MIDDLE SCHOOL STUDENT ATHLETIC PACKET CHECKLIST

Instructions: The Sarasota County School District Athletic Program must comply with rules, policies, and procedures, set by The School Board of Sarasota County, Florida. Before participating in athletics, this entire packet must be completed and returned to the Head Coach of your athletic sport/Athletic Director's Office. No student is allowed to participate unless all of the necessary information is complete and required signatures are obtained. This packet will be filed in the Athletic Director's office. A new packet must be completed every year.

Student	Legal Name (Print) _				Student No.		DOB
		Last	First	Middle			
2023-20	24 School Name				Grade	_ Sex 🔲 M	lale 🔲 Female
		(where s	student takes acade	emic classes)			
School	student will be partici	pating in sports _		Are	you a school choi	ce student? [Yes No
Are you	a Home Education s	student? Yes	s 🗌 No				
Home E	ducation students m	ust contact the mi	ddle school Athletic	Director 3 weeks p	rior to the start of s	eason.	
Check t	he season that you w	ant to participate	in: Fall	Winter Spring			
	ox to indicate compres be notarized.	oletion. All forms	s require both stud	lent and parent/gu	ardian signatures	. Specified fo	rms require
	Pre-Participation F Page 1 must be sign physician. The ph Department of Heal	gned and dated b ysical is valid for	y the student and to 365 days from the	he parent/guardian e date of the phys	. Page 2 is complician's evaluation.	As an altern	
	Parent/Guardian R Signatures of stude				nool Student Athle	etic Participati	on (027-01-DIS)
	Current insurance forms. Insurance is be purchased online packet.	required to try ou	it and participate. I	f the student athlete	e is not covered un	der a family pla	an, insurance cai
	Middle School Stu (067-14-DIS)	dents Consent a	nd Release from L	iability Certificate	for Concussion a	nd Heat Relat	ed Illness
	Acknowledgemen	t of Standards fo	r Participation in M	liddle School Athl	etic Activities (06	8-14-DIS)	
	Authorization to R	elease Medical II	nformation for Ath	letics (062-14-DIS)			
	Emergency Medic name and contact in			s and/or Other Aft	ter School Activiti	es (063-96-DI	S). Include docto
	Player Pledge (088	3 -21-DIS)					
	Parent Pledge (089	9-21-DIS)					
Studen	t Signature					Date	
Parent/	Guardian Name (F	Print)					
Parent/	Guardian Signatur	e				Date	
OFFIC	E USE ONLY						
Physical	Date		Insurance	School Pe	ersonal	GPA	
School	☐ Home ☐ Oak	Park PV	SMA Other				

RET: Master, 7SY, GS7 172 065-14-DIS

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

Instructions: 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.

