

2020-21 WCPSS High School Athletic Participation Form

INSTRUCTIONS

This form must be completed in its entirety prior to being eligible for athletic participation. Please note that there are seven 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 High School Athletic Participation form is complete.

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| <ul style="list-style-type: none"> <input type="checkbox"/> All student and parent contact information. <input type="checkbox"/> Current sport planning to participate in. <input type="checkbox"/> Conviction section is complete. <input type="checkbox"/> Request for Permission – Sports not allowed to participate in are listed. Please note: WCPSS Interscholastic Sports are basketball, baseball, cheerleading, cross country, football, golf, gymnastics, indoor track, lacrosse, soccer, softball, swimming, stunt, tennis, track, volleyball, and wrestling. Weight training may be a required component of conditioning for any sport. <input type="checkbox"/> Athlete's health history is complete. <input type="checkbox"/> Provide details for any "yes" answers in the Athlete's Screening Examination. <input type="checkbox"/> Athlete's Screening Examination must be signed and dated by the student athlete and the parent or legal custodian <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). | <ul style="list-style-type: none"> <input type="checkbox"/> Physical Exam Section is dated by the attending physician and signed (MD, DO, PA, NP). <input type="checkbox"/> Physical Exam Section must include the medical office name, address, and phone number of the office where the physical exam was conducted. This may be stamped by the physician's office. <input type="checkbox"/> Participation form is signed and dated by student athlete. <input type="checkbox"/> Participation form signed and dated by a parent or legal custodian. <input type="checkbox"/> Concussion Information for Student/Athletes & Parent/Legal Custodians has been read and understood. <input type="checkbox"/> Student-Athlete & Parent/Legal Custodian Concussion Statement has been filled out, read, initialed and has signatures. <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. |
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ELIGIBILITY RULES

To represent your school in athletics, you:

- Must be a properly enrolled student at the time you participate, must be enrolled no later than the 15th day of the present semester, and must be in regular attendance at that school.
- Must not be convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.
- Must not have more than 13.5 total absences (85% attendance requirement) in the semester prior to athletic participation. *
- Must not have exceeded eight consecutive semesters of attendance or have participated in more than four seasons in any sport (one season per year) since first entering grade nine.
- Must be under 19 years of age on or before August 31.
- 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.)
- Must be present 100% of the student day on the day of an athletic contest in order to participate in the event. This includes games and practices.
- Must meet promotion requirements at their school to be eligible for Fall semester.
- Must have passed a minimum of five courses during the previous semester in a traditional schedule or three in a block schedule or six for schools on an A/B form of scheduling. Note: Seniors must meet this requirement in order to participate in athletics during the spring sports season of their senior year. *
- Must maintain at least a 1.5 overall GPA. *
- Must have received a medical examination by a licensed physician within the past 395 days if you miss five or more days of practice due to illness or injury, you must receive a medical release from a licensed physician before practicing or playing.
- And your parent/legal custodian must read the Concussion Information Sheet and both the Student-Athlete and Parent/Legal Custodian must initial and sign the Student-Athlete Concussion Statement. This must be done on an annual basis (once every 365 days).

- Must not accept prizes, merchandise, money, or anything that can be exchanged for money as a result of athletic participation. This includes being on a free list or loan list for equipment, etc.
- Must not have signed a professional contract, have played on a junior college team or be enrolled and attending a class in college. This does not affect a regularly enrolled high school student who is taking a college course(s) for advanced credit.
- Must not participate in unsanctioned all-star or bowl games.
- May not participate (try-out, practice, play) at a second school in WCPSS in the same sport season.
- May not, as an individual or a team, practice or play during the school day.
- May not play, practice, or assemble as a team with your coach on Sunday.
- May not dress for a contest, sit on the bench, or practice if you are not eligible to participate.
- Must have an approved WCPSS Appeal for Athletic Participation if the student changed schools any time after initial entry in 9th grade. (this includes transfers, magnet school enrollment, returning to base school, and any other change of school without a bon-a-fide change of residence.)

Rules marked with an asterisk (*) have been waived for the fall 2020 semester. See the top of the page for athletic physical requirements for 2020-2021.

