Cocoa High School Athletic Participation Packet

			Grade:	2021-2022
Last Name	First Nam	e		
Address:				
ricaross.				
DOB:				
Parent Cell # for Em	ergency Contact:			
Sports:				
Anna Maria				
Type of Form	Form Name			
Type of Form	I OIIII I (MIII)	ete		
		ldu		
		Complete		
	TIV O (D 1)			
Parent/Player	EL 2 (Page 1)			
Physical	EL 2 (Page 2,3)			
Liability	EL 3 (Page 1)			
Concussion	EL 3 (Page 2)			
Heat	EL 3 (Page 3)			
Eligibility	EL 3 (Page 4)			
Insurance	Сору			
Health Insurance	Information sheet			
Student signature	All Forms			
Parent Permission	Brevard County			
Birth Certificate	verified (new students)			
Recruitment	GA 4 (Transfer,			
	nontraditional only)			
Code of Conduct	Cocoa High School			
GPA :	Verified:			
Cardiac Screening	Verified:			
į.				
Packet Completed:				
		-		
	check AD Initials	3		

SCHOOL BOARD OF BREVARD COUNTY, FLORIDA

PARENT PERMISSION AND RESPONSIBILITY STATEMENT FOR OFF-CAMPUS EXTRA-CURRICULAR ATHLETICS

	School Name			Date
	Student's Name (please print)		Name	of Sport(s)
Activity	/ Event:			
louvity	(List the extra-curricula	sport(s), anticipated contest dates a	d off-campus practice locatio	ns or attach the schedule for both to this form)
) Phone Number
	School Athletic Dir	ector		Phone Number
TRANS	PORTATION BEING PROV	IDED (check all that apply)		
- Walk	cing - School Bus	- Commercial C	arrier (bus) - Pr	ivately Owned Vehicle
- Leas	ed Vehicle - County Veh	icle - None	- Other	(Describe)
DDIVE	RS OF PRIVATE OR LEASE	D VEHICLES (check all th		(Describe)
DRIVE	KS OF TRIVATE OR BEITS!			
- Liste	ed Volunteer - Register	ed Volunteer - Teacher or	Staff Member	- Other(Describe)
ТҮРЕ (OF ACTIVITY (Check all tha	apply)		
- Inte	rscholastic game or competition	- Interschola	stic practice(s)	- Other
Parents	should direct questions conc	rning the athletic activity to	the school Athletic Di	rector or the following Coach:
1 an circs				
Name _	Coach or Sponsor in Charg	Teleph	ne: ()	mber) (Mobile Phone)
		ALL THE ABOVE TO BE CO	IPLETED BY THE SCHOOL	OL
	PARENTAL	AUTHORIZATION AND	CKNOWLEDGEME	NT OF RISKS:
	I understand that participation	in athletics' is voluntary, that	it is not required, and the	nat it exposes my child to some risk(s). are responsible for transportation to and from
2.	the off commune athlatic activit	T .		
3.	The morent or quardian and stu	dent understand that the scho	l district, its officers, ag	gents or employees are not responsible for the
٥.	student during the time he/che	is traveling to or from the of	-campus activity, unless	s the school is providing transportation.
4.	mi	hidant will accume the light	y for the student's part	icination in the off-campus activity and wi
	indemnify and hold the Flori	la High School Athletic Ass	ciation and the School	Board of Brevard County harmless for an
	injury or accident or property	loss involving the student du	in the above activity (is	the extra-curricular athletic activity. es) may be withdrawn by written notification
5.	to the principal or by a change	in the student's schedule and	roved by the principal of	or designee.
6.	I understand that my child w	ill be involved in athletics'	ff school property: the	refore, neither the School Board of Breval
0.	County or its amployees and	volunteers will have any rest	onsibility for the condit	ion or use of any nonschool property.
7.	I certify that my child is in oc	od heath and may participate	but in the event of med	lical emergency, I/we authorize the coach
	charge of the off-campus athle	tic activity to seek emergence	medical treatment for	my child at my expense.
8.	Some trips may include or have	e the potential for participati	on in swimming or other	water based activities. Risks and dangers
	water may arise from foresee	able or unforeseeable causes.	Your signature signing will indemnify/hold the	es permission for your child to participate he School Board of Brevard County harmle
	these activities when supervis	hereby accume all ricks and	langers and all responsi	bility for any injury, loss, and/or damage th
	may occur while your child is	engaged in the water related	activity (ies).	5 5 5 7 5 7 5 7 5 7 5 7 5 7 5 7 5 7 5 7
				tion. I haraby grant narticipation in all
I/We ha	ave read and understand the info	rmation above and accept the	designated responsibility the following exception	ties. I hereby grant participation in all
aspects (of this trip - Granted	Denied Granted wi	i me ionowing exception	(Describe)
	Students Signature (Required	For All) - Date	Parent/Guar	dian Signature (Required for all) - Date



