KMS ATHLETICS PARTICIPATION PACKET COVER SHEET

STUDENT NAME:		
GRADE LEVEL (circle one):	7th	8th
PARENT NAME:		
PARENT NAME:		
PHONE:		
ALT PHONE:		
EMAIL:		



PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)

This medical history form should be retained by the healthcare provider and/or parent. This form is valid for 365 calendar days from the date signed below.



MEDICAL HISTORY FORM

Have you ever had discomfort, pain, tightness, or pressure in

Does your heart ever race, flutter in your chest, or skip beats

Has a doctor ever told you that you have any heart problems?

your chest during exercise?

(irregular beats) during exercise?

5

6

		completed by student an		Di-I	zical Sex: Age: D	ate of Birth://
School	Student's Full Name:					
Home Address: City/State: Home Phone: ()						
Name	e of Parent/Guardian:			E-mail:		
Perso	on to Contact in Case of E	mergency:		Relationship to	Student:	
Emer	gency Contact Cell Phone	e: ()	Work Phone	:()	Other Phone:	. ()
Famil	ly Healthcare Provider:		City/State:		Office Phone:	()
Brank Brank	ast and current medical c	etti avust tiivattaista keelta vasta kasta kasta kasta kasta kasta ahta kasta ka		astura eta paranet kilo eta baria alberra alberra eta eta eta eta eta eta eta eta eta et		
Have	you ever had surgery? If	yes, please list all surgical pro	ocedures and da	ates:		
 Medi	cines and supplements (p	please list all current prescrip	tion medication	ns, over-the-cou	unter medicines, and supplem	nents (herbal and nutritional):
Do yo	ou have any allergies? If y	es, please list all of your aller	gies (i.e., medic	cines, pollens, fo	ood, insects):	
	nt Health Questionaire v	ersion 4 (PHQ-4) often have you been bothere	ed by any of the	following prob	lems? (Circle response)	
		Not at all		al days	Over half of the days	Nearly everyday
and the state of	ing nervous, anxious, n edge	0	1	1	2	3
100000000000000000000000000000000000000	being able to stop or trol worrying	0	1	1	2	3
1.000.000000	e interest or pleasure oing things	0	1	1	2	3
	ing down, depressed, opeless	0	1	1	2	3
GEN Expl	IERAL QUESTIONS ain "Yes" answers at the end e questions if you don't know		Yes No	HEART HEALT (continued)	H QUESTIONS ABOUT YOU	Yes No.
1	Do you have any concerns that your provider?	t you would like to discuss with		Has a doct example, (ECHO)?	tor ever requested a test for your hea electrocardiography (ECG) or echocar	rt? For diography
2	Has a provider ever denied or sports for any reason?	restricted your participation in			t light-headed or feel shorter of breat ring exercise?	h than your
3	Do you have any ongoing med	ical issues or recent illnesses?		10 Have you	ever had a seizure?	
HEA	RT HEALTH QUESTIONS A	ABOUT YOU	Yes No		H QUESTIONS ABOUT YOUR	
4	Have you ever passed out or ne exercise?	early passed out during or after		11 had an un	mily member or relative died of hear expected or unexplained sudden dea ding drowning or unexplained car cra	th before age
	Hara var anna bad dia f	ania tiabtagga or procesure in		Does anyo	one in your family have a genetic hear	t problem such

12

tachycardia (CPVT)?

defibrillator before age 35?

as hypertrophic cardiomyopathy (HCM), Marfan Syndrome,

long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminerigc polymorphic ventricular

Has anyone in your family had a pacemaker or an implanted

arrhythmogenic right ventricular cardiomyopathy (ARVC),



Student-Athlete Name:

Parent/Guardian Name:____

Parent/Guardian Name: ___

PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)

This medical history form should be retained by the healthcare provider and/or parent. This form is valid for 365 calendar days from the date signed below.



Student's Full Name: Date of Birth: ___/___ School: _ BONE AND JOINT QUESTIONS Yes No MEDICAL QUESTIONS (continued) Yes No Have you ever had a stress fracture? 14 26 Do you worry about your weight? Did you ever injure a bone, muscle, ligament, joint, or tendon 15 Are you trying to or has anyone recommended that you gain that caused you to miss a practice or game? 27 or lose weight? Do you have a bone, muscle, ligament, or joint injury that 16 Are you on a special diet or do you avoid certain types of currently bothers you? 28 foods or food groups? MEDICAL QUESTIONS Yes No 29 Have you ever had an eating disorder? Do you cough, wheeze, or have difficulty breathing during 17 or after exercise or has a provider ever diagnosed you with Explain "Yes" answers here: Are you missing a kidney, an eye, a testicle, your spleen, or any 18 other organ? Do you have groin or testicle pain or a painful bulge or hernia 19 in the groin area? Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)? Have you had a concussion or head injury that caused 21 confusion, a prolonged headache, or memory problems? Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs 22 after being hit or falling? 23 Have you ever become ill while exercising in the heat? Do you or does someone in your family have sickle cell trait 24 or disease? Have you ever had or do you have any problems with your 25 eyes or vision? This form is not considered valid unless all sections are complete. Participation in high school sports is not without risk. The student-athlete and parent/guardian acknowledge truthful answers to the above questions allows for a trained clinician to assess the individual student-athlete against risk factors associated with sports-related injuries and death. Florida Statute 1006.20 requires a student candidate for an interscholastic athletic team to successfully complete a preparticipation physical evaluation as the first step of injury prevention. This preparticipation physical evaluation shall be completed each year before participating in interscholastic athletic competition or engaging in any practice, tryout, workout, conditioning, or other physical activity, including activities that occur outside of the school year. We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine physical evaluation required by Florida Statute 1006.20, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test. The FHSAA Sports Medicine Advisory Committee strongly

