

*****MAKE A COPY FOR YOUR RECORDS AND THEN TURN THIS FORM IN TO THE AD OFFICE*****

FARMINGTON ATHLETICS / ACTIVITIES CONSENT FORM

Note: Hard copies of any/all of these publications can be obtained at the Activities Office. Updated 6/1/22

Student's Name	Grade	Sport(s)/Activity
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STUDENT SAFETY AND RISK FACTORS

All students must have a completed physical exam prior to participating in sports, cheer, knightline, winter guard, or color guard. The form can be found at the following link. <https://www.mshsaa.org/SportsMedicine/prepartPhysEvalForm.aspx>

MSHSAA approved literature concerning concussions (recognition of symptoms, treatment, return to play procedure) can be found at the following link. <http://www.mshsaa.org/resources/pdf/2013%20Parent%20Concussion.pdf>
Furthermore, I acknowledge that it is the responsibility of the player/family to notify the training staff if the student has been diagnosed and/or treated for a concussion or COVID in the past 365 days AND did not start and/or successfully complete the MSHSAA Return to Play Protocol.

Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics. Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk. Following the guidelines in "A Guide to Heat Acclimatization and Heat Illness Prevention" can reduce the risk and incidence of EHS. <https://www.mshsaa.org/HeatHydrationRecs.aspx>

The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, medical conditions, or maladies does exist, and it is impossible to eliminate the risk that students could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease

When participating in any type of activity, there is always a possibility that an injury can occur. In severe cases of strains, sprains and contusions, the athlete may miss a large amount of time participating in his or her activity. Some severe injuries may need to be surgically repaired and require an extended period of physical therapy. Participants can also experience more serious injuries such as fractures, dislocations, concussions, internal injuries, spinal injuries, or death.

Parent/Guardian Signature	Date
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Student Signature	Date
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ImPACT TESTING

I give permission to have a baseline and, if necessary, a post-concussion ImPACT (Immediate Post-concussion Assessment and Cognitive Testing), administered by the Farmington R-7 School District. I understand that my child may need to be post-tested more than once, depending on the results of the test, as compared to my child's baseline test. Farmington School District may release the ImPACT results to my child's primary care physician, neurologist, school athletic trainer, or other treating physicians. I understand that general information about the test data may be provided to my child's guidance counselor and teachers, for the purpose of providing temporary academic modifications, if necessary.

Parent/Guardian Signature	Date
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ELIGIBILITY REQUIREMENTS

All Eligibility Requirements are listed in the MSHSAA Handbook www.mshsaa.org (click on "Official Handbook") and the Farmington R7 Student Activities Handbook www.fsdknights.com (scroll to the bottom of the page, click on "Publications", then click "Activities"). If you need a hard copy of either handbook contact the High School Activities Office. Some requirements include:

- Please consult the Activities Handbook for information about class schedules and grades as they pertain to eligibility.
- Students are not eligible to practice or compete on a day of in-school or out-of-school suspension.
- Students must be 'present' or 'verified absent' to practice, compete, or perform that day.
- Bullying and Hazing will not be tolerated.
- Conduct involving law enforcement must be reported to the activities director immediately (by the end of the next school day or before your next contest, whichever comes first). This includes uncompleted court appearances and penalties, all special conditions of probation, unpaid fines, etc. Failure to report any of these may affect contest outcomes and the student shall be ineligible for up to 365 days from discovery, pending review by the MSHSAA Board of Directors.
- Usage or possession of drugs, alcohol, or tobacco, inside or outside of school, in season or out, will result in disciplinary action.
- **It is the parent and student's responsibility to be aware of, and follow, ALL requirements in the current edition of both the MSHSAA and Farmington R7 Student Activities Handbook.**

Parent/Guardian Signature

Date

Student Signature

Date

PARENT INFORMATION SLIDESHOW

I have viewed and understand the "Parent Information Slideshow" on the www.fhsknights.org website (click on "More", click on "Files and Links", click on "Parent Information Slideshow").

Parent/Guardian Signature

Date

WEBSITE PHOTOGRAPH POSTING PERMISSION

I acknowledge that as a member of an Athletic or Activities Team my son/daughter may have their picture posted on the Farmington Athletic and Activities Website (www.fhsknights.org). These may include team photos and/or photos of other team activities (camps, practices, games, etc). Pictures on this website may be taken by local photographers who have then submitted the pictures to the FHS Athletics and Activities Office for approval. Only pictures approved by the FHS Athletics and Activities Office will be posted on the website.

