

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION

June 2015

2875 Staunton Turnpike - Parkersburg, WV 26104

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICIAN'S CERTIFICATE FORM
(Form required each school year on or after June 1st. File in School Administration Office)

ATHLETIC PARTICIPATION / PARENTAL CONSENT

PART I

Name (Last) (First) (M) School Year: Grade Entering:
Home Address: Home Address of Parents:
City: City:
Phone: Date of Birth: Place of Birth:

Last semester I attended (High School) or (Middle School). We have read the condensed eligibility rules of the WVSSAC athletics. If accepted as a team member, we agree to make every effort to keep up school work and abide by the rules and regulations of the school authorities and the WVSSAC.

INDIVIDUAL ELIGIBILITY RULES

- Attention Athlete! To be eligible to represent your school in any interscholastic contest, you ...
must be a regular bona fide student in good standing of the school. (See exception under Rule 127-2-3)
must qualify under the Residence and Transfer Rule (127-2-7)
must have earned at least 2 units of credit the previous semester. Summer School may be included. (127-2-6)
must have attained an overall "C" (2.00) average the previous semester. Summer School may be included. (127-2-6)
must not have reached your 15th (MS), 16th (9th) or 19th (HS) birthday before August 1 of the current school year. (127-2-4)
must be residing with parent(s) as specified by Rule 127-2-7 and 8.
unless parents have made a bona fide change of residence during school term.
unless an AFS or other Foreign-Exchange student (one year of eligibility only).
unless the residence requirement was met by the 365 calendar days attendance prior to participation.
if living with legal guardian/custodian, may not participate at the varsity level. (127-2-8)
must be an amateur as defined by Rule 127-2-11.
must have submitted to your principal before becoming a member of any school athletic team Participation/Parent Consent/Physician Form, completely filled in and properly signed, attesting that you have been examined and found to be physically fit for athletic competition and that your parents consent to your participation. (127-3-3)
must not have transferred from one school to another for athletic purposes. (127-2-7)
must not have received, in recognition of your ability as a HS or MS athlete, any award not presented or approved by your school or the WVSSAC. (127-3-5)
must not, while a member of a school team in any sport, become a member of any other organized team or as an individual participant in an unsanctioned meet or tournament in the same sport during the school sport season (See exception 127-2-10).
must follow All Star Participation Rule. (127-3-4)
must not have been enrolled in more than (8) semesters in grades 9 to 12. Must not have participated in more than two (2) seasons in the same sport in grades 7 and 8 or more than three (3) seasons while in grades 6-7-8. (Rule 127-2-5).
must not have been retained without failing in grades 6, 7 or 8. (127-2-5)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above listed minimum standards but also all other standards set by your school and the WVSSAC. If you have any questions regarding your eligibility or are in doubt about the effect any activity or action might have on your eligibility, check with your principal or athletic director. They are aware of the interpretation and intent of each rule. Meeting the intent and spirit of WVSSAC standards will prevent athletes, teams, and schools from being penalized.

PART II - PARENTAL CONSENT

In accordance with the rules of the WVSSAC, I give my consent and approval to the participation of the student named above for the sport NOT MARKED OUT BELOW:

- BASEBALL CROSS COUNTRY GOLF SOFTBALL TENNIS VOLLEYBALL
BASKETBALL FOOTBALL SOCCER SWIMMING TRACK WRESTLING
CHEERLEADING

MEDICAL DISQUALIFICATION OF THE STUDENT-ATHLETE / WITHHOLDING A STUDENT-ATHLETE FROM ACTIVITY

The member school's team physician has the final responsibility to determine when a student-athlete is removed or withheld from participation due to an injury, an illness or pregnancy. In addition, clearance for that individual to return to activity is solely the responsibility of the member school's team physician or that physician's designated representative.

I understand that participation may include, when necessary, early dismissal from classes and travel to participate in interscholastic athletic contests. I will not hold the school authorities or West Virginia Secondary School Activities Commission responsible in case of accident or injury as a result of this participation. I also understand that participation in any of those sports listed above may cause permanent disability or death. Please check appropriate space: He/She has student accident insurance available through the school (); has football insurance coverage available through the school (); is insured to our satisfaction ().

I also give my consent and approval for the above named student to receive a physical examination, as required in Part IV, Physician's Certificate, of this form, by an approved health care provider as recommended by the named student's school administration.

