



## **SCHOOL DISTRICT OF THE CITY OF ROYAL OAK ATHLETIC CODE OF CONDUCT**



### **INTRODUCTION**

It is the responsibility of student-athletes to become familiar with the specific rules and regulations of each sport as well as the general policies of this Athletic Code of Conduct. The Royal Oak Athletic Code of Conduct will be enforced for the entire calendar year, including summer months and vacation periods and will apply to any violation that occurs during the calendar year. Student-athletes should realize that the Athletic Code of Conduct rules and regulations are in effect seven-days per week, 24 hours per day and are not limited to student behavior at school-sponsored activities or on school property. A student-athlete who violates the Athletic Code of Conduct shall be subject to disciplinary action as outlined in the penalty provisions of this document.. This is in addition to any disciplinary action that may be taken by the school. It is understood any coach may establish additional rules specific for his/her program consistent with the Athletic Code of Conduct subject to review with and approval by the Athletic Director. The Athletic Code of Conduct will be reviewed and discussed with all coaches and student athletes prior to the start of each season.

### **PHILOSOPHY**

The interscholastic athletic program in Royal Oak is an integral part of the total educational program. Research indicates a student involved in extracurricular activities has a greater chance for success during adulthood. Representing the Royal Oak School District in interscholastic athletics is a privilege, not a right.

As an integral part of the educational process, the athletic program should always conform and support the objectives and standards of the school. Athletes should strive for educational excellence and demonstrate good sportsmanship at all athletic contests.

### **ROYAL OAK ATHLETIC DEPARTMENT OBJECTIVES**

1. To provide a positive image of school activities in Royal Oak.
2. To provide students with opportunities for physical, mental, and emotional development.
3. To experience team play along with loyalty, cooperation and fair play.
4. To create a desire to exceed and excel.
5. To practice self-discipline and emotional maturity while learning to make decisions under pressure.
6. To develop an understanding of the value of extracurricular activities in a balanced educational experience.
7. To demonstrate good sportsmanship at all times.
8. To develop leadership qualities and skills.

### **EXPECTATIONS FOR PARENTS**

1. Make sure your student has a positive sports experience.
2. Have your child at practice and games.
3. Come to the games as often as you can.
4. Cheer positively.
5. Allow the coach to coach.
6. Let the referees referee.
7. Encourage and compliment your child.
8. Make an appointment to talk to the coach.
9. Remember that this is your child's game.

### **EXPECTATIONS FOR STUDENT-ATHLETES**

1. Follow all training rules, school rules and regulations.
2. Exhibit good sportsmanship towards the opponents, officials, teammates and fans.
3. Work to excel in academics.
4. Put team goals ahead of personal goals.
5. Be a role model for all students before, during and after school.
6. Have pride in yourself, your team, your school and care for your facility.
7. Respect, but never fear the opponent.
8. Work harder than the competition both in and out of season and never quit.
9. Be on time and prepared for practices, meetings and games.
10. Accept the results; learn from the mistakes; focus on the goal and never give up!

### **MHSAA ATHLETIC CODE FOR ATHLETES**

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance and academic requirements.
3. Observe all policies regarding conduct.

4. Talk with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials, before, during and after contests.

## ATHLETIC CONFERENCE AFFILIATE & ATHLETIC OPPORTUNITIES

Royal Oak High School is a member of the Oakland Activities Association (O.A.A.), which is composed of the following schools:

Avondale High School	Lake Orion High School	Royal Oak High School
Berkley High School	North Farmington High School	Seaholm High School
Bloomfield Hills High School	Oak Park High School	Southfield AT High School
Clarkston High School	Oxford high School	Stoney Creek High School
Farmington High School	Pontiac High School	Troy Athens High School
Ferndale High School	Rochester Adams high School	Troy High School
Groves High School	Rochester High School	West Bloomfield High School

The following programs are offered as part of the Royal Oak School District Athletic Department:

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Volleyball (Girls)	Basketball (Boys)	Baseball
Sideline Cheer	Basketball (Girls)	Golf (Boys)
Cross Country (Boys)	Bowling (Boys) *	Lacrosse (Boys) *
Cross Country (Girls)	Bowling (Girls) *	Lacrosse (Girls) *
Football	Competitive Cheer	Soccer (Girls)
Golf (Girls)	Ice Hockey *	Softball
Soccer (Boys)	Swimming (Boys)	Tennis (Girls)
Swimming (Girls)	Wrestling	Track and Field (Boys)
Tennis (Boys)		Track and Field (Girls)

\* Denotes self-funded sports

## ATHLETIC TEAM AWARDS

Coaches shall set their own standards for the earning of an athletic team award in each sport.

1. An athlete shall not receive more than one numeral or varsity letter award during his/her school career. Certificates shall be presented to each athlete should he/she earn more than one award.
2. The school reserves the right to request that students remove improperly worn letter awards.
3. The junior varsity award is a certificate.
4. The varsity athletic team award is the School Letter and the numeral for their year of graduation.
5. Coaches may give special awards.

## DRESS CODE

We expect our athletes to project a favorable image of our school. Dress must follow the Royal Oak Schools Code of Conduct guidelines.

## \*RULES OF THE MHSAA

### \*ENROLLMENT

To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day (1<sup>st</sup> semester) or fourth Friday of February (2<sup>nd</sup> semester). A student must be enrolled in the school for which he/she competes.

### \*AGE

A student who competes in any interscholastic athletic contest must be under nineteen (19) years of age, the exception to that is a student whose nineteenth birthday occurs on or after September 1<sup>st</sup> of a current school year.

### \*PHYSICAL EXAMINATION

A student must have a physical examination, as required, completed by a physician certifying that the student is fully able to compete in athletics. A physical examination for the current school year is interpreted as a physical examination given after April 15<sup>th</sup> of the previous school year. The student **shall not participate** in any practice sessions or contests until the completed form has been turned into the Athletic Office.

### \*PARENT APPROVAL/STUDENT APPLICATIONS

The student/athlete must submit, to the Athletic Office, the athletic information and permission forms, signed by student and parent, before participating in practice sessions, contests or activity programs.

## **\*SEMESTERS OF COMPETITION**

A student may not compete in more than four (4) first semesters and four (4) second semesters.

## **\*SEMESTERS OF ENROLLMENT**

Students cannot be enrolled in high school for more than eight (8) semesters. The seventh and eighth semesters must be consecutive.

## **HIGH SCHOOL ACADEMIC ELIGIBILITY**

To be academically eligible to participate in athletics or co-curricular activities, a student shall have successfully passed no less than eighty percent (80%) – 4 out of 5, 5 out of 6, or 6 out of 7 classes in the previous semester, of which at least three classes must be a C- or better. If the student is ineligible based on the previous semester grades or deficiencies over multiple semesters (see below), the student will be ineligible for participation until deficiencies, including incompletes and failures from a previous semester are recovered.

While a student may participate with one “E” or failing semester grade, if the student fails a second class in any subsequent semester, the student will be ineligible to compete until one or more failures are recovered. A failure of a course required for graduation is recovered by successfully completing a pre-approved course (through summer school, evening credit recovery courses, or other pre-approved options) that will replace the failed course. A failure of a course not specifically required for graduation is recovered by successfully completing a pre-approved course in the same category for graduation requirements. At no time may a student who wishes to participate in a covered activity have two unrecovered “E” grades on his or her transcript.

During the period of participation in a credit recovery program, the student must provide Royal Oak High School Administration with a weekly progress report. Said progress report must show significant improvement and progress in all classes in which credit is to be recovered. Failure to meet this requirement will result in immediate ineligibility to participate in athletics and co-curricular activities.