udent Name (Print)		Sex _	Age	_ Student No [ОВ	
chool	Grad	e	Sport(s)			
ome Address				Home Phone		
arent/Guardian Name (Print)			E-mail _			
erson to Contact in Case of Emergency				Relationship to Student		
ome Phone V						
rsonal/Family Physician Name (Print)						
art 2. Medical History (to be completed by student or p						
	Yes No				Yes	No
Have you had a medical illness or injury since your last check up or sports physical?				er become ill from exercising in the heat?		_
Do you have an ongoing chronic illness?			after activity?	n, wheeze or have trouble breathing during	or	
Have you ever been hospitalized overnight?			Do you have			
Have you ever had surgery?				seasonal allergies that require medical		
Are you currently taking any prescription or non-			treatment?	ocaconal anorgico anat roquiro modical		
prescription (over-the-counter) medications or pills or				iny special protective or corrective equipme	nt	
using an inhaler?				evices that aren't usually used for your sport		
Have you ever taken any supplements or vitamins to help				example, knee brace, special neck roll, foot		
you gain or lose weight or improve your performance?				int, retainer on your teeth or hearing aid)?		
Do you have any allergies (for example, pollen, latex,				d any problems with your eyes or vision?		
medicine, food or stinging insects)?		32.	Do you wear	glasses, contacts or protective eyewear?		
Have you ever had a rash or hives develop during or after				er had a sprain, strain or swelling after injury	?	
exercise?		34.	Have you bro	oken or fractured any bones or dislocated ar	IV	_
Have you ever passed out during or after exercise?			joints?		.,	
. Have you ever been dizzy during or after exercise?				d any other problems with pain or swelling in	ı —	
. Have you ever had chest pain during or after exercise?				dons, bones or joints? If yes, check		
Do you get tired more quickly than your friends do during exercise?				lank and explain below:		
			Head	Elbow Hip		
. Have you ever had racing of your heart or skipped heartbeats?			Neck	Forearm Thigh		
. Have you had high blood pressure or high cholesterol?			Back	Wrist Knee		
. Have you had high blood pressure of high cholesteror: . Have you ever been told you have a heart murmur?			Chest			
Has any family member or relative died of heart problems			Shoulder	r Finger Ankle		
or sudden death before age 50?			Upper A			
'. Have you had a severe viral infection (for example,				to weigh more or less than you do now?		
myocarditis or mononucleosis) within the last month?				weight regularly to meet weight requirement	S	
. Has a physician ever denied or restricted your			for your sport			
participation in sports for any heart problems?			Do you feel s			_
. Do you have any current skin problems (for example,				er been diagnosed with sickle cell anemia?	. —	_
itching, rashes, acne, warts, fungus, blisters or pressure				er been diagnosed with having the sickle ce		
sores)?			trait?			_
. Have you ever had a head injury or concussion?				ates of your most recent immunizations		
. Have you ever been knocked out, become unconscious			(shots) for:	Magalag		
or lost your memory?			Hopotitio P	Measles	_	
. Have you ever had a seizure?			перації в _	Chickenpox FEMALES ONLY (optional)	_	
. Do you have frequent or severe headaches?				ur first menstrual period?		
. Have you ever had numbness or tingling in your arms,		42.	Wileii was yo	ui ilist menstidai penod:		
hands, legs or feet?		43.	When was vo	ur most recent menstrual period?		
. Have you ever had a stinger, burner or pinched nerve?				<u> </u>		
plain "Yes" answers here.			How much tin start of anoth	ne do you usually have from the start of one	period to) the
		15	How many no	eriods have you had in the last year?		
		40. l	Nhat was the	elongest time between periods in the last year?	ar2	
		40.	vviiai พสร เทีย	longest time between pendds in the last ye	al !	

which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Student Signature Date Parent/Guardian Signature Date

RET: Master, 7SY, GS7 172

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Student Name (Print)				DOB	
Height % of Boo	dy Fat (Optional)	Pulse	Blood P	ressure	
Temperature	Hearing Right	P F	Left P_	F	
Visual Acuity Right 20/ Left 20/	Corrected	Yes No		Pupils Equal	Unequal
FINDINGS	NORMAL	ABNORMAL FINDIN		· · · · -	INITIALS
MEDICAL					
1. Appearance					
2. Eyes/Ears/Nose/Throat					
3. Lymph Nodes					
4. Heart 5. Pulses					
6. Lungs					
7. Abdomen					
8. Genitalia (males only)					
9. Skin					
MUSCULOSKELETAL					
10. Neck					
11. Back 12. Shoulder/Arm					
13. Elbow/Forearm					
14. Wrist/Hand					
15. Hip/Thigh					
16. Knee					
17. Leg/Ankle					
18. Foot *station based examination only					
ASSESSMENT OF EXAMINING PHYSICIAN/AS I hereby certify that each examination listed above Cleared without limitation Disability	e was performed by my	self or an individual under			
Precautions					
Not Cleared For	Reason				
Cleared after completing evaluation/rehabilitati	ion for				
Referred to	F	or			
Recommendations					
				Physicia	an Stamp (Below)
Physician/Assistant/Nurse Practitioner Name	e (Print)			_	
Address					
Street	С	ity		State	Zip
Physician/Assistant/Nurse Practitioner Signa	ature			_	Date