_____(printed) Parent/Guardian Signature: _____ Modified from © 2019 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgment.

recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include the special

______(printed) Student-Athlete Signature: _______ Date: ____/ ____/ ____

________(printed) Parent/Guardian Signature: ________ Date: ____/ ____



PREPARTICIPATION PHYSICAL EVALUATION (Page 3 of 4)

This medical history form should be retained by the healthcare provider and/or parent.

This form is valid for 365 calendar days from the date signed below.



PHYSICAL EXAMINATION FORM

Student's Full Name:	Date of Birth:/	/ School:	·
HEALTHCARE PROFESSIONAL REMINDERS: Consider additional questions on more sensitive issues.			
Do you feel stressed out or under a lot of pressure?	Do you ever feel sad, hope	eless, depressed, or anxio	us?
Do you feel safe at your home or residence?	 During the past 30 days, d 	id you use chewing tobac	co, snuff, or dip?
Do you drink alcohol or use any other drugs?	 Have you ever taken anabes supplement? 	olic steroids or used any o	ther performance-enhancing
 Have you ever taken any supplements to help you gain or lose weight or improve performance? 	e your Have you experienced per of low energy during the p		tigued, and/or experienced times
Verify completion of FHSAA EL2 Medical History (pages 1 and 2 Cardiovascular history/symptom questions include Q4-Q13 of			f your assessment.
EXAMINATION			Marie 1. Sec. 1881
Height: Weight:			
BP: / (/) Pulse: Vision: R	20/ L 20/	Corrected: Yes	No
MEDICAL - healthcare professional shall initial each assessment		NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachno prolapse [MVP], and aortic insufficiency)	dactyl, hyperlaxity, myopia, mitral valve		
Eyes, Ears, Nose, and Throat Pupils equal Hearing		•	
Lymph Nodes			
Heart Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)			
Lungs			
Abdomen			
Skin Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphyloco	occus Aureus (MRSA), or tinea corporis		
Neurological			
MUSCULOSKELETAL - healthcare professional shall initial each ass	essment	NORMAL	ABNORMAL FINDINGS
Neck			
Back			
Shoulder and Arm			
Elbow and Forearm			
Wrist, Hand, and Fingers			
Hip and Thigh			
Knee			
Leg and Ankle			
Foot and Toes			
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test			
This form is not considered w	valid unless all sections are o	omplete.	
Consider electrocardiography (ECG), echocardiography (ECHO), referral to a cardiologist for a dvisory Committee strongly recommends to a student-athlete (parent), a medical evaluation w			
lame of Healthcare Professional (print or type):		Date o	of Exam://
Address:Phone: ()	E-mail:		
ignature of Healthcare Professional:	Credentials:	Lice	nse #:



PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL



This form is valid for 365 calendar days from the date signed below.

MEDICAL ELIGIBILITY FORM

Student Information (to be completed by	student and parent) print leg	gibly	A	f Diate / /
Student's Full Name:		Biological Sex:	Age: Date o	T Birth:/
School: Home Address:	City/State:	Home Phi	one: ()	
Name of Parent/Guardian:	City/State	mail:	one. (
Name of Parent/Guardian: Person to Contact in Case of Emergency:	Rela	ationship to Student:		
Emergency Contact Cell Phone: ()	Work Phone: ()	Other Phone: (
Emergency Contact In Case of Emergency. Emergency Contact Cell Phone: () Family Healthcare Provider:	City/State:		_ Office Phone: (_)
The preparticipation physical evaluation mus §464.012, or registered under §464.0123, and	t be administered by a practiti in good standing with the practi	ioner licensed under Floi itioner's regulatory board	rida chapter 458, ch d. (§1006.20(2)(c), F.S	napter 459, chapter 460, S.)
☐ Medically eligible for all sports without restrict	ion			
☐ Medically eligible for all sports without restrict	ion with recommendations for furth	ner evaluation or treatment	of: (use additional shee	t, if necessary)
☐ Medically eligible for only certain sports as liste	ed below:			
☐ Not medically eligible for any sports		and the programmer of the second seco		
Recommendations: (use additional sheet, if necessar	ועי		•	
I hereby certify that I, or a clinician under my dir Physical Evaluation and have provided the cor requested. Any injury or other medical condit treated by an appropriate healthcare profession	nclusion(s) listed above. A copy ions that arise after the date of	of the exam has been re this medical clearance s	tained and can be a	ccessed by the parent as
Name of Healthcare Professional (print or type				
Address:			Phone: ()
Signature of Healthcare Professional:				
SHARED EMERGENCY INFORMATION - com	pleted at the time of assessmer	nt by practitioner and pa	rent	
Check this box if there is no relevant me participation in competitive sports.	dical history to share related to	Prov	vider Stamp <i>(if requi</i> i	red by school)
Medications: (use additional sheet, if necessar	y)			
List:				
Relevant medical history to be reviewed by ath	ıletic trainer/team physician: (e)	xplain below, use addition	nal sheet, if necessar	y)
☐ Allergies ☐ Asthma ☐ Cardiac/Heart ☐ Co	oncussion 🔲 Diabetes 🔲 Heat III	lness 🛘 Orthopedic 🗖 Su	urgical History 🔲 Sicl	kle Cell Trait 🔲 Other
Explain:				
Signature of Student:	Date:/ Signature	of Parent/Guardian:		Date://

