensure a safe return to participation.

1. EVERY student sent to a physician suspecting a concussion will complete a 5-step return to play (RTP) progression (see below), Each step must be separated by 24 asymptomatic hours.
2. Student-athletes diagnosed with a concussion will not begin their RTP until they are off all academic accommodations.
3. When a student-athlete is completely asymptomatic AND they are cleared by a MD/DO, they can begin their RTP progression (provided they are off all academic accommodations),
4. RTP progressions at the high schools will be directed by the school's Athletic Trainer. At the middle school, these protocols will be directed by a member of the coaching staff (or the principal's designee) in direct communication with the athletic trainer at their feeder high school.
5. Certain physicians may require a student-athlete to return to them after Step 4 of the RTP protocol for an additional exam. In this case, the student athlete will not be able to participate in competition without a written release by the physician with language similar to the following, "The student-athlete can now participate in competition without restrictions."

Once again, all student athletes diagnosed with a concussion or removed from participation because they are suspected of sustaining a concussion, must undergo the 5-step return to participation protocols once they have been cleared by the physician (even when the physician clears them for full participation).

Please understand, the RTP is a 5-step process, so the earliest your student-athlete can hope to return to participation is the 5th day after he/she has been released to start the RTP. Should the Athletic Trainer not deem successful completion of each step of the RTP, participation will be delayed accordingly. The following is the 5-step RTP Protocol that the Blue Valley School District will follow for all student-athletes who have been diagnosed with a concussion or have been removed from participation due to a suspected concussion.

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

Step 2: Moderate aerobic exercise- 30 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

If symptoms of a concussion re-occur, or if concussion signs and/or behaviors are observed at any time during the return to activity program, the athlete must discontinue all activity and be re-evaluated by their health care provider.

Important Health Care Provider Information

Both Kansas state law and the BVSD policy on concussion management, beginning with the RTP, and return to full participation **MUST BE IN WRITING AND APPROVED BY A MD/DO**. Any other health care professional **CANNOT** legally approve the return to play.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.kansasconcussion.org/>

For concussion information and educational resources collected by the KSHSAA, go to:

<http://www.kshsaa.org/Public/General/ConcussionGuidelines.cfm>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION RECOMMENDATIONS FOR COMPLIANCE WITH THE KANSAS SCHOOL SPORTS HEAD INJURY PREVENTION ACT AND IMPLEMENTATION OF THE NATIONAL FEDERATION SPORTS PLAYING RULES RELATED TO CONCUSSIONS

The following language appears in all National Federation sports' rules books:

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The Kansas Legislature has enacted the School Sports Head Injury Prevention Act (hereinafter the “Kansas Act”) effective July 1, 2011:

Sec. 72-135. (a) This section shall be known and may be cited as the school sports head injury prevention act. (b) As used in this section:

(1) “School” means any public or accredited private high school, middle school or junior high school.

(2) “Health care provider” means a person licensed by the state board of healing arts to practice medicine and surgery.

(c) The state board of education, in cooperation with the Kansas state high school activities association, shall compile information on the nature and risk of concussion and head injury including the dangers and risks associated with the continuation of playing or practicing after a person suffers a concussion or head injury. Such information shall be provided to school districts for distribution to coaches, school athletes and the parents or guardians of school athletes.

(d) A school athlete may not participate in any sport competition or practice session unless such athlete and the athlete’s parent or guardian have signed, and returned to the school, a concussion and head injury information release form. A release form shall be signed and returned each school year that a student athlete participates in sport competitions or practice sessions.

(e) If a school athlete suffers, or is suspected of having suffered, concussion or head injury during a sport competition or practice session, such school athlete immediately shall be removed from the sport competition or practice session.

(f) Any school athlete who has been removed from a sport competition or practice session shall not return to competition or practice until the athlete is evaluated by a health care provider and the health care provider provides such athlete a written clearance to return to play or practice. If the healthcare provider who provides the clearance to return to play or practice is not an employee of the school district, such health care provider shall not be liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

(g) This section shall take effect on and after July 1, 2011.