Signature of Student:

Florida High School Athletic Association

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.

	rt 1. Student Information (to be complete				
Stuc	lent's Name:				Sex:Age:Date of Birth://
	ool:		Gra	ade in	School: Sport(s):
	ne Address:				Home Phone: ()
Nan	ne of Parent/Guardian:				E-mail:
	son to Contact in Case of Emergency:				
					Work Phone: () Cell Phone: ()
Rela	itionship to Student: Home Phot	ne: (_			Work Filotic. () Cert Filotic. ()
Pers	sonal/Family Physician:			C	ity/State: Office Phone: ()
Pa		dent		nt). F	explain "yes" answers below. Circle questions you don't know answers Yes
1.	Have you had a medical illness or injury since your last			26.	Have you ever become ill from exercising in the heat?
	check up or sports physical?			27.	Do you cough, wheeze or have trouble breathing during or after
	Do you have an ongoing chronic illness?			20	activity?
					Do you have asthma? Do you have seasonal allergies that require medical treatment?
	5 I I I I I I I I I I I I I I I I I I I				Do you use any special protective or corrective equipment or
	Are you currently taking any prescription or non- prescription (over-the-counter) medications or pills or using an inhaler?			50.	medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, shunt,
	Have you ever taken any supplements or vitamins to				retainer on your teeth or hearing aid)?
	help you gain or lose weight or improve your			31.	Have you had any problems with your eyes or vision? Do you wear glasses, contacts or protective eyewear?
7	performance? Do you have any allergies (for example, pollen, latex,			32. 33	Have you ever had a sprain, strain or swelling after injury?
	medicine, food or stinging insects)?			34.	Have you broken or fractured any bones or dislocated any joints?
8.	Have you ever had a rash or hives develop during or after exercise?		**************************************	35.	Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?
	Have you ever passed out during or after exercise?				If yes, check appropriate blank and explain below:
					Head Elbow Hip
					Neck Forearm Thigh
12.	Do you get tired more quickly than your friends do during exercise?		-		Back Wrist Knee Chest Hand Shin/Calf Shoulder Finger Ankle
13.	Have you ever had racing of your heart or skipped				Shoulder FingerAnkle
	heartbeats?				Upper ArmFoot
			-		Do you want to weigh more or less than you do now?
				37.	Do you lose weight regularly to meet weight requirements for your
16.	Has any family member or relative died of heart problems or sudden death before age 50?			20	sport?
17	TI I I - I				Do you feel stressed out? Have you ever been diagnosed with sickle cell anemia?
.,.	myocarditis or mononucleosis) within the last month?			39. 40	Have you ever been diagnosed with sockle cell trait?
18.	Has a physician ever denied or restricted your				Record the dates of your most recent immunizations (shots) for:
	participation in sports for any heart problems?				Tetanus: Measles:
19.	Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)?	,			Hepatitus B: Chickenpox:
20	Have you ever had a head injury or concussion?				
21.	Have you ever been knocked out, become unconscious				MALES ONLY (optional)
	or lost your memory?				When was your first menstrual period? When was your most recent menstrual period?
	Have you ever had a seizure?				How much time do you usually have from the start of one period to
	Do you have frequent or severe headaches?				the start of another?
24.	Have you ever had numbness or tingling in your arms, hands, legs or feet?				How many periods have you had in the last year?
25.	Have you ever had a stinger, burner or pinched nerve?		*****	46.	What was the longest time between periods in the last year?
Esr	plain "Yes" answers here:				
ĽΧ	nam 165 answers nere.				