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct. We understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test.

This form is not considered valid unless all sections are complete.



MEDICAL ELIGIBILITY FORM - Referred Provider Form

PREPARTICIPATION PHYSICAL EVALUATION (Supplement)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL



_____ Phone: (_____) _____

This form is valid for 365 calendar days from the date signed below.

This form is only used, or requested, if a student-athlete has been referred for additional evaluation, prior to full medical clearance.

Student Information (to be completed by student and parent) print legibly Biological Sex: _____ Age: _____ Date of Birth: ___/___/___ _____Biological Sex: _____ Age: ___ ____Grade in School: _____ Sport(s): ____ Student's Full Name: School: _____City/State: ______ Home Phone: (_____) ____ E-mail: ____ Home Address: Name of Parent/Guardian: _____E-mail: ______ Person to Contact in Case of Emergency: ______ Relationship to Student: _____ Emergency Contact Cell Phone: (____) ____ Other Phone: (____) Name of Parent/Guardian: Family Healthcare Provider: _____ Office Phone: (_____ _____ Diagnosis: _____ Referred for: I hereby certify the evaluation and assessment for which this student-athlete was referred has been conducted by myself or a clinician under my direct supervision with the conclusions documented below: ☐ Medically eligible for all sports without restriction as of the date signed below ☐ Medically eligible for all sports without restriction after completion of the following treatment plan: (use additional sheet, if necessary) ☐ Medically eligible for only certain sports as listed below: ☐ Not medically eligible for any sports Further Recommendations: (use additional sheet, if necessary)

Name of Healthcare Professional (print or type): _______ Date of Exam: ___/ ___/

Signature of Healthcare Professional: _____ Credentials: ____ License #: _____

Provider Stamp (if required by school)



PREPARTICIPATION PHYSICAL EVALUATION (Supplement)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL



This form is valid for 365 calendar days from the date signed below.

This form is only used, or requested, if a student-athlete has been referred for additional evaluation, prior to full medical clearance.

MEDICAL ELIGIBILITY FORM - Referred Provider Form

Student Information (to be completed by stu	udent and parent) print legib	ly			
Student's Full Name: Biological Sex: Age: Date of Birth					
School:	Grad	de in School: Spo	ort(s):		
Home Address:	City/State:	Home Pho	ne: ()		
Name of Parent/Guardian:					
Person to Contact in Case of Emergency:	Relation	onship to Student:			
Emergency Contact Cell Phone: ()	Work Phone: (_)	_ Other Phone: () _		
Family Healthcare Provider:	City/State:		Office Phone: () _		
Referred for:	Diag	nosis:			
I hereby certify the evaluation and assessment for which the conclusions documented below:	n this student-athlete was referred h	as been conducted by mys	self or a clinician under my	direct supervision with	
☐ Medically eligible for all sports without restriction	as of the date signed below				
☐ Medically eligible for all sports without restriction	after completion of the following tr	eatment plan: (use additio	onal sheet, if necessary)		
☐ Medically eligible for only certain sports as listed b	nelow:				
☐ Not medically eligible for any sports					
Further Recommendations: (use additional sheet, if neco	essary)				
Name of Healthcare Professional (print or type): _			Date of Exam	://	
Address:			Phone: ()		
Signature of Healthcare Professional:		Credentials:	License #: _		
	·				
Provider Stamp (if required by school)					



Name of Student (printed)

Florida High School Athletic Association

Consent and Release from Liability Certificate (Page 1 of 5)