I consent to WVSSAC's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices or Scrimmages and Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

I have read/reviewed the concussion and Sudden Cardiac Arrest information as available through the school and at WVSSAC.org. (Click Sports Medicine)

Date: Student Signature
Parent Signature

PART III – STUDENT'S MEDICAL HISTORY
(To be completed by parent or guardian prior to examination)

Name _____ Birthdate ____/____/____ Grade ____ Age ____

Has the student ever had:

- Yes No 1. Chronic or recurrent illness? (Diabetes, Asthma, Seizures, etc..)
- Yes No 2. Any hospitalizations?
- Yes No 3. Any surgery (except tonsils)?
- Yes No 4. Any injuries that prohibited your participation in sports?
- Yes No 5. Dizziness or frequent headaches?
- Yes No 6. Knee, ankle or neck injuries?
- Yes No 7. Broken bone or dislocation?
- Yes No 8. Heat exhaustion/sun stroke?
- Yes No 9. Fainting or passing out?
- Yes No 10. Have any allergies?
- Yes No 11. Concussion? If Yes _____
Date(s)

Does the student:

- Yes No 12. Have any problems with heart/blood pressure?
- Yes No 13. Has anyone in your family ever fainted during exercise?
- Yes No 14. Take any medicine? List _____
- Yes No 15. Wear glasses ____, contact lenses ____, dental appliances ____?
- Yes No 16. Have any organs missing (eye, kidney, testicle, etc.)?
- Yes No 17. Has it been longer than 10 years since your last tetanus shot?
- Yes No 18. Have you ever been told not to participate in any sport?
- Yes No 19. Do you know of any reason this student should not participate in sports?
- Yes No 20. Have a sudden death history in your family?
- Yes No 21. Have a family history of heart attack before age 50?
- Yes No 22. Develop coughing, wheezing, or unusual shortness of breath when you exercise?
- Yes No 23. (Females Only) Do you have any problems with your menstrual periods.

PLEASE EXPLAIN ANY "YES" ANSWERS OR ANY OTHER ADDITIONAL CONCERNS.

I also give my consent for the physician in attendance and the appropriate medical staff to give treatment at any athletic event for any injury.

SIGNATURE OF PARENT OR GUARDIAN _____ DATE ____/____/____

PART IV – VITAL SIGNS

Height _____ Weight _____ Pulse _____ Blood Pressure _____

Visual acuity: Uncorrected ____/____; Corrected ____/____; Pupils equal diameter: Y N
L R L R

PART V – SCREENING PHYSICAL EXAM

This exam is not meant to replace a full physical examination done by your private physician.

Mouth:

- Appliances Y N
- Missing/loose teeth Y N
- Caries needing treatment Y N
- Enlarged lymph nodes Y N
- Skin - infectious lesions Y N
- Peripheral pulses equal Y N

Respiratory:

- Symmetrical breath sounds Y N
- Wheezes Y N
- Cardiovascular:
- Murmur Y N
- Irregularities Y N
- Murmur with Valsalva Y N

Abdomen:

- Masses Y N
- Organomegaly Y N
- Genitourinary (males only);
- Inguinal hernia Y N
- Bilaterally descended testicles Y N

Musculoskeletal: (note any abnormalities)

- | | | | |
|---------------|------------|---------------|-----------------|
| Neck: Y N | Elbow: Y N | Knee/Hip: Y N | Hamstrings: Y N |
| Shoulder: Y N | Wrist: Y N | Ankle: Y N | Scoliosis: Y N |

RECOMMENDATIONS BASED ON ABOVE EVALUATION:

After my evaluation, I give my:

- _____ Full Approval;
- _____ Full approval; but needs further evaluation by Family Dentist _____; Eye Doctor _____; Family Physician _____; Other _____;
- _____ Limited approval with the following restrictions: _____;
- _____ Denial of approval for the following reasons: _____;

MD/DO/DC/Advanced Registered Nurse Practitioner/Physicians Assistant

Date

**WARNING: AGREEMENT TO OBEY INSTRUCTIONS,
RELEASE, ASSUMPTION OF RISK, AND
AGREEMENT TO HOLD HARMLESS**

(Both the applicant student and parent or guardian must read carefully and sign.)

SPORT (Check applicable spaces):

- | | | |
|---------------------------------------|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Football | <input type="checkbox"/> Basketball | <input type="checkbox"/> Track |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Wrestling | <input type="checkbox"/> Baseball |
| <input type="checkbox"/> Cross-County | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Softball |
| <input type="checkbox"/> Soccer | <input type="checkbox"/> Swimming | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Crew | |

STUDENT

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing in the above-checked sport(s) include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers of playing practicing to play/participate in the above-checked sport(s) may result not only in serious injury, but in serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in the above-checked sport(s). I recognize the importance of following coaches instructions regarding playing techniques, training and other team rules, etc., and agree to obey such instructions.

In consideration of _____ High School permitting me to try out for the above-checked sport(s) and to engage in all activities related to the team(s), including, but not limited to, trying out, practicing or playing / participating in that sport(s). I hereby assume all the risks associated with participation and agree to hold _____ High School of Putnam County School District, (city, state), collectively and individually, its employees, agents, representatives, medical personnel, coaches, and volunteers, including managers and trainers, harmless from any and all liability, actions, causes of actions, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to the _____ High School athletic team (s) checked above. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I specifically acknowledge that **FOOTBALL, WRESTLING, GYMNASTICS and BASEBALL** are **VIOLENT CONTACT SPORTS** involving even greater risk of injury than other sports.