Revised 03/16



Florida High School Athletic Association

Preparticipation Physical Evaluation (Page 2 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.

						practitioner).		Date of Birth:	/
Height:	Weigl	nt:	% Body Fat (o	ptional):		Pulse:	Blood Pressure:	_/(/_	_,/
Temperature:		Hearing: right: F	·F	left: P_	F				
isual Acuity: Right 2	20/	Left 20/	Corrected:	Yes			Unequal		
INDINGS		NORMAL			A	BNORMAL FIN	DINGS	· · · · · · · · · · · · · · · · · · ·	INITIALS
MEDICAL									
 Appearance 			_						
2. Eyes/Ears/Nos	e/Throa	t							
Lymph Nodes			**************************************						
4. Heart			X						water the same of
5. Pulses			***************************************						***
6. Lungs			9			,			
7. Abdomen									
8. Genitalia (male	es only)								
9. Skin	00 01119)		<u> </u>						
MUSCULOSKELETA	T.								
10. Neck	L								
11. Back		-							
									-
12. Shoulder/Arm		allowed the second second second second second							
13. Elbow/Forearm	n								
14. Wrist/Hand		-							
15. Hip/Thigh			****						
16. Knee		***************************************							
17. Leg/Ankle									
18. Foot									
- station-based exam	ination	only							
ASSESSMENT OF E	N/ A B #YN	JING BUVCICI	A NI/DIIVCICI A NI	ACCICT	A NIT/NIII	OSE DDACTITIO	ONER		
haraby cartify that ea	ch evam	ination listed abo	ve was performed	by myse	elf or an in	dividual under m	y direct supervision with th	ne following conclusion	on(s):
Cleared without 1			, ve was perionice						
					Г	Jiagnosis:			
Disability:						nagnosis.			
Precautions:									
			www.	THE RESERVE OF THE PARTY OF THE		- Herenander	Daggant		A CONTRACTOR OF THE PARTY OF TH
Not cleared for: _							Reason:	- Land Control of the	
									A.A. 6.1
	_								
Referred to							For:		
Recommendations:									
									1 1
	ysician /	Assistant/Nurse P	ractitioner (print):					Date:	
								Date:	
Name of Physician/Phy								Date:	



Florida High School Athletic Association

dic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.

Preparticipation Physical Evaluation (Page 3 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.

Student's Name:				
ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable) I hereby certify that the examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s)				
Disability:	Diagnosis:			
Precautions:				
Not cleared for:	Reason:	:		
	or:			
Recommendations:				
Address:				
Signature of Physician:				
Based on recommendations developed by the American Academy	of Family Physicians, American Academy of Pediatrics, American Medical	l Society for Sports Medicine, American Orthopae-		





Florida High School Athletic Association

Revised 06/21

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.