Date

Revised 3/23

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	This form is non-transferable; a change of s	chools during the validity period of this form will require this form to b	oe re-submitted.
School:		School District (if applicable):	
I have read the (conde represent my school in know that athletic parti death, is possible in suc with full understanding my school, the schools is such athletic participati disclosure of my individ to my athletic eligibility I hereby grant the relea publicity, advertising, pi I understand that the a	nsed) FHSAA Eligibility Rules printed on page interscholastic athletic competition. If accept cipation is a privilege. I know of the risks involved participation, and choose to accept such risk of the risks involved. Should I be 18 years of against which it competes, the school district, on and agree to take no legal action against the ually identifiable health information should treincluding, but not limited to, my records relations parties the right to photograph and/or videromotional, and commercial materials without uthorizations and rights granted herein are voted.	Case (to be signed by student at the bottom) et as a representative, I agree to follow the rules of my school and Fived in athletic participation, understand that serious injury, including the state of the contest officials, and FHSAA of any and all responsibility for my own safety and age or older, or should I be emancipated from my parent(s)/guardian the contest officials, and FHSAA of any and all responsibility and liability and the FHSAA because of any accident or mishap involving my athletic participant for illness or injury become necessary. I hereby grant to FHSAA and to enrollment and attendance, academic standing, age, discipline, fileotape me and further to use my name, face, likeness, voice, and appreservation or limitation. The released parties, however, are under not obtain and that I may revoke any or all of them at any time by subrgible for participation in interscholastic athletics.	HSAA and to abide by their decisions. I the potential for a concussion, and even welfare while participating in athletics, (s), I hereby release and hold harmless ity for any injury or claim resulting from ticipation. I hereby authorize the use or A the right to review all records relevant inances, residence, and physical fitness. earance in connection with exhibitions, obligation to exercise said rights herein.
	'Guardian Consent, Acknowl divorced or separated, parent/guardia	edgement and Release (to be completed and sign	ed by parent(s)/guardian(s) at
		AA recognized or sanctioned sport EXCEPT for the following sport(s):	
4. Thereby give conse	and for my child, ward to participate in any mo	e	
C. I know of and acknown in such participation and release and hold harmliability for any injury or participation of my child in F.S. 456.001, or some school. I further hereby consent to the disclosurand attendance, acader and further to use said without reservation or ID. I am aware of the ponce such an injury is stread THIS FORM CACTIVITY. YOU ARE THE CONTEST OFFI SERIOUSLY INJUREI CANNOT BE AVOID FROM YOUR CHILD'IN A LAWSUIT FOR RISKS THAT ARE A ITHE SCHOOLS AGA YOUR CHILD/WARE E. Lagree that, in the FHSAA State Series content in the con	participation may necessitate an early dismissary and all responsibility in the content of the c	is involved in interscholastic athletic participation, understand that ser for his/her safety and welfare while participating in athletics. With further safety and welfare while participating in athletics. With further safety and welfare while participating in athletics. With further safety and welfare while participating in athletics. With further safety and agree to take no legal action against the FHSAA because of any a fically authorize healthcare services to be provided for my child/ward in provided for my child/ward in the provided for my child ward individually or county. Florida, Circuit Court. The county of the legal action impacting my child/ward (individually) or county. Florida, Circuit Court. The county of the legal action impacting my child/ward (individually) or county. Florida, Circuit Court. The county of the less than \$25,000. Policy Number: Death has limits of not less than \$25,000. Policy Number: Death has limits of not less than \$25,000. Policy Number: Death has limits of not less than \$25,000.	Ill understanding of the risks involved, I chSAA of any and all responsibility and accident or mishap involving the athletic by a healthcare practitioner, as defined ild/ward is under the supervision of the for illness or injury become necessary. I mited to, records relating to enrollment agraph and/or videotape my child/ward promotional, and commercial materials to the risk of continuing to participate IN A POTENTIALLY DANGEROUS DIMPETES, THE SCHOOL DISTRICT, CE YOUR CHILD/WARD MAY BE IERENT IN THE ACTIVITY WHICH TAND YOUR RIGHT TO RECOVER CONTEST OFFICIALS, AND FHSAA MAGE THAT RESULTS FROM THE YOUR CHILD'S/WARD'S SCHOOL, S THE RIGHT TO REFUSE TO LET my child's/ward's team participation in submitting said revocation in writing to cathletics.
Name of Parent/Gu	ardian (<i>printed</i>)	Signature of Parent/Guardian	Date
Name of Parent/Gu	ardian (<i>printed</i>)	Signature of Parent/Guardian	Date
	I HAVE READ THIS CAREFULLY AF	ND KNOW IT CONTAINS A RELEASE (student signature is re	equired)

Signature of Student



Name of Parent/Guardian (printed)

Name of Parent/Guardian (printed)

Name of Student (printed)

Florida High School Athletic Association

Consent and Release from Liability Certificate (Page 2 of 5)



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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 cannot 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.
<u>Signs and Symptoms of a Concussion:</u> 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 figitability 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 healthcare professional (AHCP). In Florida, an appropriate healthcare professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes) or 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 stepwise protocol under the supervision of a licensed athletic trainer, coach, or medical professional and then, receive written medical clearance from 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 student 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 an autopsy (known as Chronic Traumatic Encephalopathy (CTE). There have been case reports suggesting the development of Parkinson's-like symptoms, Amyotrophic 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" 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 or participation for myself and that of my child/ward.

