



Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

HISTORY FORM (should be filled out by the student and parent/guardian prior to the physical examination)

Name _____ Sex _____ Age _____ Date of birth _____
 Grade _____ School _____ Sport(s) _____
 Home Address _____ Phone _____
 Personal physician _____ Parent Email _____

PPE is required annually and shall not be taken earlier than May 1 preceding the school year for which it is applicable.

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking: _____ No Medications

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines _____ Pollens _____ Food _____ Stinging Insects _____
 What was the reaction? _____

Explain "Yes" answers below. Circle questions you don't know the answers to.

General Questions Yes No

1. Have you had a medical condition or injury since your last check up or sports physical? _____
 2. Has a doctor ever denied or restricted your participation in sports for any reason? _____
 3. Do you have any ongoing medical conditions? If so, please identify below:
 Asthma Anemia Diabetes Infections
 Other: _____
 4. Have you ever spent the night in the hospital?
 5. Have you ever had surgery?

Heart Health Questions About You Yes No

6. Have you ever passed out or nearly passed out DURING or AFTER exercise?
 7. Have you ever had discomfort, pain, lightheadedness, or pressure in your chest during exercise?
 8. Does your heart ever race or skip beats (irregular beats) during exercise?
 9. Has a doctor ever told you that you have any heart problems? If so, check all that apply:
 High blood pressure A heart murmur
 High cholesterol A heart infection
 Kawasaki disease Other: _____
 10. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)
 11. Do you get lightheaded or feel more short of breath than expected during exercise?
 12. Have you ever had an unexplained seizure?
 13. Do you get more tired or short of breath more quickly than your friends during exercise?

Heart Health Questions About Your Family Yes No

14. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?
 15. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?
 16. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?
 17. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?

Bone And Joint Questions Yes No

18. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?
 19. Have you ever had any broken or fractured bones or dislocated joints?
 20. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?
 21. Have you ever had a stress fracture?
 22. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)
 23. Do you regularly use a brace, orthotics, or other assistive device?
 24. Do you have a bone, muscle, or joint injury that bothers you?
 25. Do any of your joints become painful, swollen, feel warm, or look red?
 26. Do you have any history of juvenile arthritis or connective tissue disease?

Medical Questions Yes No

27. Do you cough, wheeze, or have difficulty breathing during or after exercise?
 28. Have you ever used an inhaler or taken asthma medicine?
 29. Is there anyone in your family who has asthma?
 30. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?
 31. Do you have groin pain or a painful bulge or hernia in the groin area?
 32. Have you had infectious mononucleosis (mono) within the last month?
 33. Do you have any rashes, pressure sores, or other skin problems?
 34. Have you had a herpes or MRSA skin infection?
 35. Have you ever had a head injury or concussion?
 If yes, how many? _____
 What is the longest you've been held out of sports or school? _____
 When were you last released? _____
 36. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?
 37. Do you have a history of seizure disorder?
 38. Do you have headaches with exercise?
 39. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling (Stinger/Burner/Pinched Nerve)?
 40. Have you ever been unable to move your arms or legs after being hit or falling?
 41. Have you ever become ill while exercising in the heat?
 42. Do you get frequent muscle cramps when exercising?
 43. Do you or someone in your family have sickle cell trait or disease?
 44. Have you had any problems with your eyes or vision?
 45. Have you had any eye injuries?
 46. Do you wear glasses or contact lenses?
 47. Do you wear protective eyewear, such as goggles or a face shield?
 48. Do you worry about your weight?
 49. Are you trying to or has anyone recommended that you gain or lose weight?
 50. Are you on a special diet or do you avoid certain types of foods?
 51. Have you ever had an eating disorder?
 52. Do you have any concerns that you would like to discuss with a doctor?

Females Only Yes No

53. Have you ever had a menstrual period?
 54. If yes, are you experiencing any problems or changes with athletic participation (i.e., irregularity, pain, etc.)?
 55. How old were you when you had your first menstrual period?
 56. How many periods have you had in the last 12 months?

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

Pre-Participation Physical Evaluation

PPE

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PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

Date of recent immunizations: Td _____ Tdap _____ Hep B _____ Varicella _____ HPV _____ Meningococcal _____

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt and use a helmet?

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

EXAMINATION		Male <input type="checkbox"/>	Female <input type="checkbox"/>	BP (reference gender/height/age chart)****	/	(/)	Pulse
Height	Weight	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>							
Vision R 20/	L 20/								
VITALS		NORMAL			ABNORMAL FINDINGS				
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)									
Eyes/ears/nose/throat • Pupils equal • Gross Hearing									
Lymph nodes									
Heart * • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)									
Pulses • Simultaneous femoral and radial pulses									
Lungs									
Abdomen									
Genitourinary (males only)**									
Skin • HSV, lesions suggestive of MRSA, tinea corporis									
Neurologic***									
MUSCULOSKELETAL									
Neck									
Back									
Shoulder/arm									
Elbow/forearm									
Wrist/hand/fingers									
Hip/thigh									
Knee									
Leg/ankle									
Foot/toes									
Functional • Duck-walk, single leg hop									

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. **Consider GU exam if in private setting. Having third party present is recommended.