School:	School District (if applicable):	
Part 1. Student Acknowledgement and R have read the (condensed) FHSAA Eligibility Rules printed my school in interscholastic athletic competition. If accepte know that athletic participation is a privilege. I know of the sion, and even death, is possible in such participation, and coarticipating in athletics, with full understanding of the risk nereby release and hold harmless my school, the schools againstility for any injury or claim resulting from such athletic pathletic participation. I hereby authorize the use or disclosus a hereby grant to FHSAA the right to review all records relacademic standing, age, discipline, finances, residence and use my name, face, likeness, voice and appearance in commitmitation. The released parties, however, are under no oblig and that I may revoke any or all of them at any time by suleligible for participation in interscholastic athletics.	d on Page 4 of this "Consent and Release Certificate" and know of no tea- ed as a representative, I agree to follow the rules of my school and FHS e risks involved in athletic participation, understand that serious injury, thoose to accept such risks. I voluntarily accept any and all responsibility as involved. Should I be 18 years of age or older, or should I be emancip tainst which it competes, the school district, the contest officials and FHS participation and agree to take no legal action against FHSAA because of the of my individually identifiable health information should treatment for the event to my athletic eligibility including, but not limited to, my records in physical fitness. I hereby grant the released parties the right to photograp the physical fitness in the properties of the properties of the right to photograp the physical fitness of the properties of the released parties the right to photograp the physical fitness of the properties of the properties of the physical fitness of th	including the potential for a concus- for my own safety and welfare while ated from my parent(s)/guardian(s), I SAA of any and all responsibility and any accident or mishap involving my or illness or injury become necessary. relating to enrollment and attendance, oh and/or videotape me and further to reial materials without reservation or nd rights granted herein are voluntary. I understand that I will no longer be
Part 2. Parental/Guardian Consent, Ack	nowledgement and Release (to be completed and signed by a legal custody must sign.) in any FHSAA recognized or sanctioned sport <u>EXCEPT</u> for the following the same statement of the same signal and signed by the same signal and signal	
a manage garage		
List sport(s) exceptions here	1.0	
is possible in such participation and choose to accept any at the risks involved, I release and hold harmless my child's/ any and all responsibility and liability for any injury or cla any accident or mishap involving the athletic participation of my child/ward by a healthcare practitioner, as defined in F. treatment, while my child/ward is under the supervision of information should treatment for illness or injury become n athletic eligibility including, but not limited to, records rela I grant the released parties the right to photograph and/or connection with exhibitions, publicity, advertising, promot obligation to exercise said rights herein. D. Lam aware of the potential danger of concussions are participate once such an injury is sustained without proper	ws of, the risks involved in interscholastic athletic participating, indicasm and all responsibility for his/her safety and welfare while participating in ward's school, the schools against which it competes, the school distriction in resulting from such athletic participation and agree to take no legal of my child/ward. As required by F.S. 1014.06(1), I specifically authorize S. 456.001, or someone under the direct supervision of a healthcare practite school. I further hereby authorize the use or disclosure of my child's/secessary. I consent to the disclosure to the FHSAA, upon its request, of a taking to enrollment and attendance, academic standing, age, discipline, finvideotape my child/ward and further to use said child's/ward's name, factional and commercial materials without reservation or limitation. The read/or head and neck injuries in interscholastic athletics. I also have know medical clearance.	t, the contest officials and FHSAA of action against the FHSAA because of healthcare services to be provided for titioner, should the need arise for such ward's individually identifiable health all records relevant to my child/ward's nances, residence and physical fitness. Itee, likeness, voice and appearance in eleased parties, however, are under not action against the services.
READ THIS FORM COMPLETELY AND C	CAREFULLY, YOU ARE AGREEING TO LET TOUR	HILD'S/WARD'S SCHOOL.
<u>IN A POTENTIALLY DANGEROUS ACTI</u> THE SCHOOLS AGAINST WHICH IT CO	MPETES, THE SCHOOL DISTRICT, THE CONTES	T OFFICIALS AND FHSAA UR CHILD MAY BE SERI-
USES REASONABLE CARE IN PROVID	ING THIS ACTIVITY, THERE IS A CHANCE YOU CONTING IN THIS ACTIVITY RECAUSE THERE	ARE CERTAIN DANGERS
NHEDENT IN THE ACTIVITY WHICH C	CANNOT BE AVOIDED OR ELIMINATED. BY SIGN	ING THIS FORM YOU ARE
GIVING UP YOUR CHILD'S RIGHT ANI	YOUR RIGHT TO RECOVER FROM MY CHILD	'S/WARD'S SCHOOL, THE
SCHOOLS AGAINST WHICH IT COMPE	TES, THE SCHOOL DISTRICT, THE CONTEST OF	NY PROPERTY DAMAGE
A LAWSUIT FOR ANY PERSONAL INJU- THAT DESILITS FROM THE RISKS THA	T ARE A NATURAL PART OF THE ACTIVITY. YOU	HAVE THE RIGHT TO RE
FUSE TO SIGN THIS FORM, AND MY CH	HILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINS	ST WHICH IT COMPETES
THE SCHOOL DISTRICT, THE CONTE	ST OFFICIALS AND FHSAA HAS THE RIGHT TO	O REPUSE TO LET TOUR
CHILD PARTICIPATE IF YOU DO NOT S		
F. I understand that the authorizations and rights grant writing to my school. By doing so, however, I understand	that my child/ward will no longer be eligible for participation in intersel surance plan, which has limits of not less than \$25,000.	time by submitting said revocation in
Company	Policy Number:	- 17844
My child/ward is covered by his/her school's activiti	ies medical base insurance pian.	
I have purchased supplemental football insurance the I HAVE READ THIS CAREFULLY AND	KNOW IT CONTAINS A RELEASE (Only one parent/guar	dian signature is required)
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date /
Name of Parent/Guardian (printed) I HAVE READ THIS CAR	Signature of Parent/Guardian EFULLY AND KNOW IT CONTAINS A RELEASE (studen	Date t must sign)
Name of Student (printed)	Signature of Student	Date



Florida High School Athletic Association Consent and Release from Liability Certificate for Sudden Cardiac Arrest and Heat-Related Illness (Page 3 of 4) This form is valid for 365 calendar days from the date of the most recent signature.