Signature of Parent/Guardian

Signature of Parent/Guardian

Signature of Student

Date

Date

Date



Name of Parent/Guardian (printed)

Name of Student (printed)

Florida High School Athletic Association

Consent and Release from Liability Certificate (Page 3 of 5)



Revised 3/23

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):
Sudden Cardiac Arre	
Sudden cardiac arrest (SCA) is a When this happens blood stops attack is caused by a blockage the SCA can cause death if it is not the	leading cause of sports-related death. Sudden cardiac arrest (SAC) occurs when the heart suddenly and unexpectedly stops beating flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A hear at stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating reated within minutes.
There are about 350,000 cardia number one killer of student-atl	diac arrest in the United States? c arrests that occur outside of hospitals each year. More than 10,000 individuals under the age of 25 die of SCA each year. SCA is the alletes and the leading cause of death on school campuses.
can be unclear and confusing in diagnosed and treated before a	tedly, some people may have signs or symptoms, such as but not limited to dizziness or light-headedness, fainting, shortness of breath ons, fatigue, weakness, chest pain/pressure or tightness. These symptoms may occur before, during, or after activity. These symptom athletes. Some may ignore the signs or think they are normal results of physical exhaustion. If the conditions that cause SCA are iffe-threatening event, sudden cardiac death can be prevented in many young athletes.
There are significant risks associ athlete should be checked befor or permanent brain damage can	ing or playing after experiencing these symptoms? ated with continuing to practice or play after experiencing these symptoms. The symptoms might mean something is wrong and the ereturning to play. When the heart stops due to cardiac arrest, so does the blood that flows to the brain and other vital organs. Deat occur in just a few minutes. Most people who experience a SCA die from it; survival rates are below 10%.
cardiac arrest, which may in	isory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudder
The FHSAA Sports Medicine Ad notification to parents that you cuncover hidden heart issues that	visory Committee works to help keep student-athletes safe while practicing or playing by providing education about SCA and b an request, at your expense, an electrocardiogram (EKG or ECG) as part of the annual preparticipation physical examination to possible
 Publications report up to 90 Most heart conditions that Often, youth do not report 	0% of underlying heart issues are missed when using only the history and physical exam; can lead to SCA are not detectable by listening to the heart with a stethoscope during a routine physical; and or recognize symptoms of a potential heart condition.
to the skin of your chest, arms, a	n (ECG or EKG)? Ind noninvasive test that measures and records a moment in time of the heart's electrical activity. Small electrode patches are attached not legs by a technician. An ECG/EKG provides information about the structure, function, rate, and rhythm of the heart. part of the annual preparticipation physical examination?
Adding an ECG/EKG to the history EKG can be ordered by your famil fainting, or family history of hear	r and annual preparticipation physical exam can suggest further testing or help identify heart conditions that can lead to SCA. An ECG, y healthcare provider from screening for cardiovascular disease or for a variety of symptoms such as chest pain, palpitations, dizziness t disease.
 ECG/EKG screenings should ECG/EKG screenings may in 	be considered every 1-2 years because young hearts grow and change. crease sensitivity for detection of undiagnosed cardiac disease but may not prevent SCA.
 ECG/EKG screenings with at 	normal findings should be evaluated by trained physicians.
 prevent the student from page 7. The ECG/EKG can have false medical practitioner proficient 	is abnormal findings, additional testing may need to be done (with associated cost and risk) before a diagnosis can be made and may articipating in sports for short period of time until the testing is completed, and more specific recommendations can be made. positive findings, suggesting an abnormality that does not really exist (false positive findings occur less when ECG/EKGs are read by a ent in ECG/EKG interpretation of children, adolescents, and young athletes). se positives than simply using the current history and physical exam.
The American College of Cardiolo in which ECG or EKG can be applie	gy/American Heart Association guidelines do not recommend an ECG or EKG in asymptomatic patients but do support local programs d with high-quality resources.
after activity. Before returning to	s or symptoms of SCA should be removed from play (which includes all athletic activity). The symptoms can happen before, during, or play, the athlete shall be evaluated and cleared. Clearance to return to play must be in writing. The evaluation shall be performed by a ered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any
By signing this agreement, I ac	nowledge the annual requirement for my child/ward to view the "Sudden Cardiac Arrest" course at www.nfhslearn.com. I In on Sudden Cardiac Arrest has been read and understood. I have been advised of the dangers of participation for myself and that
Name of Parent/Guardian (<i>pri</i>	nted) Signature of Parent/Guardian Date

Signature of Parent/Guardian

Signature of Student

Date

Date



Florida High School Athletic Association

Consent and Release from Liability Certificate (Page 4 of 5)



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):	

<u>Heat-Related Illness Information</u>

Heat-related illness is a cause for concern for student-athletes who participate in high school sports in Florida. Especially vulnerable are those students who participate in conditioning and practices in the summer months and other times of extreme heat. Student-athletes 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 is not 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.

What are some common heat-related injuries in sports?

Exertional Heat Stroke (EHS): EHS is the most serious heat-related illness. EHS is a medical emergency. It happens when the body's temperature rises quickly, and the body cannot cool down. Student-athletes can die or become permanently disabled from EHS if not properly recognized and managed. EHS is one of the leading causes of death in young athletes, especially in Florida. The two main criteria for diagnosing EHS are rectal temperature >105F (40.5C) immediately post collapse and central nervous system (CNS) dysfunction. There are many signs and symptoms associated with EHS. Parents and student-athletes should familiarize themselves with these by viewing the free video resources provided by the National Federation of High School Sports (NFHS) or the FHSAA.