The Athletic Director or designee will check compliance at the end of the first marking period of each semester. If the student is not meeting this standard, the student will be ineligible for competition participation until the standard is met, a period of not less than one calendar week.

**Failure to comply: Ineligible to participate for the next semester or until such compliance is fulfilled.**

## **\*AWARDS**

A student may accept, for participation in athletics, a symbolic or merchandise award, which does not have a value over \$40. Awards in the form of cash, merchandise certificates, or any other negotiable document are never allowed.

**Failure to comply: Ineligible for competition for a period of not less than one semester from the date of the violations. If the violation occurs after Monday of the fourth week of a semester, a student is ineligible for the balance of that semester and the succeeding semester.**

## **COLLEGE BOUND STUDENT ATHLETES**

All students wishing to compete at a Division I or II College must register with the NCAA Eligibility Center as soon as possible. Make an appointment with your high school counselor each year to make sure you are meeting all core requirements. You may also visit the MHSAA website at [www.mhsaa.com](http://www.mhsaa.com) for more information.

## **\*AMATEUR STATUS**

Students participating in athletics or planning to do so in their school career will not accept any money for participation in athletics, sports or games. Will not receive any money or other valuable considerations for officiating an interscholastic athletic contest or sign a contract with a professional team. The above rule applies to all competitive sports.

**Failure to comply: Ineligible for competition for a period of the remainder of the season up to one year.**

## **\*LIMITED TEAM MEMBERSHIP**

A student, after participating with high school teams, cannot participate on non-school teams during the same sport season. Ice hockey and all individual sports will apply the limited team membership rule from the point of a student’s first participation in a contest or scrimmage, rather than practice. Students in individual sports may participate in a maximum of two (2) non-school individual meets or contests in that sport while not representing his/her school. An event held on consecutive days is considered a single meet (for the purpose of this section only).

**Failure to comply: Ineligible for competition for a period of the remainder of the season up to one year.**

## **STUDENT ATTENDANCE DAY OF COMPETITION/PRACTICE SESSIONS & STUDENT SUSPENSIONS FROM SCHOOL**

In order to participate in any PRACTICE OR CONTEST, the athlete must be in attendance the entire school day of the practice or contest. Exceptions may include such things as pre-arranged medical or dental appointments, scheduled court appearances, death in the family or funeral attendance, (proper documentation supporting absence is required, i.e. doctors notes, court papers, etc.). The participant shall make PRIOR ARRANGEMENTS with the coach for an excused absence.

Any athlete, who is suspended from school for violation of the policies and regulations of the student handbook, will be prohibited from participation in contests or practices on the day(s) that suspension is served.

**Failure to comply:**

**First Violation:**

**Ineligible to participate in the next contest.**

**Second Violation:**

**Ineligible to participate in the next three contests.**

**Third Violation:**

**Ineligible for competition for a period of not less than one semester from the date of the violations. If the violation occurs after Monday of the fourth week of a semester, a student is ineligible for the balance of that semester and the succeeding semester.**

## **SUMMER AND OFF-SEASON PROGRAMS**

A wide variety of sports, clinics and training programs are offered to students during the summer months and off-season by colleges, organizations, or individual coaches. Because these programs are held in the summer and off-season, they are **VOLUNTARY**. No student shall be required to enroll in these programs as a condition of placement on an athletic team or activity for the succeeding school year or sport season.

## **VACATIONS DURING THE SEASON**

Attendance at all practices and games is very important. A written notice from the athlete's parents establishing the dates of an absence must be submitted to the head coach before the absence. Any athlete missing practice must recondition before participation will be permitted. Although student-athletes should not be unduly penalized due to absence during scheduled school breaks, any absence for a vacation that the coach was not notified of will be considered unexcused. In addition to reconditioning after returning from an unexcused absence, the student-athlete may face additional consequences deemed appropriate by the coach.

