

## 2020-21 WCPSS Middle School Athletics Form

### INSTRUCTIONS

This form must be completed in its entirety prior to being eligible for athletic participation. Please note that there are five pages to this form and all of them must be completed. Incomplete forms will delay your athletic participation.

The North Carolina Department of Public Instruction has granted an extension for pre-participation exams for the 2020-2021 academic year. All students planning to participate are required to submit an updated Athletic Participation Form. Students whose physicals meet the extension requirements below will need to submit all pages of the document with the exception of the "Physician's Signature Page".

Date of current physical	Requirement for 2020-21
Prior to 3/1/19	Need valid, up-to-date physical prior to participating.
On or after 3/1/19	Granted temporary extension to participate through the end of the 2020-21 academic year.
On or after 5/2/20	Will participate based on the current policy of being "valid for 395 days".

### Use the following checklist to determine if the WCPSS Middle School Athletic Participation form is complete.

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Athlete's health history is complete.</li> <li><input type="checkbox"/> Provide details for any "Yes" or "Unsure" answers in the Athlete's Screening Examination.</li> <li><input type="checkbox"/> Athlete's Screening Examination must be signed and dated by the student athlete and the parent or legal custodian.</li> <li><input type="checkbox"/> Physical Exam Section is completed and signed by a physician. (MD, DO, PA, NP. Note: Doctor of Chiropractic Medicine is not satisfactory) and must include the medical office name, address,</li> </ul> | <ul style="list-style-type: none"> <li>and phone number of the office where the physical exam was conducted. This may be stamped by the physician's office.</li> <li><input type="checkbox"/> Participation form is signed and dated by student-athlete and by a parent or legal custodian.</li> <li><input type="checkbox"/> Student-Athlete &amp; Parent/Legal Custodian Concussion Statement has been filled out, read, initialed and has signatures.</li> <li><input type="checkbox"/> Keep the instructions, eligibility rules and concussion information sheet for your information, and make copies of pages 1 - 5 for your records.</li> </ul> |
|--|--|

### ELIGIBILITY - (ACADEMIC AND ATTENDANCE ELIGIBILITY RULES WILL NOT BE IN EFFECT FOR THE 2020-21 SCHOOL YEAR)

In order to be eligible for any athletic activity, the athlete:

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Must be currently enrolled in seventh or eighth grade in WCPSS.</li> <li>2. Must meet all eligibility requirements prior to the first tryout/practice date.</li> <li>3. Must have a completed and signed Middle School Athletic Participation Form prior to the first tryout/practice date.</li> <li>4. Must not participate if he/she becomes 15 years of age on or before August 31 of the current school year.</li> <li>5. Must receive a medical examination once every 395 days by a licensed medical physician, physician's assistant or family practitioner in the United States.</li> <li>6. Must read the Concussion Information Sheet, initial and sign the Student-Athlete &amp; Parent/Legal Custodian Concussion Statement each year.</li> <li>7. Must meet promotion requirements to be eligible for fall semester. The State Board of Education defines promotion as "progressing to the next grade." Students retained either by the school or the parents will be ineligible for the fall semester.</li> <li>8. 6 Semester Rule - No student may be eligible to participate at the Middle School level for a period lasting longer than 6 consecutive semesters beginning with the students' first entry into 6<sup>th</sup> grade. The principal shall have evidence of the date of each player's entry into the 6<sup>th</sup> grade.</li> <li>9. Must earn passing grades (D or better) in a minimum of three core courses each semester to be eligible for participating during the succeeding semester.</li> <li>10. Must not have more than 14 total absences (85% attendance requirement) in the semester prior to athletic participation. This is</li> </ol> | <p>a State Board of Education requirement. According to Board Policy, students who participate in interscholastic athletics must meet all requirements of the State Board of Education.</p> <ol style="list-style-type: none"> <li>11. Must not participate (practice or play) if ineligible.</li> <li>12. Must not participate (practice or play) in any athletic event if suspended or is actively serving in the in-school suspension program for that day or days.</li> <li>13. Must be present in school the entire day in order to participate in practices or games.</li> <li>14. Must live with a parent or legal custodian within the Wake County Public School System administrative unit. (Must notify the athletic director if not living with a parent or legal custodian.)</li> <li>15. A player must practice a total of six days before playing in a game in all sports except football, where a player must practice nine days.</li> <li>16. A player injured requiring medical attention and/or absent due to illness must meet eligibility requirements and must have practiced the required number of days above (#15). This player may not participate in practice or a contest without a doctor's note. Students absent from athletic practice five or more days due to illness or injury shall receive a medical release by a licensed physician before readmittance to practice or play.</li> <li>17. If school is not in session or school closes early, no practice or game will take place. There will be no practice on Saturdays (this includes year round schools), holidays, or vacation days.</li> </ol> |
|---|--|