- . EHS is preventable by taking the proper precautions and understanding the symptoms of someone who has become ill due to heat.
- EHS is survivable when quick action is taken by staff members that includes early recognition of symptoms and aggressive cold-water immersion.

Heat Exhaustion (EHI): Heat exhaustion is the most common heat-related condition observed in active populations including student-athletes. EHI is a type of heat-related illness. EHI is defined as the inability to continue exercise in the heat because the heart has difficulty providing enough oxygenated blood to all the working organs and muscles. It usually develops after several days practicing or conditioning in high temperature weather and not drinking enough fluids.

Heat Cramps: Heat cramps are painful, involuntary cramping often in the legs, arms, or abdomen with muscle contraction. Cramping usually occurs in the preseason conditioning phase when the body is not properly conditioned and more subject to fatigue. Heat cramps can easily be treated with rest, stretching of the muscle, and replacement of fluid and electrolytes. The exact mechanism of muscle cramps in warm environmental conditions is unknown but can be caused acutely by extensive dehydration and sodium losses or chronically via inadequate electrolytes in the athlete's diet. Although heat cramps are not a cause of sudden death, it can be confused with the more serious condition, exertional sickling.

Is my student at risk?

Yes, all student-athletes are vulnerable to exertional heat stroke and other heat-related injuries. While every student-athlete can succumb to EHS, newer data is reporting a high incidence of exertional heat stroke cases in football players, especially those who play the lineman position and in very lean distance runners. Research also states many reports of EHS emergencies are during summertime or preseason conditioning sessions. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

What is the FHSAA doing to keep my student safe?

The FHSAA has published Policy 41, titled "Exertional Heat Illness". This policy provides specific procedures for schools to educate student-athletes and parents on EHI as well as strategies to prevent these injuries. FHSAA Policy 41 also provides procedures for schools to follow for preseason acclimatization, environmental monitoring, and the inclusion of cooling zones for the management of a student-athlete suffering from a heat injury.

How can I help to keep my student safe when it comes to the heat?

- Learn more about heat-related injuries in sports at https://www.nfhs.org/media/1015695/ksi-5-pillars-of-exertional-heat-stroke-prevention-2015.pdf
- Discuss nutrition, proper hydration, body weight, and the importance of sleep and rest with your family healthcare provider at the time fo the sports physical
- Talk to your school and coach about safeguards they have in place to keep kids safe in the heat and what they will do for someone who becomes ill or injured
- Monitor fluid intake of your student while at home and routinely check in with your student-athlete to inquire about how they feel
- · Report any concerns with your school's athletic trainer, team physician, coach, or your family healthcare provider

By signing this agreement, I acknowledge the annual requirement for my child/ward to view the "Heat Illness Prevention" course at www.nfhslearn.com. I acknowledge that the information on Heat-Related Illness has been read and understood. I have been advised of the dangers of participation for myself and that of my child/ward.

Name of Parent/Guardian (printed)		Signature of Parent/Guardian	Date
Name of Parent/Guardian (printed)		Signature of Parent/Guardian	Date
Name of Student (printed)	ŧ	Signature of Student	Date



Florida High School Athletic Association Concort and Bologo from Linbility Corti

Consent and Release from Liability Certificate (Page 5 of 5)



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.

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 and/or sanctioned sport, the student:

- 1. Must complete an EL3 for each school at which the student participates; this form is non-transferable.
- 2. 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)
- 3. Must not provide false information to his/her school or to the FHSAA to gain eligibility. (FHSAA Bylaw 9.1.1.2)
- 4. Must be regularly enrolled in and in regular attendance at your school. If the student is a home education student, a charter school student, an alternative/special school student, a non-member private school student, or a Florida Virtual School Full-Time Public Program student, the student must declare in writing his/her intent to participate in athletics to the school at the student is permitted to participate. Home Education students and students attending a non-member private school must complete additional paperwork prior to participating. (FHSAA Bylaw 9.2, FHSAA Policy 16.6, and Administrative Procedure 1.8)
- 5. Must attend school within the **first ten (10) days** of the beginning of each semester to be eligible during that semester. (FHSAA Bylaw 9.2.3)
- 6. Must maintain at least a cumulative 2.0 GPA on a 4.0 scale (unweighted) prior to the semester in which the student wishes to participate. This GPA must include all courses taken since the student entered 9th grade. A 6th, 7th, or 8th grade student must have earned at least a 2.0 GPA on a 4.0 scale (unweighted) during the previous semester. (FHSAA Bylaw 9.4.1 and F.S. 1006.15(3)a)
- 7. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4.7)
- 8. Must not have enrolled in the 9th grade for the first time more than **eight consecutive semesters** ago. A 6th, 7th, or 8th grade student may not participate at any level if the student is **repeating** that grade level. (FHSAA Bylaw 9.5)
- 9. Must not turn **19 before July 1st** to participate at the high school level; must not turn **16 before July 1st** to participate at the junior high school level; and must not turn **15 before July 1st** to participate at the middle school level, otherwise the student becomes permanently ineligible. (FHSAA Bylaw 9.6)
- 10. Must undergo a **preparticipation physical evaluation** and be certified as being physically fit for participation in interscholastic athletics on a form (EL2) provided to the school. (FHSAA Bylaw 9.7 and F.S. 1002.20(17)b)
- 11. Must have **signed permission** to participate from the student's parent(s)/guardian(s) on a form (EL3) provided to the school. (FHSAA Bylaw 9.8)
- 12. Must be an amateur. This means the student must not accept money, gifts, or donations for participating in a sport, or use a name other than his/her own when participating. (FHSAA Bylaw 9.9)
- 13. Must not participate in an all-star contest in a sport prior to exhausting his/her high school eligibility in that sport. (FHSAA Policy 26)
- 14. Youth Exchange, Other International, and Immigrant students must be **approved** by the FHSAA Office prior to participation. Exceptions may apply. (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 acknowledge that the information on the Consent and Release from Liability Certificate in regard to the FHSAA's established rules and eligibility have been read and understood.