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	Physical	Emotional/Mood	Sleep
<ul style="list-style-type: none"> ● Difficulty thinking clearly ● Taking longer to figure things out ● Difficulty remembering ● Difficulty remembering new information 	<ul style="list-style-type: none"> ● Headache ● Fuzzy or blurry vision ● Feeling sick to your stomach, queasy ● Vomiting ● Dizziness ● Balance problems ● Sensitivity to noise or light 	<ul style="list-style-type: none"> ● Irritability – things bother you more easily ● Sadness ● Being more moody ● Feeling nervous or worried ● Crying more 	<ul style="list-style-type: none"> ● 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.

2020-21 WCPSS High School Athletic Participation Form

Instructions: Print or type and return to school. All student and parent contact information must be complete. All insurance information must be complete. Attach necessary documentation for Medical Alerts such as allergic reactions, contacts, etc.

Athlete's Name: _____
 (Last) (First) (Middle)
 Student ID: _____ Date of Birth: _____ Gender: M F Race: _____ Sport: _____
 Grade: _____ Class of: _____
 Street Address: _____
 City: _____ State: _____ Zip Code: _____ Home Phone: _____
 Name of Parent 1: _____ Daytime Phone: _____ Cell _____
 Name of Parent 2: _____ Daytime Phone: _____ Cell _____
 *Legal Custodian: _____ Daytime Phone: _____ Cell _____
 Alternate Emergency Contact: _____ Daytime Phone: _____ Cell _____
 Family Physician: _____ Phone: _____ Orthopedist: _____ Phone: _____
 Insurance Company Name: _____ Policy Number(s): _____
 Medical Alerts: Are you allergic to any type of Medications, List: _____
 Other allergic reactions, List: _____

Convictions: Check the box that applies to _____ (student name)

Is not convicted of a felony in this or any other state OR adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.

Is convicted of a felony in this or any other state.

Is adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.

The following must be completed if the student is convicted of a felony or is adjudicated as a delinquent:

Convicted or adjudicated of: _____
 City and State: _____ Date Convicted/Adjudicated: _____
 Description of offense: _____
 Court Counselor: _____ Phone Number: _____

INSURANCE

The Wake County Public School System (WCPSS) furnishes an Interscholastic Athletic Insurance Policy that provides **limited benefits** for all students in the system who participate in high school sponsored and supervised interscholastic athletic activities. The policy provides excess coverage for students with other insurance coverage, but it pays only when other benefits have been exhausted. In cases in which a student has no other coverage with either a commercial insurance agency, Medicare, or Medicaid, the WCPSS athletic insurance policy is the primary policy.

If your son or daughter should be injured while participating in a high school sponsored or supervised interscholastic athletic event, the following procedures must be followed to process a claim under the insurance provided by WCPSS:

- Pick up a claim form at your school.
- See a physician within 30 days of the injury.
- Complete and submit the Accident Claim form. The claim form must be filed with the insurance company within 60 days of the injury and should include the Explanation of Benefits form from your primary insurance carrier. Please list below the name of your primary insurance carrier and policy number.

REQUEST FOR PERMISSION

We, the student's parent/legal custodian, give my consent for the above-named student to represent his/her school in interscholastic sports, **except for those sports indicated by listing here:** _____.

Please note: WCPSS Interscholastic Sports are basketball, baseball, cheerleading, cross country, football, golf, gymnastics, indoor track, lacrosse, soccer, softball, swimming, stunt, tennis, track, volleyball and wrestling. Weight training may be a required component of conditioning for any sport.

North Carolina Sport Pre-Participation Examination Form

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 their 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, burn 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"/> Forearm <input type="checkbox"/> Chest <input type="checkbox"/> Hip <input type="checkbox"/> Forearm <input type="checkbox"/> Shin/calf <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 are there concerns over 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 a medical problem or injury since their last evaluation? 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 positive (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			
Shoulders			
Knees			
Ankles/Foot			
Other Orthopedic Problems			

Optional Examination Elements – Should be done if history indicates

Heent			
Abdominal			
Genitalia (Males)			
Hernia (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: _____
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Athletic Participation Form

Instructions: Student Athlete and Parent/Legal Custodian must read and sign this form.

Hazing: According to WCPSS Board Policy 6420.2, hazing is prohibited. No group or individual shall require a student to wear abnormal dress, play abusive or ridiculous tricks on him/her, frighten, scold, beat, harass, or subject him/her to personal indignity.

The Board of Education is required to expel any student convicted of hazing under NC Criminal Statute §14-35.