***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

****Chart found in: The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents. Pediatric BP mobile application can also be used.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

- Not cleared
- Pending further evaluation
 - For any sports
 - For certain sports _____
- *Reason _____

Recommendations _____

I have examined the above-named student and student history and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of healthcare provider (print/type) _____ Date _____

Address _____ Phone _____

Signature of healthcare provider _____ MD, DO, DC, PA-C, APRN
(please circle one)

ATTENTION PARENTS AND STUDENTS

KSHSAA ELIGIBILITY CHECK LIST

PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.

NOTE: Transfer Rule 18 states in part, a student is eligible transfer-wise if:

BEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or she may choose to attend. In addition, age and academic eligibility requirements must also be met.

BEGINNING NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year junior high are treated equally to ninth graders of a four-year senior high school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a three-year junior high school at the beginning of the school year and be eligible immediately under the Transfer Rule. Such a ninth grader must then, as a tenth grader, attend the feeder senior high school of their school system. Should they attend a different school as a tenth grader, they would be ineligible for eighteen weeks.

ENTERING HIGH SCHOOL FOR THE FIRST TIME—A senior high school student is eligible under the Transfer Rule at any senior high school he or she may choose to attend when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility requirements must also be met.

For Middle/Junior High and Senior High School Students to Retain Eligibility

Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student to be eligible to participate in interscholastic activities must be certified by the school principal as meeting all eligibility standards.

All KSHSAA rules and regulations are published in the official *KSHSAA Handbook* which is distributed annually and is available at your school principal's office.

Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.

- Rule 7 Physical Evaluation - Parental Consent**—Students shall have passed the **attached evaluation** and have the written consent of their parents or legal guardian.
- Rule 14 Bona Fide Student**—Eligible students shall be a **bona fide undergraduate member** of his/her school in good standing.
- Rule 15 Enrollment/Attendance**—Students must be regularly **enrolled and in attendance** not later than Monday of the fourth week of the semester in which they participate.
- Rule 16 Semester Requirements**—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. A student shall not have more than eight consecutive semesters of possible eligibility in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.
NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.
- Rule 17 Age Requirements**—Students are eligible if they are not 19 years of **age (16, 15 or 14 for junior high or middle school student)** on or before August 1 of the school year in which they compete.
- Rule 19 Undue Influence**—The use of **undue influence** by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it shall meet the requirements of the KSHSAA.
- Rules 20/21 Amateur and Awards Rules**—Students are eligible if they have not **competed under a false name** or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.
- Rule 22 Outside Competition**—Students may not engage in **outside competition** in the same sport during a season in which they are representing their school.
NOTE: Consult the coach, athletic director or principal before participating individually or on a team in any game, training session, contest, or tryout conducted by an outside organization.
- Rule 25 Anti-Fraternity**—Students are eligible if they are not members of any **fraternity** or other organization prohibited by law or by the rules of the KSHSAA.
- Rule 26 Anti-Tryout and Private Instruction**—Students are eligible if they have not participated in **training sessions or tryouts** held by colleges or other outside agencies or organizations in the same sport while a member of a school athletic team.
- Rule 30 Seasons of Sport**—Students are not eligible for more than **four seasons** in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.

Student's Name _____

(PLEASE PRINT CLEARLY)

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (See KSHSAA Handbook, Rule 7). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading. **The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable.** The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.

Parent or Guardian Consent

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the **HISTORY** part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer (whether employee or independent contractor of the school), school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury.

I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

**The above named student and I have read the
KSHSAA Eligibility Check List
and how to retain eligibility information listed in this form.**

For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling

If a **negative** response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (Schools shall process a Certificate of Transfer Form T-E on **all** transfer students.)

YES NO

- 1. Are you a bona fide student in **good standing** in school? (If there is a question, your principal will make that determination.)
- 2. Did you **pass at least five new subjects (those not previously passed)** last semester? (The KSHSAA has a minimum regulation which requires you to pass at least five subjects of unit weight in your last semester of attendance.)
- 3. Are you planning to **enroll in at least five new subjects (those not previously passed)** of unit weight this coming semester? (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five subjects of unit weight.)
- 4. Did you **attend** this school or a feeder school in your district last semester? (If the answer is "no" to this question, please answer Sections a and b.)
 - a. Do you reside with your parents?
 - b. If you reside with your parents, have they made a permanent and bona fide move into your school's attendance center?