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



Cardiology Report: Electrocardiogram (ECG)

In accordance with Board Policy 2431 Interscholastic Athletics, as part of the middle and high school athletic packets, The School Board of Brevard County, Florida is requiring each student athlete wishing to participate in middle school and/or high school athletics, to have an electrocardiogram (ECG) screening prior to participating in his/her first athletic sport in middle school. An athlete who had an ECG screening prior to participating in his/her first athletic sport in high school, unless a previous ECG screening was completed within the preceding 365 days. An athlete who did not participate in middle school athletics, and therefore had not had a previous ECG screening, would need to have an ECG screening prior to participating in his/her first athletic sport in high school.

Date: _	Agenda to the Part and the control of the control o	Student's Nan	ne: (Print)					
Name (of School:							
Sex:	Date of Birth:	Age:	Grade:	Student ID #:				
The state of the s	An ECG screening has previously been completed and is on file at School. My child has bee cleared for participation in middle school athletics or high school athletics.							
	An ECG Screening was completed and evaluated by an outside vendor. Attached is the documentation clearing my child for participation in middle school athletics or high school athletics.							
THE COLUMN TWO IS NOT	The following represents the findings of the licensed physician or practitioner after reviewing the ECG screening results for my child:							
	(To be complet	<u>Cardiac Cl</u> ed by a License	<u>earance:</u> ed Physician or I	Practitioner*)				
Low Ris	sk/Cleared for Participation:	Higher Risk/Not	Cleared for Participa	tion: Date:				
Name o	of Licensed Physician or Practitioner*	·•						
(Print N	Jame)		(Signature)					
Name of Office:			Phone:					
Addres	s:	City: _		Zip Code:				
I decline participation in the ECG screening on behalf of my child although I understand an ECG screening may assist in diagnosing several different heart conditions that may contribute to sudden cardiac death.								
Parent,	Legal Guardian Name Printed	Parent/Legal 0	Guardian Signature	Parent/Legal Guardian Phone #				

*See Section 1006.20(2)(c), Florida Statutes.

School Board of Brevard County

2700 Judge Fran Jamieson Way • Viera, FL 32940-6601 Mark J. Rendell, Ed.D., Superintendent



Consent Certificate for Participation

This completed form must be kept on file by the school. This form is valid for one year from the date of the most recent signature. The form is non-transferable; if a student changes schools during the validity period of the form, the form will need to be resubmitted to and kept by the new school.

School:	School	District:	Brevard
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Hazing Information

Pursuant to Board Policy 5516 and Florida Statutes 1006.63:

Hazing activities of any type are inconsistent with and disruptive to the educational process, and prohibited at any time in school facilities, on school property, and/or off school property if the misconduct is connected to activities or incidents that have occurred on school property. No administrator, faculty member, or other Board employee shall encourage, permit, authorize, condone, or tolerate any hazing activities. No student shall plan, encourage, or engage in any hazing.

Hazing is defined as performing any action or situation that endangers the mental or physical health or safety of a student at a school for purposes including, but not limited to:

- A. initiation into any organization operating under the sanction of a District school;
- B. admission into any organization operating under the sanction of a District school;
- C. affiliation with any organization operating under the sanction of a District school; or
- D. the perpetuation or furtherance of a tradition or ritual of any organization operating under the sanction of a District school.

"Hazing" includes, but is not limited to, pressuring, coercing, or forcing a student into violating State or Federal law; any brutality of a physical nature, such as whipping, beating, branding or exposure to the elements, or forced consumption of any food, liquor, drug, or other substance, or other forced physical activity that could adversely affect the physical health or safety of the student; or any activity that would subject the student to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct that could result in extreme embarrassment, or other forced activity that could adversely affect the mental health or dignity of the student.