## CONCUSSION INFORMATION

**Instructions:** Concussion Information must be read and understood by student athletes and parents.

### What is a concussion?

A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

### How do I know if I have a concussion?

There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

#### Thinking/Remembering

- Difficulty thinking clearly
- Taking longer to figure things out
- Difficulty remembering
- Difficulty remembering new information

#### Physical

- Headache
- Fuzzy or blurry vision
- Feeling sick to your stomach, queasy
- Vomiting
- Dizziness
- Balance problems
- Sensitivity to noise or light

#### Emotional/Mood

- Irritability – things bother you more easily
- Sadness
- Being more moody
- Feeling nervous or worried
- Crying more

#### Sleep

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep
- Feeling tired

### What should I do if I think I have a concussion?

If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

### When should I be particularly concerned?

If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

### What are some of the problems that may affect me after a concussion?

You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

### How do I know when it's OK to return to physical activity and my sport after a concussion?

After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

### You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.



## North Carolina Sport Pre-Participation Examination Form (Page 2)

**Instructions:** This is a screening examination for participation in sports. **This does not substitute for a comprehensive examination** with your child's regular physician where important preventive health information can be covered.

- **Athletes:** Please review all questions with your parent or legal custodian and answer them to the best of your knowledge.
- **Parents:** Please assure that all questions are answered to the best of your knowledge. If you do not understand or are unsure about the answer to a question please ask your doctor. Not disclosing accurate information may put your child at risk during sports activity.
- **Physicians:** We recommend carefully reviewing these questions and clarifying any "yes" or "unsure" answers.

Patient's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

**Explain "Yes" or "Unsure" answers below**

	Yes	No	Unsure
Does the athlete have any chronic medical illnesses [diabetes, asthma (exercise asthma), kidney problems, migraine, etc.]? List: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the athlete presently taking any medications or pills?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does the athlete have any allergies (medicine, bees or other stinging insects, latex)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does the athlete have the sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had a head injury, been knocked out, or had a concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had a heat injury (heat stroke) or severe muscle cramps with activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever passed out or nearly passed out DURING exercise, emotion or startle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever fainted or passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete had extreme fatigue (been really tired) with exercise (different from other children)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had trouble breathing during exercise, or a cough with exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever been diagnosed with exercise-induced asthma ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever told the athlete that they have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever told the athlete that they have a heart infection?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever been told they have a murmur or had an EKG or other test ordered for the athlete's heart?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had discomfort, pain, or pressure in his chest during or after exercise or complained of their heart "racing" or "skipping beats"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had a seizure or been diagnosed with an unexplained seizure problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had a stinger, burner or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had any problems with their eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injury of any bones or joints? <input type="checkbox"/> Head <input type="checkbox"/> Shoulder <input type="checkbox"/> Thigh <input type="checkbox"/> Neck <input type="checkbox"/> Elbow <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hip <input type="checkbox"/> Forearm <input type="checkbox"/> Shin/caf <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Ankle <input type="checkbox"/> Hand <input type="checkbox"/> Foot <input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever had an eating disorder, or do you have any concerns about their eating habits or weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete ever been hospitalized or had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete had a medical problem or injury since their last evaluation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has the athlete had/been: 1. Little interest or pleasure in doing things; 2. Feeling down, depressed, or hopeless for more than 2 weeks in a row; 3. Feeling bad about himself/herself that they are a failure, or let their family down; 4. Thoughts that he/she would be better off dead or hurting themselves or others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has any family member had a sudden, unexpected death before age 50 (including from sudden infant death syndrome [SIDS], car accident, drowning)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has any family member had unexplained heart attacks, fainting or seizures?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does the athlete have a father, mother or brother with sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Elaborate on any "yes" or "unsure" answers (If additional space is needed attach a separate sheet):

By signing below I agree that I have reviewed and answered each question above. Every question is answered completely and is correct to the best of my knowledge. Furthermore, as parent or legal custodian, I give consent for this examination and give permission for my child to participate in sports.