SUBSTANCE ABUSE AGREEMENT

BLUE VALLEY UNIFIED SCHOOL DISTRICT No. 229
ATHLETICS AND ACTIVITIES SUBSTANCE ABUSE GUIDELINES

Student Last Name	Student First Name	Student ID	Graduation Yr.
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Please Clearly Print All Information

Blue Valley Schools believe that school activities are a positive influence for students and the community. The expectation for all of our students is to be lawful in the conduct of their daily lives. Students who voluntarily represent Blue Valley Schools in various activities are held to a high standard of conduct. The *Athletics and Activities Substance Abuse Guidelines* reinforce the expectation of good conduct and positive representation of the District by students who participate in the District's activity programs.

Participation in activities as defined by Blue Valley Unified School District No. 229 is a privilege. This privilege is available to a student for as long as the student complies with District policies and guidelines, Kansas State High School Activities Association (KSHSAA) policies (where applicable) and coach/sponsor rules. Failure to comply with any of the policies, guidelines, or rules may result in suspension of the privilege of participating in activities. These guidelines are an extension of the District's substance abuse policy #3515 as well as the KSHSAA policy concerning the use and abuse of alcohol, tobacco, and illegal drugs.

Under these guidelines, an *offense* shall mean the use, possession, disbursement, or being under the influence of alcohol, tobacco, e-cigarettes, inhalants, or any illegal drugs, by a Blue Valley student activities participant whether at school-related activities or not. The students in Blue Valley activity programs shall be held accountable to these guidelines at all times during their high school career. These guidelines also prohibit the illegal use, possession, or disbursement of prescription medicine. Any student suspected of an offense shall be notified of the suspected offense and due process will be afforded to the student. The parent/guardian will also be notified. As an extension of the District's policy against substance abuse, any offense at school or at a school-sponsored activity will also result in appropriate District/school disciplinary action. Appeals may be pursued through established student disciplinary policies. Activity suspensions may carry over from one season to the next and/or from one school year to the next. These guidelines are cumulative throughout the student's entire high school activity experience. Example: Should a student commit a first offense during freshman year and another offense during junior year, the offense in the junior year becomes the student's second offense.

Before a high school student may participate in activities, the student must sign the form below indicating that he/she has read and understands the substance abuse guidelines. **This document will need to be signed only one time during a student's high school career.**

First Offense (All Apply)

- A. Suspension from participation in activities for not more than 50% of one full season; (should a student self-report a violation to a coach, sponsor, or administrator prior to the school learning of the violation, a reduction to the suspension from activities may occur) and
- B. A conference with the participant, school administrator, coach/sponsor(s), and parent(s) before reinstatement; and
- C. Fulfillment of any additional responsibilities required by the coach/sponsor(s) before reinstatement; and
- D. Verification of enrollment and participation in a professional alcohol, tobacco, or drug treatment program may reduce the suspension time.

Second Offense (All Apply)

- A. Suspension from participation in activities for not more than one full season; and
- B. A conference with the participant, school administrator, coach/sponsor(s), and parent(s) before reinstatement; and
- C. Fulfillment of any additional responsibilities required by the coach/sponsor(s) before reinstatement; and
- D. Completion of a professional alcohol, tobacco, or drug treatment program before the participant is eligible to participate in an activity in a subsequent season.

Third Offense (All Apply)

- A. Suspension from participation in activities for a minimum of 365 consecutive days; and
- B. A conference with the participant, school administrator, coach/sponsor(s), and parents before reinstatement; and
- C. Fulfillment of any additional responsibilities required by the coach/sponsor before reinstatement.

Co-Curricular Activities: If a student is suspended from a school activity that is also a graded activity to meet a course requirement, the student will have the opportunity to make-up the grade for that school activity. The make-up work must be arranged with the co-curricular sponsor/teacher.

Activity Sponsors will define and communicate to participants the meaning of "Season" for their activity.

The District hires coaches/sponsors to manage its activities. Coaches/sponsors may have stricter rules than what is provided by these guidelines. If a coach or sponsor has stricter rules, those rules shall be provided to the student and parent by the coach in writing and returned to the coach signed by the parent prior to the start of the activity. The substance abuse guidelines provide a baseline standard to which all activity programs will adhere. Coaches/sponsors may go above and beyond these guidelines with full support from the administration and Board of Education. Students are expected to follow all written rules of the team activity in which they are involved.