Date _____ Student Signature _____

PARENT/GUARDIAN

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that all sports can involve **MANY RISKS OF INJURY**, including, but not limited to, those risks outlined above.

I consideration of _____ High School permitting my child to try out for the above-checked sport(s) and to engage in all activities related to the team(s), including, but not limited to trying out, practicing or playing/participating in that sport(s). I hereby agree to hold _____ High School of Putnam County School District (city, state), collectively and individually, its employees, agents, representatives, medical personnel, coaches, and volunteers, including managers and trainers, harmless from any and all liability, actions, causes of actions, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with participation of my child/ward in any activities related to the _____ High School athletic team(s) checked above. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I specifically acknowledge that **FOOTBALL, WRESTLING, GYMNASTICS and BASEBALL** are **VIOLENT CONTACT SPORTS** involving even greater risk of injury than other sports.

Date _____ Parent/Legal Guardian Signature _____

PART II - RESIDENCE AND PARTICIPATION

Athlete's Name _____ Class _____ School Year _____
(Last) (First) (MI)

Home Address _____ Parent's Address _____

City _____ State _____ City _____ State _____

Date of Birth _____ Place of Birth _____

Name of Legal Guardian _____

Signature of Legal Guardian _____

Signature of Student-Athlete _____

This is my _____ semester in _____ High School. Last semester I attended _____ (HS/JHS) and passed _____ subjects. I have read the condensed eligibility rules of the WVSSAC and I have also read the _____ High School Student-Athlete Handbook and I agree to make every effort to keep up my school work and abide by the rules and regulations of the _____ High School Athletic Department and the WVSSAC.

PART III - INSURANCE

_____ High School does not carry student-athlete insurance. It is the responsibility of the parent/guardian of each athlete to make sure that he/she has one or more of the following plans in force:

- (1) Individual or Group Health/Accident Insurance

Company _____ Policy No. _____

- (2) Special Insurance purchased for Football only _____

- (3) Student Classroom Accident Insurance _____

PART IV - EMERGENCY MEDICAL TREATMENT PERMISSION

I hereby authorize the school to obtain, through a physician of its choice, any emergency care that may become reasonably necessary for the student in the course of athletic activities or travel. Payment of all charges for medical treatment is guaranteed by me or the insurance company providing coverage for the student named below.

(Student Name) _____ (Parent/Guardian Signature) _____

- (1) Allergies or Special Problems _____

- (2) Date of last tetanus shot _____

- (3) Family Physician _____ Phone _____

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.





WVSSAC

SUDDEN CARDIAC ARREST AWARENESS



What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- SCA should be suspected in any athlete who has collapsed and is unresponsive
- Fainting, a seizure, or convulsions during physical activity
- Dizziness or lightheadedness during physical activity
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

ANY of these symptoms/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Commotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions / Unknown causes. (Obesity/Idiopathic)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical which is mandatory annually in West Virginia.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely and honestly.
- Additional screening may be necessary at the recommendation of a physician.

What is the treatment for Sudden Cardiac Arrest?

- Act immediately; time is critical to increase survival rate
- Activate emergency action plan
- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

Where can one find additional information?

- Contact your primary health care provider
- American Heart Association (www.heart.org)

PUTNAM COUNTY BOARD OF EDUCATION

STUDENT DRUG TESTING CONSENT FORM

Section to be filled out by Activity Student, Driving Student or Opt-In Participant

Please Print:

Student's Last Name First Name MI

School Grade Student ID – WVEIS #

I, the above named student, after having read the **Student Drug Testing Policy** and "Student Drug Testing Consent Form" understand that, out of care for my safety and health, Putnam County Schools enforces the rules applying to the consumption or possession of illegal and performance-enhancing drugs. As a member of a Putnam County Schools athletics or extra-curricular activities or one who drives and parks on school property, or an Opt-in participant, I realize that the personal decision that I make daily in regard to the consumption or possession of illegal or performance-enhancing drugs may affect my health and well-being as well as the possible endangerment of those around me and reflect upon any organization with which I am associated. If I choose to violate school policy regarding the use or possession of illegal or performance-enhancing drugs any time while I am involved in in-season or off-season activities or driving, I understand upon determination of that violation I will be subject to the restrictions as outlined in the Policy.