RET: Master, 7SY, GS7 172

066-14-DIS Rev. 5-9-2022 Page 2 of 3

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (IF APPLICABLE)

Student Name (Print)			DOB
I hereby certify that each examination(s) for with the following conclusion(s).	or which referred was/were performed by myself	or an individual ι	ınder my direct supervision
Cleared without limitation			
☐ Disability	Diagnosis		
Precautions			
	Reason		
	abilitation for		_
Recommendations			
Physician Name (Print)			Physician Stamp (Below)
AddressStreet	City	State	Zip
 Physician Signature		 Date	

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

RET: Master, 7SY, GS7 172

MIDDLE SCHOOL STUDENTS CONSENT AND RELEASE FROM LIABILITY CERTIFICATE FOR CONCUSSION AND HEAT-RELATED ILLNESS

<u>Instructions</u>: 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.

What is a concussion?

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

What are the signs and symptoms of concussion?

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

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

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

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

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

Any athlete suspected of suffering a concussion should be removed from the activity immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), 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.

When can my child return to play or practice?

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

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

Statement of Student Athlete Responsibility

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

Student Athlete Name (Print)	Student No.			
Student Athlete Signature		Date		
Parent/Guardian Name (Print)	Parent/Guardian Signature		Date	

RET: Master, 7SY, GS7 172 067-14-DIS

Rev. 5-12-2022

MIDDLE SCHOOL STUDENTS CONSENT AND RELEASE FROM LIABILITY CERTIFICATE FOR CONCUSSION AND HEAT-RELATED ILLNESS

Heat-Related Illnesses Information

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

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

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

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

Who's at Risk?

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

By signing this agreement, the undersig	ned acknowledges that the information on page 1 and pag	ge 2 have been read and understood
, , , , , , , , , , , , , , , , , , , ,	3	9
Student Athlete Name (Print)	Student Athlete Signature	 Date
Parent/Guardian Name (Print)	Parent/Guardian Signature	

RET: Master, 7SY, GS7 172 067-14-DIS
Rev. 5-12-2022

PARENT/GUARDIAN RELEASE AND HOLD HARMLESS AGREEMENT FOR MIDDLE SCHOOL STUDENT ATHLETIC PARTICIPATION

Instructions: This form must be notarized and returned to the Head Coach/Athletic Director's Office with the Athletic Packet. If you have questions pertaining to this form, contact your child's school. DOB Student No. Student Name (Print) School Name School Year Initial sport/activity this agreement governs (Grades 6-8) _____ Basketball _____ Track Golf _____Volleyball _____ Tennis _____Intramurals Parent/Guardian Home Address Work Phone Cell Phone Home Phone __ I/We fully understand that playing or practicing to play interscholastic sports may be hazardous and poses a risk of injury, including but not limited to, sprains, strains, contusions, abrasions, broken bones and in extreme cases, paralysis or death. Due to the potential hazards associated with interscholastic sports, I/we recognize the importance of following the instructions of coaches and trainers, regarding playing techniques, training and other rules associated with this sport/activity. I/We understand that it is the responsibility of the parents/guardians to provide proof of medical insurance coverage prior to participating in any phase of this sport/activity. I/we will be purchasing the student accident insurance made available through the Sarasota School District. I/we have comprehensive medical insurance that covers this student for any expenses he/she may incur as the result of a sports Insurance Company Name Effective Dates Policy No. This agreement is entered into voluntarily and is made with the understanding that I/we have not violated any of the eligibility rules and regulations the Sarasota School District. I/we give my/our consent for my/our student/child/ward to engage in Sarasota School District approved athletic activities as a representative of the student's school. I/we give my/our consent for him/her to accompany the team on out of town/county trips. In consideration of The School Board of Sarasota County, Florida, permitting my/our student/child/ward to engage in interscholastic sports, I/we agree to release and hold harmless The School Board of Sarasota County, Florida, and its employees and agents from and against all claims, judgments, cost, expenses, attorney fees, including but not limited to, claims occurring from the negligence of The School Board of Sarasota County, Florida, its employees, and agents arising out of bodily injuries or property damage resulting from participation in interscholastic sports. I/We acknowledge that I/we have read this agreement and fully understand its meaning, and that I/we will abide by all terms and conditions associated wit this sport/activity and in this agreement. Parent/Guardian Name (Print) Parent/Guardian Signature Date Parent/Guardian Name (Print) Parent/Guardian Signature _____ Date _____ Student Signature Date STATE OF FLORIDA, SARASOTA COUNTY Sworn to (or affirmed) and subscribed before me by means of physical presence or online notarization, this _____, 20_____, by _____ Personally known Produced identification Type of Identification Produced (Seal) Typed or Printed Name of Notary Public