Signature of Parent/Legal Custodian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Athlete: \_\_\_\_\_ Date: \_\_\_\_\_ Phone: \_\_\_\_\_

## North Carolina Sport Pre-Participation Examination Form

**Instructions:** This form must be completed by a licensed physician, nurse practitioner or physician assistant.

Athlete's Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ BP \_\_\_\_\_ ( \_\_\_\_\_ % ile) / \_\_\_\_\_ ( \_\_\_\_\_ % ile) Pulse \_\_\_\_\_  
 Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N Sport(s) \_\_\_\_\_

These are required elements for all examinations

	NORMAL	ABNORMAL	ABNORMAL FINDINGS
Pulses			
Heart			
Lungs			
Skin			
Neck/Back			
Shoulder			
Knee			
Ankle/Foot			
Other Orthopedic Problems			

Optional Examination Elements – Should be done if history indicates

Heart			
Abdominal			
Genitalia (Males)			
Herina (Males)			

Clearance:

A. Cleared

B. Cleared after completing evaluation/rehabilitation for : \_\_\_\_\_

\*\*\* C. Medical Waiver Form must be attached (for the condition of: \_\_\_\_\_)

D. Not cleared for:  Collision  Contact  Non-contact \_\_ Strenuous \_\_ Moderately strenuous \_ Non-strenuous  
 Due to: \_\_\_\_\_

Additional Recommendations/Rehab Instructions: \_\_\_\_\_

(\*\*\* The following are considered disqualifying until appropriate medical and parental releases are obtained: post-operative clearance, acute infections, obvious growth retardation, uncontrolled diabetes, severe visual or auditory impairment, pulmonary insufficiency, organic heart disease or Stage 2 hypertension, enlarged liver or spleen, a chronic musculoskeletal condition that limits ability for safe exercise/sport (i.e. Klippel-Feil anomaly, Sprengel's deformity), history of uncontrolled seizures, absence of/ or one kidney, eye, testicle or ovary, etc.)

Name of Physician/Extender: \_\_\_\_\_

Signature of Physician/Extender: \_\_\_\_\_ MD DO PA NP

(Signature and circle of designated degree required)

Physician Office Stamp:	Date of exam: _____ Address: _____ _____ Phone: _____
-------------------------	--



## Concussion Form

**Instructions:** The student athlete and his/her parent or legal custodian, must initial beside each statement acknowledging that they have read and understand the corresponding statement. The student-athlete should initial in the left column and the parent or legal custodian should initial in the left column. Some statements are applicable only to the student-athlete and should only be initialed by the student-athlete. This form must be completed for each student-athlete, even if there are multiple student-athletes in the household.

Student-Athlete Name: (please print) \_\_\_\_\_

Parent/Legal Custodian Name(s): (please print) \_\_\_\_\_

Student- Athlete Initials		Parent/Legal Custodian(s) Initials:
	A concussion is a brain injury, which should be reported to my parent(s) or legal custodian(s), my or my child's coach(es), or a medical professional if one is available.	
	A concussion cannot be "seen." Some signs and symptoms might be present immediately; however, other symptoms can appear hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	Not Applicable
	If I think a teammate has a concussion, I should tell my coach(es), parent(s)/ legal custodian(s) or medical professional about the concussion.	Not Applicable
	I, or my child, will not return to play in a game or practice if a hit to my, or my child's, head or body causes any concussion-related symptoms.	
	I, or my child, will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away, right away. I realize that resolution from a concussion is a process that may require more than one medical visit.	
	I realize that ER/Urgent Care physicians will not provide clearance to return to play or practice, if seen immediately or shortly after the injury.	
	After a concussion, the brain needs time to heal. I understand that I or my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms listed on the Student-Athlete/ Parent Legal Custodian Concussion Information Sheet.	
	I have asked an adult and/or medical professional to explain any information contained in the Student-Athlete & Parent Concussion Statement Form or Information Sheet that I do not understand.	

By signing below, we agree that we have read and understand the information contained in the Student- Athlete & Parent/Legal Custodian Concussion Statement Form, and have initialed appropriately beside each statement.

\_\_\_\_\_  
 Signature of Student-Athlete

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Signature of Parent/Legal Custodian

\_\_\_\_\_  
 Date