Code of Sportsmanship: It is recognized that public school interscholastic athletic events should be conducted in such a manner that good sportsmanship prevails at all times. Every effort should be made to promote a climate of wholesome competition. Unsportsmanlike acts will not be tolerated. A player is under the coach's control from the time he/she arrives at the athletic field until he/she leaves the field. The penalties listed in the North Carolina High School Athletic Association Handbook will be adhered to for any athlete ejected from an athletic contest.

NCHSAA Regulations Student Athlete Pledge: As a student athlete, I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school, my conference, and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

Parent Pledge: As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

Football: Student athletes who are members of the school football team must read, review with parent/guardian, and sign an extra form entitled Safety List for Football Players. This form emphasizes specifics of tackling, blocking, running the ball, basic hitting (contact) position, fundamental technique, and fitting/use of equipment. This form will be available from your football coach and must be completed prior to practicing with pads.

NCHSAA Sportsmanship/Ejection Policy: We acknowledge that we, both the student and parent whose names appear below, have read and understand the NCHSAA Sportsmanship/Ejection Policy. We understand that the following types of behavior will result in an ejection from an athletic contest: fighting, taunting or baiting, profanity directed toward an official or an opponent, obscene gestures, disrespectfully addressing an official, flagrant contact.

- 1st ejection: 2 game suspension in all sports except 1 game for football (fighting is a four-game suspension in all sports except 2 games for football).
- 2nd ejection: Suspended for remainder of sport season.
- 3rd ejection: Suspended from ALL athletic competition for 365 days from date of 3rd ejection.

Transportation for Athletic Events: If student transportation is by a Wake County system-owned vehicle, the school system vehicle liability coverage is applicable to any vehicular accident. If student transportation is by private vehicle, the vehicle owner's liability coverage is applicable to any vehicular accident. Parent or adult drivers should be aware that they may be held responsible for injuries to any individuals they are transporting and must certify that any private vehicle used is covered by at least the North Carolina state required insurance coverage. All student athletes who travel with a team to an away athletic event must return to the school with the team. The only exception to this policy is when both the coach and parent/legal custodian agree that it is beneficial for the student athlete to ride home with the parent/legal custodian. Student athletes are not to ride home from athletic events with any other person.

Medical Authorization: As the parent or legal custodian of this student athlete, I grant permission for treatment deemed necessary for a condition arising during or affecting participation in sports, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. Also, permission is granted to release medical information to the school and athletic trainer or first responder.

Risk of Injury: We acknowledge and understand that there is a risk of injury involved in athletic participation. We understand that the student-athlete will be under the supervision and direction of a WCPSS athletic coach. We agree to follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand that neither the coach nor WCPSS nor Heads Up Football LLC (if applicable) can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and, in some cases, may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics, including (if applicable) participation in Heads Up Football activities.

Residency Requirements: The NCHSAA residency requirements state, "the residence of any student shall be deemed to be that of his or her parents or sole surviving parent. In the event the parents are separated or divorced, the residence of the student shall be that of the parent to whom custody has been awarded by a court of competent jurisdiction. No non-parental guardianship will be recognized where a student has a living parent. Any student proposed for a contest is eligible at the school to which the local board of education assigns him or her within the unit of residence of a parent or legal custodian within this state." According to WCPSS Board Policy 6201 a "legal custodian" is a person or agency awarded legal custody of a child by a court of law. The athletic director of the school must be notified of any student not living with a parent or legal custodian. No person other than a parent or legal custodian may sign off on this document.

We, the undersigned student and parent/legal custodian, certify that the home address shown on this document is our sole, bona fide domicile as provided to the Wake County Public School System Office of Growth Management. We also agree that we will notify the high school principal immediately of any change in domicile, since such a move may alter eligibility status.

We have read the eligibility rules and this document and understand all of the requirements for athletic participation. We agree to comply with the requirements set forth in the eligibility rules and this document. All information contained in this document is accurate and correct.

If your child's medications, need for medical assistance, or medical conditions changes after completing this form, contact the Athletic Trainer or First Responder and provide updated health information.

Providing false information on this form may cause the student athlete to lose athletic eligibility.