The student/parent authorizes the school to release to the KSHSAA student records and other pertinent documents and information for the purpose of determining student eligibility. The student/parent also authorizes the school and the KSHSAA to publish the name and picture of student as a result of participating in or attending extra-curricular activities, school events and KSHSAA activities or events.

Parent or Guardian's Signature

Date

Student's Signature

Date

Birth Date

Grade

**KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE
FORM
2017-2018**

This form must be signed by all student athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports 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. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment

Signs observed by teammates, parents, and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech 	<ul style="list-style-type: none"> • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness

Adapted from the CDC and the 3rd International Conference in Sport

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. **When in doubt, the athlete sits out!**

Cognitive Rest & Return to Learn

The first step to concussion recovery is cognitive rest. This is essential for the brain to heal. Activities that require concentration and attention such as trying to meet academic requirements, the use of electronic devices (computers, tablets, video games, texting, etc.), and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified while they are initially recovering from a concussion. Decreasing stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. This may involve staying home from school for a few days, followed by a lightened school schedule, gradually increasing to normal. Any academic modifications should be coordinated jointly between the student's medical providers and school personnel. No consideration should be given to returning to physical activity until the student is fully integrated back into the classroom setting and is symptom free. Rarely, a student will be diagnosed with post-concussive syndrome and have symptoms that last weeks to months. In these cases, a student may be recommended to start a non-contact physical activity regimen, but this will only be done under the direct supervision of a healthcare provider.

Return to Practice and Competition

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.kansasconcussion.org/>

For concussion information and educational resources collected by the KSHSAA, go to:

<http://www.kshsaa.org/Public/General/ConcussionGuidelines.cfm>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

USD 245
Southern Coffey County Schools

Code of Conduct

Regarding use of mood-altering chemicals (drugs and alcohol)

SECTION 1 – Philosophy and Purpose

- A. Philosophy of the KSHSAA Member Schools relating to the use of mood-altering chemicals, i.e., Alcohol, Tobacco, Drugs and Marijuana.

The Kansas State High School Activities Association recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affects extra-curricular participation and development of related skills. Others are affected by the misuse and abuse by family, team members or other significant person in their lives.

The close contact in KSHSAA activities of advisors and coaches provides them with a unique opportunity to observe, confront and assist young people. The KSHSAA, therefore, supports education and awareness training in adolescent chemical use problems including the symptomatology of chemical dependency and special issues affecting interscholastic activities administrators, athletic directors, coaches, advisors, participants and their families.

B. Statement of Purpose.

1. To provide consistency with the KSHSAA Articles of Incorporation: "to elevate standards of sportsmanship and to encourage the growth of good citizenship, not only for junior and senior high school students, but also the adults and all others who come into contact with school activities."
2. To emphasize the schools' concern for the health of students in areas of safety while participating in activities and the long-term physical and emotional effects of chemical use on their health.
3. To promote equity and a sense of order and discipline among students.
4. To confirm and support existing state laws which restrict the use of such mood-altering chemicals.
5. To establish standards of conduct for those students who are leaders and standard-bearers among their peers.
6. To assist students who desire to resist peer pressure, which directs them toward the use of mood-altering chemicals.
7. To assist students who should be referred for assistance or evaluation regarding their use of mood-altering chemicals.

SECTION 2 – Rule

During the school year, regardless of the quantity, a student shall not: (1) use a beverage containing alcohol; (2) use tobacco or; (3) use or consume, have in possession, buy, sell or give away any other controlled substance defined by law as a drug.

Interpretations:

1. The rule applies to the entire school year and any portion of an activity season, which occurs prior to the start of the school year or after the close of the school year.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by his/her doctor.

SECTION 3 – Categories of Activities

A. Category I

Category 1 includes those KSHSAA – sponsored activities in which a member school has a schedule of interscholastic contests, including KSHSAA – sponsored tournaments:

1. Athletic Activities: as listed in the Athletic Rules of the KSHSAA Handbook.
2. Non-Athletic Activities: Debate, Scholar's Bowl.

- B. Category II
Category II includes those activities in which a member school's only interscholastic schedule is the KSHSAA – sponsored regional or state contests, festivals or conferences.

- 1. Fine Arts Activities: Speech, Music

SECTION 4 – Penalties and Recommendations

- A. Penalties shall be accumulative beginning with each new school year and throughout the student's participation on any team or activity.

- B. Category I

- 1. First Violation

- a. Penalty: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic events or two (2) weeks of a season in which the student is a participant, whichever is greater.
 - b. Recommendation: It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for assessment of potential chemical abuse or misuse.