Student Signature	Parent Signature	Date Signed
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Blue Valley Unified School District #229
Emergency Medical and Insurance Information for Extracurricular Activities

<i>Male/Female</i>					
Last Name of Student	First	Initial	Circle One	Grade	Date of Birth
Home Address			Home Phone		
<u>Parent/Guardian Information</u>					
Father _____		Work Number _____			
Mother _____		Work Number _____			
Cell Phone Number _____			Pager Number _____		
Family Doctor _____			Dentist _____		
Phone _____			Phone _____		
Hospital Preference _____					
Medicines student is allergic to _____					
Other factors _____					

INSURANCE

Name of the Insurance Company _____ **Policy Number** _____

We/I, the undersigned, verify that the above-indicated insurance policy is currently in effect, provides medical and health insurance coverage for the above-named student, and will remain in full force and effect at all times the above-named student participates in any extracurricular activity offered by Blue Valley Schools during the current school year. By signing this document, I agree to accept full responsibility for all medical care and treatment, including all expenses incurred for such medical care and treatment, provided to the above-named student as a result of participating in school extracurricular activities. **YOUR ATTENTION IS DIRECTED TO THE FACT THAT MANY INSURANCE POLICIES EXCLUDE CERTAIN ACTIVITIES SUCH AS TACKLE FOOTBALL AND GYMNASTICS. PLEASE CHECK YOUR POLICY CAREFULLY OR CONSULT YOUR INSURANCE CARRIER.**

AGREEMENT TO OBEY INSTRUCTIONS AND ACKNOWLEDGEMENT OF RISK

We/I recognize the importance of following the instructions of coaches and sponsors regarding playing techniques, training and other rules while participating in extracurricular activities. We/I also understand that participation in extracurricular activities may involve risk of injury and that some contact sports involve greater risk of injury than other sports. Transportation of students shall be in compliance with board policy and administrative guidelines.

MEDICAL AUTHORIZATION

We, I the undersigned parent or legal guardian of the above named student, do hereby grant to any hospital, emergency center, doctor, nurse, and/or paramedic, authority to provide emergency medical treatment to my child. Further, should the attending physician determine, after examination, that life-saving surgery or other life-saving procedures are necessary, I do hereby grant permission to administer necessary life-saving surgery or other life-saving procedures.

I have read and fully understand the information on this form. My signature indicated agreement with the above information.

Dated and signed at _____ Kansas, this _____ day of _____ 20_____.

 Signature of Student

 Signature of Parent or Legal Guardian

If completing this form by hand, please print neatly. This form does not need to be notarized.



STUDENT TRANSPORTATION CONSENT FORM 2019-20

STUDENT TRANSPORTATION CONSENT AND RELEASE

There are times during the school year when activity events and practices will be held away from the school. The School District provides transportation, but there are times when students can benefit from other transportation options. Please review the transportation options listed below, check any that are acceptable for your student, sign the form, and have your student return the form to the coach/sponsor.

I/We hereby give my/our student, _____
(Print Full Name)

for the 2019-20 school year, permission to:

(Please check all appropriate spaces.)

No Yes

- ride to and from activity events and practices on school authorized vehicles,
- ride with his/her parent,
- ride with an adult licensed driver,
- ride with a sibling who is at least 16 years of age and a licensed driver,
- ride with another participant who is a licensed driver and at least 16 years of age, or
- my student is at least 16 years of age, is a licensed driver, and can drive himself/herself.

I/We understand that School District employees cannot supervise activity participants except when they travel to and from events and practices on school authorized vehicles. For valuable consideration, the receipt of which is hereby acknowledges, I/we knowingly and voluntarily release and forever discharge Unified School District No. 229 and the members of its Board of Education, its employees and agents from any and all liability, actions, lawsuits, claims, demands and expenses resulting, directly or indirectly, from loss of life, personal injuries, property damage, or other damage suffered by my/our student while traveling to or from activity events or practices by transportation other than a school authorized vehicle.

Parent/Guardian Signature

Student Signature Date

Parents have responsibility to ensure that their student uses the mode of transportation authorized by the parent. This Consent may be revoked or modified in writing at any time.