Parent/Guardian Signature

Date

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MEDICAL HISTORY	
Note: Complete and sign this form (with your parents if younger than 18) before your appointment. The physician should keep a copy of this form in the chart for their records.	
Note: An injury or medical condition results in a separate medical release.	
Name:	Date of Birth:
Date of examination:	
Sex assigned at birth (F, M or intersex):	How do you identify your gender? (F, M or other):
List past and current medical conditions:	
Have you ever had surgery? If yes, list all past surgical procedures:	
Medicines and supplements: List all current prescriptions, over-the-counter medicines and supplements (herbal and nutritional):	
Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, stinging insects):	

PATIENT HEALTH QUESTIONNAIRE VERSION 4 (PHQ-4)				
Over the last 2 weeks, how often have you been bothered by any of the following problems (circle response).				
	Not at All	Several Days	Over Half the Days	Nearly Every Day
Feeling nervous, anxious or on edge:	0	1	2	3
Not being able to stop or control worrying:	0	1	2	3
Little interest or pleasure in doing things:	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
A sum equal to or greater than 3 is considered positive on either subscale (questions 1 and 2, or questions 3 and 4) for screening purposes.				

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Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.

GENERAL QUESTIONS	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever ordered a test for your heart? (For example, electrocardiography (ECG) or echocardiography?)		
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament or joint injury that bothers you?		

MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you, or does someone in your family, have sickle cell trait or disease?		
24. Have you ever had, or do you have, any problems with your eyes or vision?		
25. Do you worry about your weight?		
26. Are you trying to, or has anyone recommended, that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

IF "YES," EXPLAIN ANSWERS HERE

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

Signature of Athlete:
Signature of Parent(s) or Guardian:
Date:

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PRE-PARTICIPATION PHYSICAL EVALUATION - PHYSICAL EXAMINATION FORM

Name:	Date of Birth:
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Physician Reminders:

- | | |
|---|---|
| <ul style="list-style-type: none"> 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? | <ul style="list-style-type: none"> · Do you drink alcohol or use any other drugs? · Have you ever taken anabolic steroids or used any other performance-enhancing supplement? · Have you ever taken any supplements to help you gain or lose weight or improve your performance? · Do you wear a seat belt, use a helmet and use condoms? |
|---|---|
2. Consider reviewing questions on cardiovascular symptoms (Questions 4-13 of History Form).

EXAMINATION

Height:	Weight:	
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BP: / (/)	Pulse:	Vision: R 20/ L 20/	Corrected: <input type="checkbox"/> Yes <input type="checkbox"/> No
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MEDICAL	NORMAL	ABNORMAL FINDINGS
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Appearance · Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse (MVP) and aortic insufficiency)		
Eyes, ears, nose and throat · Pupils equal · Hearing		
Lymph Nodes		
Heart* · Murmurs (auscultation standing, auscultation supine and +/- Valsalva maneuver)		
Lungs		
Abdomen		
Skin · Herpes simplex virus (HSV), lesions suggestive of methicillinresistant Staphylococcus aureus (MRSA) or tinea corporis		
Neurological		

MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
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Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional · Double-leg squat test, single-leg squat test and box drop or step drop test		

* Consider electrocardiography (ECG), echocardiogram, referral to cardiology for abnormal cardiac history or examination findings, or a combination of those.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendation for further evaluation or treatment for:

Not Cleared
 Pending further evaluation For any sports For certain sports (please list):
Reason:

Recommendations/Comments:

I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. 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 professional (type/print):	Date of Issue:
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Address:	Phone:
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Signature of healthcare professional (MD/DO/ARNP/PA/Chiropractor):

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PARENT PERMISSION (Authorization for Treatment, Release of Medical Information, and Insurance Information)

Informed Consent: By its nature, participation in interscholastic athletics includes risk of serious bodily injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all 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. **PARENTS, GUARDIANS, OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN MSHSAA SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN/S SIGNATURE.**

I understand that in the case of injury or illness requiring transportation to a health care facility, a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.