- 2. Second Violation

- a. Penalty: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic events in which the student is a participant. No exception is permitted for a student who becomes a participant in a treatment program.
 - b. Recommendation: It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that he has sought or has received counseling from a community agency or a professional individual such as a school counselor, drug counselor, medical doctor, psychiatrist, or psychologist.

- 3. Third Violation

- Penalty: After confirmation of the third or subsequent violation, the student shall lose eligibility for the next twelve (12) consecutive interscholastic events in which the student is a participant.

- b. If after the third or subsequent violations, the student on his/her own volition becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in KSHSAA activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.
 - c. Recommendation: It is recommended that the student be referred for assessment of potential chemical abuse, misuse or dependency by a community agency or a professional individual outside the school.

- C. Category II: Confirmation of Violation

- A violation is confirmed by admission by the student or personal observation by a member of the committee from U.S.D. 245. The reliability and validity shall be determined by a majority vote of the committee consisting of coaches, sponsors, and an administrator.

STUDENT'S NAME: _____

PARENT'S NAME: _____ DATE _____

Southern Coffey County Schools

WARNING – ASSUMPTION OF RISK for All Activities

There are many special benefits from the activities being afforded to students by the programs offered by the Southern Coffey County Schools. Within the activities it must be understood that there are dangers that may lead to injury to student athletes. Therefore, the purpose of this notification is to make all student-athletes and parents aware that dangers do exist and that participation is voluntary with the understanding that certain risks are involved. It is to be further understood that student-athletes must share in the responsibility for their own safety and the safety of others as each participates in athletic programs at either of the above named schools.

The student-athlete participation in the athletic program could injure the anatomy of either one of several of the following: skeletal system; muscular system; joint system, including ligaments and tendons; nervous system; circulatory system; respiratory system; digestive system; reproductive system; endocrine system; and skin. Catastrophic injuries such as death, permanent paralysis and loss of organs may occur during sports participation. There is no absolute preventative against injury.

ACKNOWLEDGMENT OF RISK – WARNING

By signing below, you acknowledge that you have read the "warning-assumption of risk" statement and that you are aware there is a possibility you may incur an injury of varying temporary and/or permanent disability to any of the body systems. Also, you acknowledge the risk of death, permanent paralysis, loss of organs and life-long disability may occur as a result of participation in athletics.

Before you are approved for participation, you are required to sign below to acknowledge your awareness of, and acceptance of the above statements of risk and warning.

_____	_____	Date: _____
witness	Student-Athlete Signature	
	_____	Date: _____
	Parent or Legal Guardian Signature	

INSURANCE

Recognizing the risk of injury to athletes, the district provides insurance coverage to assist with expenses in the event of injury. The student accident policy, which is written with Student Assurance Services, Inc., provides benefits for students involved in school-sponsored activities. Coverage is in force for each insured person while the insured is: (1) Practicing for or competing in interscholastic sports which is exclusively Sponsored and Supervised by the School as a representative of the Policy holder and is under the direct and immediate supervision of an employee of the Policy holder; and (2) Traveling directly to or from such practice or competition in a vehicle provided by the Policyholder and under the direct supervision of an employee of the Policyholder.

When injury covered by this policy results in treatment by a licensed Physician within sixty (60) days from the date of accident, the Company will pay the Usual and Customary charges incurred within one year from the date of injury up to a maximum benefit of \$10,000. This policy will pay benefits regardless of Other Valid Group Coverage, if the covered claim expense is less than \$50.00. If the covered claim expense exceeds \$50, and if there by Other Valid Group Coverage not with this insurer, providing benefits for the same loss on a provisions of service basis or on an expense incurred basis, benefits shall be paid first by the company or service contract whose policy or service contract has been in effect, with respect to the insured, for the longer period of time at the date of such loss. This plan does not cover penalties imposed for failure to use providers preferred or designated by your primary coverage.

Southern Coffey County Schools

Medical Consent Form

Name of Student: _____

In the event of illness or injury during participation in an athletic event/activity or practice session, or incurred in transit to or from an athletic practice or event/activity, permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examinations or emergency medical treatment of any nature for the above named student. In the event of serious illness; the need for major surgery; or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me, the treatment necessary for the best interest of the above-named student may be given.

In the event that an emergency arises during a practice session, an effort will be made to contact the parents or guardians as soon as possible. Permission is also granted to the athletic trainer or coach to provide the needed emergency treatment to the athlete prior to his admission to the medical facilities.

The undersigned holds USD 245 harmless from any liability arising out of any attempts to secure medical treatment or for any resulting medical treatment or procedure of any nature whatsoever.

Signature of Parent or Legal Guardian: _____

Phone numbers where parents (or guardian) can be reached:

Office: _____ Home: _____ Other: _____

Name of family physician: _____ Phone #: _____

Allergy to any medication: _____

Date: _____