Revised 06/21

	School District (45 applicable	
School:	School District (if applicable	E) •
Sudden Cardiac Arrest Informati		
Sudden cardiac arrest (SCA) is a leading cause of sponends added training. Sudden cardiac arrest is a conund other vital organs. SCA can cause death if it's not contain the second seco	orts-related death. This policy provides procedures for educational dition in which the heart suddenly and unexpectedly stops beating of treated within minutes.	l requirements of all paid coaches and recom- g. If this happens, blood stops flowing to the brain
Symptoms of SCA include, but not limited to: sud		
Warning signs associated with SCA include: faint	ing during exercise or activity, shortness of breath, racing hear	rt rate, dizziness, chest pains, extreme fatigue.
1 1 Cl (11-4- (AED) Training is an acuraged through	paid or volunteer, be regularly trained in cardiopulmonary resuscing agencies that provide hands-on training and offer certificates the aining in CPR and the use of an AED must be present at each athleons.	nat include an expiration date. Deginning June 1,
The AED must be in a clearly marked and publicized the school year.	l location for each athletic contest, practice, workout or conditioni	ng session, including those conducted outside of
What to do if your student-athlete collapses:		
 Call 911 Send for an AED Begin compressions 		
FHSAA Heat-Related Illnesses Ir	nformation	
body temperature rises rapidly, sweating just isn't er or other vital organs, and can cause disability and ev Heat Stroke is the most serious heat-related illness.	cannot properly cool themselves by sweating. Sweating is the bo lough. Heat-related illnesses can be serious and life threatening. V en death. Heat-related illnesses and deaths are preventable. It happens when the body's temperature rises quickly and the body.	ery mgn body temperatures may damage the brame
nent disability and death.		the and not drinking arough fluids
	ness. It usually develops after a number of days in high temperature	
Heat Cramps usually affect people who sweat a lot the abdomen, arms, or legs. Heat cramps may also b	during demanding activity. Sweating reduces the body's salt and e a symptom of heat exhaustion.	moisture and can cause painful cramps, usually in
Who's at Risk? Those at highest risk include the elderly, the very yo succumb to heat if they participate in demanding phy fever, dehydration, poor circulation, sunburn, and pr	oung, people with mental illness and people with chronic diseases. rsical activities during hot weather. Other conditions that can increase rescription drug or alcohol use.	However, even young and healthy individuals car ase your risk for heat-related illness include obesity
By signing this agreement, I acknowledge the an courses at www.nfhslearn.com. I acknowledge th been advised of the dangers of participation for r	nual requirement for my child/ward to view both the "Sudden at the information on Sudden Cardiac Arrest and Heat-Relate nyself and that of my child/ward.	Cardiac Arrest" and "Heat Illness Prevention" ed Illness have been read and understood. I have
	Signature of Student-Athlete	Date /
Name of Student-Athlete (printed)	Signature of Student-Atmete	ar are the second of the secon
		Date 1
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date

ELECTROCARDIOGRAM SCREEN (ECG) CONSENT FORM AND RELEASE OF LIABILITY/OPT OUT

An ECG screen (also referred to as an EKG) can help identify young athletes who are at risk for sudden cardiac death, a condition where death results from an abrupt loss of heart function. An ECG screening may assist in diagnosing several different heart conditions that may contribute to sudden cardiac death.

By signing below, I elect to have representatives and volunteers from "Who We Play For" perform an ECG screen for my child. By electing to receive an ECG screen, I acknowledge the limitations of an ECG screen and that sudden cardiac death or other cardiac events may still occur, despite this screening. I further acknowledge that students with an abnormal ECG screen will be required to undergo further testing (e.g. an echo or ultrasound) and/or a medical consultation release prior to being allowed to resume participation in school athletics. By signing below, I hereby indemnify, release, and forever discharge, and waive, any and all claims against The School Board of Brevard County, Florida and "Who We Play For," including each entity's employees, sponsors, trustees, consultants, volunteers, and contractors for all actions related to this ECG screen. In addition, I authorize medical personnel with "Who We Play For" to review the ECG results, and interpret, and use the same for diagnostic and aggregated statistical purposes in accordance with the Family Education Rights and Privacy Act and Health Insurance Portability and Accountability Act of 1996.

I DO HEREBY CONSENT to participation in the ECG. I under For.	erstand there is a \$20 fee for this service, payable to Who We Play
	ur family qualifies for free or reduced lunch status. Families in this nsorship of Health First, Parrish Hospital, the Space Coast Healthey.
I DECLINE participation in the ECG screen on behalf of m	ny child.
Child's Name Printed	Date
Parent/Guardian Name Printed	Parent/Guardian Signature
Parent/ Guardian Email address	Parent/ Guardian Phone #
Partic	cipant Information
Ethnicity: Afro American/ Black Asian Cauca (Mark all that apply)	sian/ White Hispanic Other
Age: Gender: Male Female Birth dat	re/ Height: Weight:
Previous Cardiac Issues (if any):	
Family Cardiac History (if any):	
Do you currently take any of	the following medications? (circle any that apply):

ADD/ADHD Beta Blockers Asthma medication/inhaler Cardiac Medications

Sponsored By