Student Athlete: _____ Date _____
(Signature) (Printed Name of Student Athlete)

Parent: _____ Date _____
(Signature) (Printed Name of Parent)

Legal Custodian: _____ Date _____
(Signature) (Printed Name of Legal Custodian)

For official use only: This form must be signed by the school principal in cases where the student has indicated on page 1 of this document that they have been convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state. In such cases, participation in high school athletics is denied.

School Principal Signature: _____

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

2020-21 North Carolina High School Athletic Association Eligibility, Consent to Participate and Release Form

Instructions: This document is to be signed by the athlete of an NCHSAA member school and by the athlete’s parent or legal custodian **before** participation. Students may not participate without the signature of the student and parent(s)/legal custodian.

I acknowledge that I have read, understand North Carolina High School Athletic Association’s (NCHSAA) Eligibility Rules. I understand that a copy of the NCHSAA Handbook is on file with the member school’s principal and/or Athletic Director, and that I may review it, in its entirety if I so choose. I know my school is a member of the NCHSAA and must adhere to all regulations that govern interscholastic athletic programs, including, but not limited to, Federal and State laws, local regulations and those imposed by the NCHSAA. I understand that local rules may be more stringent than the NCHSAA and agree to follow the rules of my school and the NCHSAA and to abide by their decisions. I acknowledge and understand that participation in interscholastic athletics is a privilege, not a right. I understand that classroom performance, dropping a class or taking coursework through other educational options could affect eligibility and compliance with NCHSAA academic standards.

Student Code of Responsibility

As a student athlete, I **understand and accept** the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and laws of my community, state and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.
- I understand that a student whose character or conduct violates the school’s Athletic Code or School Code of Responsibility could be deemed ineligible for a period of time as determined by the principal or school system Administration.

PARENTS, LEGAL CUSTODIANS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. The student and parent/legal custodian recognize that participation in interscholastic athletics involves some inherent risks for potentially severe injuries including, but not limited to, serious neck, head and spinal injuries, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, serious injury or impairment to other aspects of the body, or effects to the general health and well-being of the child, and in rare cases death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate all risk. Because of these inherent risks, the student and parent/legal custodian have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

I authorize medical treatment should the need arise for such treatment while I or my child/ward (“student-athlete”) is under the supervision of the member school. I **consent to medical treatment** for the student-athlete following an injury or illness suffered during practice and/or a contest. I understand that in the case of **injury or illness requiring treatment by medical personnel and transportation to a health care facility**, a reasonable attempt will be made to contact the parent/legal custodian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be treated and transported via ambulance to the nearest hospital. I further authorize the use or disclosure of my student-athlete’s personally identifiable health information should treatment for illness or injury become necessary.

I **understand all concussions are potentially serious** and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further, I understand that if my student is removed from a practice or competition due to a suspected concussion, he or she will be unable to return to participation that day. After that day, written authorization from a physician (M.D. or D.O.) or an athletic trainer working under the supervision of a physician will be required before the student is allowed to return to participation. I also acknowledge that I have **received, read and signed the Gfeller-Waller Concussion Information Sheet**.

I **consent to the NCHSAA’s use of the herein named student’s name**, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics and grant the NCHSAA the right to photograph and/or videotape the participant and further to use the participant’s face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The NCHSAA, however, is under no obligation to exercise said rights herein. I further consent to the disclosure, by the member school, to the NCHSAA, upon its request, of all records relevant to the student-athlete’s athletic eligibility including, but not limited to, their records relating to enrollment, attendance, academic standing, age, discipline, finances, residence and physical fitness. The student and parent/legal custodian individually and on behalf of the student, hereby irrevocably, and unconditionally release, acquit, and discharge, without limitation, the NCHSAA its officers, agents, attorneys, representatives and employees (collectively, the “Releasees”) from any and all losses, claims, demands, actions and causes of action, obligations, damages, and costs or expenses of any nature (including attorney’s fees) that the student and/or legal custodian incur or sustain to person, property or both, which arise out of, result from, occur during or are otherwise connected with the student’s participation in interscholastic athletics if due to the ordinary negligence of the Releasees.

By signing this document, we acknowledge that we have read the above information and that we consent to participation by the herein named student. We understand that the authorizations and rights granted herein are voluntary and that we may revoke any or all of them at any time by submitting said revocation in writing to the participant’s member school. By doing so, however, we understand that the participant would no longer be eligible for participation in interscholastic athletics.

Student’s Signature	Birth Date	Grade	Date
Signature of Parent or Legal Custodian			Date