Statement of Student-Athlete Responsibility:

BPS has implemented required training for all student athletes regarding hazing prevention through completion of the NFHS (National Federation of State High School Associations) Hazing Prevention for students course available online. The official description of the course is:

"Every year, students across the country are affected by incidents of hazing. Together we can end the useless, counterproductive, and often dangerous practice of hazing. This hazing course has been designed to teach students how to identify hazing, when to step in when needed, and why they should notify the proper authorities. This course defines hazing and its many types, highlights why it is different

Kevin Robinson
District Director of Athletics



School Board of Brevard County

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from bullying, and explains your power as a bystander and how you can change the culture of how you welcome new members. To learn more about hazing and the role you can play, take this free course."

https://nfhslearn.com/courses/hazing-prevention-for-students#crsOutline

I acknowledge the annual requirement for my child/ward to complete the "Hazing Prevention for Students" course by NFHS at https://nfhslearn.com/courses/hazing-prevention-for-students#crsOutline. I have read and understand the above information pertaining to hazing and that it is against School Board Policy as well as Florida Statutes including constituting a crime. I will inform the supervising coach, athletic trainer, team physician, school principal and/or district staff immediately if I experience hazing or witness another student being hazed. I understand that it is my responsibility to conduct a full review of the Florida Statutes regarding hazing and to discuss with my child/ward.

Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date .
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date
Name of Student (printed) Signature	Signature of Student	

Kevin Robinson
District Director of Athletics

An Equal Opportunity Employe

SCHOOL BOARD OF BREVARD COUNTY, FLORIDA

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

John F. Kenned	y Middle School							
School Name			Date					
			ALL Athletics Teams/Clubs					
Student's Name (pleas	e print)			Name of Sport(s)				
Activity / Event: Basketbal	l, Cheer, Flag Foo	tball, Soccer, T	rack, Volleyba	<u>.11</u>				
(List the e	xtra-curricular sport(s), ant	icipated contest dates a	nd off-campus practic	ce locations or attach the schedule for both to this form)				
M D	'-1 D 1			(221) 622 2500 out 22514				
	errick Reed Athletic Director			(321) 633-3500 ext. 33514 Phone Number				
School	Atmene Director			Thone Number				
TRANSPORTATION BEIT	VG PROVIDED (che	ck all that apply)						
X Walking X	School Bus	X Commercial	Carrier (bus)	X Privately Owned Vehicle				
- Leased Vehicle X	County Vehicle	- None	- Othe					
				(Describe)				
DRIVERS OF PRIVATE O	R LEASED VEHIC	LES (check all th	at apply)					
- Listed Volunteer X	Registered Volunteer	X Teacher or St	off Member	- Other Parent				
- Listed volunteer A	Registered volunteer	A Teacher of St	an wember	(Describe)				
TYPE OF ACTIVITY (Che	ck all that apply)			*				
X Interscholastic game or c	ompetition	X Interscholasti	c practice(s)	- Other: <u>Club performance/competition</u>				
		(T) T (0)	4T T T A 4T-T-	A's Discourse and he following Coochs				
Parents should direct questi	ons concerning the a	ithletic activity to	the school Athle	etic Director or the following Coach:				
Name Derrick l	Reed	Telephone:	(321) 633-3500	ext. 33514 () -				
	nsor in Charge	retephone.		hool Number) (Mobile Phone)				
		ABOVE TO BE CON						
				GEMENT OF RISKS: and that it exposes my child to some risk(s).				
 I understand that participates When the school does 	ncipation in auneucs	rtation, the parent of	or guardian and st	udent are responsible for transportation to and from				
the off-campus athle		tucion, mo puront		, , , , , , , , , , , , , , , , , , ,				
3. The parent or guardi	an and student underst	tand that the schoo	l district, its offic	ers, agents or employees are not responsible for the				
student during the ti	me he/she is traveling	to or from the off-	campus activity,	unless the school is providing transportation.				
4. The parent or guard	ian, and student will	assume the liabilit	y for the student'	's participation in the off-campus activity and wi				
indemnify and hold	he Florida High School	ol Athletic Associa	tion and the School	ol Board of Brevard County harmless for any injur				
or accident or proper	aty loss involving the stud	lent to participate	in the above activ	he extra-curricular athletic activity. vity (ies) may be withdrawn by written notification				
	y a change in the stude							
				y: therefore, neither the School Board of Brevan				
County, or its emplo	yees and volunteers, v	will have any respo	onsibility for the c	condition or use of any nonschool property.				
7. I certify that my chi	ld is in good heath and	d may participate,	but in the event of	of medical emergency, I/We authorize the coach				
charge of the off-car	charge of the off-campus athletic activity to seek emergency medical treatment for my child at my expense.							
8. Some trips may incl	ude or have the potent	tial for participatio	n in swimming or	other water based activities. Risks and dangers				
water may arise from	n foreseeable or unfo	reseeable causes.	Your signature s	ignifies permission for your child to participate is hold the School Board of Brevard County harmles				
for any accident or i	niury and hereby assu	isor(s) and mai you ime all risks and d	angers and all res	sponsibility for any injury, loss, and/or damage th				
	ar child is engaged in			<u> </u>				
-								
	d the information above	ve and accept the d	lesignated respons	sibilities. I hereby grant participation in all aspec				
of this trip - \underline{X} Granted De	enied Grante	ed with the followi	ng exceptions:	(Describe)				
				(Describe)				
Students Signature (Required for All) - Date		Parent	t/Guardian Signature (Required for all) - Date				