Check all that apply:
_____ **Activity Student**
_____ **Driving Student**
_____ **Opt-in Student**

Signature of Student Date

Section to be Filled out by Parent/Guardian and Principal/Coach/Sponsor

We have read and understand the Putnam County Schools **Student Drug Testing Policy** and "Student Drug Testing Consent Form." **We voluntarily agree on behalf of the student named above that, in order to participate in athletics or extra-curricular activities; and/or to be granted permission to drive to and park on property of Putnam County Schools; and/or by electing to have him/her included in the testing pool as an Opt-in Participant, the student must submit to drug testing and must also agree to be subject to the terms of Putnam County Schools' drug testing policy.** We accept the method of obtaining samples, testing and analysis of such specimens, and all other aspects of the program. We further agree and consent to the disclosure of the sampling, testing and results as provided in this program.

Parent/Guardian Name (Print)

Signature of Parent/Custodial Guardian Date

Home Phone Cell Phone Work/Other Phone

Signature of Principal/Coach/Sponsor Date

This Student Drug Testing Form will remain on file for your student for the remainder of their programmatic level (middle or high school) and will only be removed from the Random Drug Testing Program by signed parental/custodial guardian consent delivered to the Superintendent's designee.

PUTNAM COUNTY BOARD OF EDUCATION

STUDENT DRUG TESTING CONSENT FORM

STATEMENT OF PURPOSE AND INTENT

Participation in athletics, extra-curricular activities and driving on campus are student privileges. Activity Students carry a responsibility to themselves, their fellow students, their parents and their school to set the highest possible examples of conduct, which includes avoiding the use or possession of illegal drugs. Students who elect to drive a privately owned vehicle to and from school and park on school property also carry an added accountability for the safe operation of a vehicle while on school property.

Drug use of any kind is incompatible with the physical, mental and emotional demands placed upon participants in extra-curricular activities and upon the positive image these students project to other students and to the community on behalf of Putnam County Schools. For the safety, health and well being of students who drive to school and/or participate in extra-curricular activities in Putnam County schools, the County has adopted the attached *Student Drug Testing Policy* and the "Student Drug Testing Consent Form" for use by all participating students at the high school level.

Participation in Extra-Curricular Activities or Driving to School

Each extra-curricular student and driving student shall be provided with a copy of the *Student Drug Testing Policy* and "Student Drug Testing Consent Form" which shall be read, signed and dated by the student, parent or custodial guardian, and coach/sponsor before such student shall be eligible to practice or participate in any extra-curricular activity or before issuance of a driving/parking pass. **The "Student Drug Testing Consent Form" must be completed, signed and returned to the school prior to participating in any school activity or obtaining a parking permit to park on the school campus.**

The Opt-In Participant and parent or custodial guardian shall also consent to read and sign a consent form.

The consent shall be to provide a sample:

1. As chosen by the random selection basis, and
2. At any time requested based on reasonable suspicion to be tested for illegal or performance-enhancing drugs.

No student shall be allowed to practice or participate in any activity, governed by the policy, or drive to school unless the student has returned the properly signed "Student Drug Testing Consent Form."

This Student Drug Testing Form will remain on file for your student for the remainder of their programmatic level (middle or high school) and will only be removed from the Random Drug Testing Program by signed parental/custodial guardian consent delivered to the Superintendent's designee.

2016 SUMMER ATHLETIC PRACTICES

Basketball-Boys: June 13: 12:00 - 2:00 pm in new gym; June 14: 12:00 - 2:00 pm in old gym; June 16: 12:00 - 2:00 pm in new gym; June 20, 21, & 23: 10:00 am - 12:00 pm in new gym; June 27, 28 & 30: 10:00 am - 12:00 pm in new gym.

Basketball-Girls: June 13, 14 & 15: 10:00 am - 12:00 pm in old gym; June 16 & 17: 4:00 pm - 6:00 pm in new gym.

Cheerleading: June 13: 8:00 am - 10:00 am; June 14: 8:00 am - 4:00 pm; June 15: 8:00 am - 4:00 pm. Practices in new gym.

Soccer: Beginning June 13 for 3 weeks (Monday-Friday) from 6:00 pm - 8:00 pm at WMS field. First meeting will be for parents also. Try-outs: August 8-12. Coach: Scott Morris; 304-415-5252; scottmorris123@msn.com

Tennis: Information meeting June 7 at 4:30 pm in WMS commons. Practice June 13, 14 & 16: 4:30 - 5:30 pm at WHS tennis courts. Visit winfieldwvtennis.com for more information.

Volleyball: June 16 meeting at 6:00 pm in WMS commons. Practice June 20 - July 1 (Monday-Friday): 4:00 pm - 6:00 pm each day.

SUMMER CAMP

Baseball: Yes

Basketball (Boys): Yes

Basketball (Girls): Yes

Cheer Camp: Yes

Dance Camp: No

Football: No

Golf: No

Soccer: Yes

Softball: No

Tennis: Yes

Track: No

Volleyball: Yes

Wrestling: No

DATES & TIMES ARE SUBJECT TO CHANGE