We hereby give our consent for the above student to represent his/her school in interscholastic athletics. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be en route to or from another school or during practice or an interscholastic contest; and we hereby agree to hold the school district of which this school is a part and the MSHSAA, their employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

In the event of an emergency or when the Parent(s) or Guardian is unable to directly supervise health care services needed by the student for injuries or illnesses sustained at any athletic practice, conditioning exercise or contest, I also give my consent to the rendering of necessary health care services for the student by a qualified provider (QP) covering the athletic practice, conditioning exercise or contest, including an athletic trainer, physician, physician assistant, nurse practitioner or other medically-trained professional licensed by the State of Missouri (or the state in which the student injury or illness occurs) and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by state law. In emergency situations, the QP may also be a certified paramedic or emergency medical technician for the purpose of providing emergency health care and transport. Health care services are defined as services including, but not limited to, evaluation, diagnosis, first aid, emergency care, stabilization, treatment and referral. I further authorize the QP who provides such health care services to disclose such information about the student's injury or illness, diagnosis, care and treatment in the professional judgment of the QP to the student's athletic director, coaches, school nurse and any classroom teacher required to provide academic accommodation to assure the student's recovery and safe return to activity. If the Parent(s) or Guardian believes that the student is in need of further evaluation, treatment, rehabilitation or health care services for the injury or illness, the student may be treated by the physician or provider of his or her choice.

To enable the MSHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in the MSHSAA member school, I consent to the release of any and all portions of school record files to MSHSAA, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received, and attendance data.

We confirm that this application for the above student to represent his/her school in interscholastic athletics is made with the understanding that we have studied and understand the eligibility standards that our son/daughter must meet to represent his/her school and that he/she has not violated any of them. We also understand that if our son/daughter does not meet the citizenship standards set by the school or if he/she is ejected from an interscholastic contest because of an unsportsmanlike act, it could result in him/her not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I consent to the MSHSAA'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.

We further state that we have completed that part of this certificate which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete's performance or treatment and we certify that it is correct and complete.

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has basic health/accident insurance coverage, which includes athletics. *I understand that it is my responsibility to notify the activities office if any of this information changes.* Our son/daughter is covered by basic health/accident insurance for the current school year as indicated below:

Name of Insurance Company:		Policy Number:	
Signature of Parent(s) or Guardian:		Date:	
Has this student incurred a medical condition since their last physical examination?		<input type="checkbox"/> Yes	<input type="checkbox"/> No

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STUDENT AGREEMENT (Regarding Conditions for Participation)	
<p>This application to represent my school in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them.</p> <p>I have read, understand, and acknowledge receipt of the MSHSAA brochure entitled "How to Maintain and Protect Your High School Eligibility," which contains a summary of the eligibility rules of the MSHSAA. (I understand that a copy of the MSHSAA Handbook is on file with the principal and athletic administrator and that I may review it in its entirety, if I so choose. All MSHSAA by-laws and regulations from the Handbook are also posted on the MSHSAA website at www.mshsaa.org).</p> <p>I understand that a MSHSAA member school must adhere to all rules and regulations that pertain to school-sponsored, interscholastic athletics programs, and I acknowledge that local rules may be more stringent than MSHSAA rules.</p> <p>I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.</p> <p>I understand that if I drop a class, take course work through Post -Secondary Enrollment Option, Credit Flexibility, or other educational options, this action could affect compliance with MSHSAA academic standards and my eligibility.</p> <p>I understand that participation in interscholastic athletics is a privilege and not a right. As a student athlete, I understand and accept the following responsibilities:</p> <ul style="list-style-type: none"> · 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. <p>I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.</p>	
Signature of Athlete:	Date:

PARENT AND STUDENT SIGNATURE (Concussion Materials)	
<p>I accept responsibility for reporting all injuries and illnesses to my school and medical staff (athletic trainer/team physician) including any signs and symptoms of a CONCUSSION. I have received and read the MSHSAA materials on Concussions, which includes information on the definition of a concussion, symptoms of a concussion, what to do if I have a concussion and how to prevent a concussion. I will inform my school and athletic trainer/team physician immediately if I experience any of these symptoms or if I witness a teammate with these symptoms.</p>	
Signature of Athlete:	Date:
Signature of Parent(s) or Guardian:	Date:

EMERGENCY CONTACT INFORMATION		
Parent(s) or Guardian	Address	Phone Number
Name of Contact	Relationship to Athlete	Phone Number
Name of Contact	Relationship to Athlete	Phone Number