RET: Master, 7SY, GS7 172 027-01-DIS

My Commission Expires _____ Commission No. ____

Signature of Notary Public

ACKNOWLEDGEMENT OF STANDARDS FOR PARTICIPATION IN MIDDLE SCHOOL ATHLETIC ACTIVITIES

<u>Instructions</u>: This form must be signed and returned to the Head Coach/Athletic Director's Office. This form should be filed in the Athletic Director's office. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

Student athletes and parent(s)/guardian(s) must comply with the following standards for athletes and cheerleaders representing The School Board of Sarasota County, Florida. These standards apply to all cheerleading and athletic activities. The School Board of Sarasota County, Florida, maintains high expectations for academic achievement and appropriate behavior. All students must comply with the Sarasota County School District Code of Student Conduct and all school-specific behavior expectations.

To be eligible to play or to participate in either a practice or an event/game, a student must

- 1. meet all eligibility requirements as set by The School Board of Sarasota County, Florida. Included in the rules is the expectation that student athletes maintain a minimum 2.0 cumulative GPA.
- 2. be present in school for at least one-half (1/2) of the academic day unless excused by an administrator and approved by the Athletic Director.
- attend required practices prior to an event or game unless excused by a coach, trainer, teacher, or administrator.
- 4. not have left another sport during that season.

These are the minimum expectations set by the Athletic Department. A Coach/Principal may add additional rules to those listed above that he/she feels are in the best interest of the program.

The following violations will result in immediate suspension from a team:

- The confirmed use of tobacco or alcohol*
- The sale or use of any illegal drugs*
- Being charged with a felony* (Must be reviewed by the District)
- Failure to adhere to the attendance policy of The School Board of Sarasota County, Florida
- Failure to adhere to the discipline policy of The School Board of Sarasota County, Florida
- Any act of unsportsmanlike conduct at practice or game/event
- Any act that brings embarrassment to the school

*Automatic suspension for the remainder of the season

· Falsifying information to gain school residency

By signing below, you acknowledge the rules and responsibilities as specified above.						
Student Name (Print)	_ Student No	_DOB				
Student Signature		_ Date				
School Name						
Parent/Guardian Name (Print)						

RET: Master, 7SY, GS7 172 068-14-DIS Rev. 5-10-2022

Parent/Guardian Signature _____ Date _____

AUTHORIZATION TO RELEASE MEDICAL INFORMATION FOR ATHLETICS

Instructions: This form is required to allow Athletic Trainers from Agility Physical Therapy & Sports Performance, LLC. to release protected medical information for student athletes to The School Board of Sarasota County, Florida, coaching staff. This form must be returned to the Head Coach or Athletic Secretary. The original will be given to the Athletic Trainer and a copy will be maintained in the Athletic Director's office. This authorization is not valid unless signed and dated by the athlete or legally authorized representative. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

In accordance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, Agility Physical Therapy & Sports Performance, LLC., is required to provide the patient, the patient's parent, or legally authorized representative with the Notice of Privacy Practices describing how they use and disclose patient health information. If you have not received a copy of the Notice of Privacy Practices, it is available through the Athletic Trainer at your High School.

 Student Name (Print)

 Student No.

Authorization of Disclosure

Last		First	Middle			
authorize Agility Physical nformation from my studer diagnosis, athletic participati certify that this authorizati Director, Team Physician, So for the purposes of my care	nt athlete records ion status, treatm ion has been ma chool Health Prof	s including informa ent and care informade voluntarily. The fessional, or coachi	tion regardi ation, and i is informati	ing my medical cor related personal ide ion is to be release	ndition, injuries, p ntifiable health in ed/disclosed to th	orognosis, formation. ne Athletic
Possibility of Re-disclosur understand that any information incomments and service in the control of the contro	mation provided			ubject to re-disclos	ure by the recipi	ent under
Expiration and Revocation understand that this author his authorization in writing a already been acted upon.	ization is valid for					
Conditions of Treatment understand that Agility Phyauthorization.	ysical Therapy ar	nd Sports Performa	ance canno	t condition my treat	ment upon my si	gning this
Acknowledgement of receipt	t of Notice of Priva	acy Practices (initia	l)			
Student Signature					Date	
Parent/Guardian Name (Prir	nt)					
Parent/Guardian Signature _					Date	
Legally Authorized Represe	entative Name (Pr	rint)				
∟egally Authorized Represer	ntative Signature				Date	
If other than student athlete	signing, state re	lationship				
RET: Master, 7SY, GS7 172	Distribution: Origin	al – Athletic Trainer	Сору -	- Student Athlete File		062-14-DIS

Rev. 5-5-2022

EMERGENCY MEDICAL/TREATMENT CONSENT FOR FIELD TRIPS AND/OR OTHER AFTER SCHOOL ACTIVITIES

Instructions: Retur	n completed form to yo	our child's school. If you hav	e questions pertaining to this for	orm, contact your	child's school.	
Student Name				Date		
	Last	First	Middle			
DOB	Student No					
Home Address	reet		City	State	Zip	
			Relations		·	
				P		
Address of above	Street		City	State	Zip	
Home Phone		Work Phone	Cell Phon	e		
List a person other	than the parent or g	uardian who could be co	ntacted in case of emergenc	y below:		
Emergency Contac	ct Name (Print)		P	hone		
Is above student a	llergic to foods, med	ications, or insects?	Yes No			
If Yes, list what the	ey are and emergend	y medication/treatment, i	f any.			
			,			
Does the above st	udent have any chro	nic medical problems (su	ch as asthma, diabetes, seiz	zures)?	s No	
	•	·		, <u>—</u>	_	
,						
Does the above st	udent take any daily	medication(s)?	s No			
If Yes, complete th	e medication treatm	ent authorization form (if ı	not previously on file in the s	school Health Ro	oom) and list	
·		•	, ,		,	
(0)						
Family Physician N	Name (Print)		Physician	Phone		
In case of non-life	threatening emerger	ncy, list hospital preferenc	ce			
appropriate emerge	ncy medical service.	The emergency medical	ne school or its representative service has my consent to on. The undersigned will be res	provide necessa	ry treatment or	
field trip, I request th	nat the school contact	me or my designee to arran	child is not indicated, but wher ge transportation for my child. requested to care for my child.	If the school is u		
	nis statement remair		re any changes in this hea of this school year unless			
Parent/Guardian S	ignature		D	ate		
DET: Master ESV GS	Distribution:	Original – Office	Copies - Teachers/Coache	s	063 06 DIS	

063-96-DIS Rev. 5-10-2022