## **QUITTING AN ATHLETIC TEAM**

Quitting a team is a serious matter. If an athlete quits one sport after the season has begun, he/she will not be eligible to participate in another sport that season without the prior consent of both coaches and the Athletic Director nor will they be allowed to attend pre-season conditioning for the upcoming season.

## **DUAL PARTICIPATION**

Participation in two sports during the same season is discouraged. However, with the written consent of both coaches and the Athletic Director, a student-athlete may compete on two teams during the same season. (This only applies to teams where squad cuts are not involved).

## **TRAINING RULES AND CONDUCT**

Representing the District in an interscholastic competition is a privilege, not a right. Students who participate in District interscholastic athletics program are expected to represent the highest ideals of character by exemplifying excellent conduct, excellent citizenship and excellent sportsmanship. Royal Oak student-athletes are also expected to engage in good training habits, which include abstaining from the use of tobacco, alcohol, drugs, e-cigarettes, vaporizers, anabolic steroids and human growth hormones. Separate and apart from a student's performance as an athlete, the student's conduct, citizenship, sportsmanship and training habits reflect at all times on the student-athlete, his/her team, the school and the community. Accordingly, the Board of Education establishes this Athletic Code of Conduct for all students who aspire to participate in interscholastic athletics as representatives of the Royal Oak School District.

**A. Violations of federal, state or local/law ordinance including felony or misdemeanor acts other than minor traffic offenses.**

Conviction of said offenses is not necessary to establish a violation of the Athletic Code of Conduct, which will be determined through an independent school investigation. Such offenses, when witnessed by a teacher, administrator, other responsible adult(s) or when substantiated by other reliable evidence may constitute a violation of this Code of Conduct. Depending upon the severity of the incident penalties will range from suspension from athletic competition to dismissal from the squad.

**First Violation: Athlete suspended 25% of game competition**

**Second Violation: Athlete suspended 50% of game competition**

**Third Violation: Athlete shall lose the privilege of participating in interscholastic athletics for the remainder of his/her high school career.**

**\*Suspensions are based on the MHSAA # of contests/days allowed**

**\*\*Student must be academically eligible in order to serve suspension**

**\*\*\* Athlete must finish the season in "good standing" in order for the ineligibility phase to be considered completed**

**B. Inappropriate behavior which school officials consider "conduct unbecoming an athlete" and representative of the Royal Oak School District.** Depending upon the severity of the incident, penalties may include a formal reprimand, suspension from competition or dismissal from the squad.

**C. Hazing** is defined as any intentional, knowing, or reckless act meant to induce physical pain, embarrassment, humiliation, deprivation of rights or that which creates physical or mental discomfort, and is directed against a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization, club, or athletic team sponsored by the District and whose membership is totally or predominately other students from the district.

**Soliciting, encouraging, aiding, or engaging in “hazing” on or in any school property at any time, or in connection with any activity supported or sponsored by the District, whether on or off school property, is strictly prohibited.** Any student of the District aware of the planning or occurrence of hazing activities is required to notify the appropriate District administrator immediately. Permission, consent or assumption of risk by an individual subjected to hazing does not lessen the prohibition.

Depending upon the severity of the incident, penalties may include a formal reprimand, suspension from competition or dismissal from the squad.

- D. **Violations of the Student Handbook.** Penalties will be prescribed by the building administration. Any violation of this code, which is also a violation of the student handbook, may be investigated by the building administration. Penalties for violations of the student handbook may be imposed separate and apart from any penalty imposed under this code.
- E. **Violation of any team conduct rule as may be established by the team’s head coach and approved by the Athletic Director.** Penalties for violations of these rules may be imposed separate and apart from any penalty imposed under this code.
- F. **Use, possession, concealment, distribution, sale or being under the influence of those substances listed in Items 1-7 below violates the Athletic Code of Conduct:**
  - 1. Tobacco or tobacco products in any form
  - 2. Alcohol or alcoholic beverages in any form
  - 3. E-Cigarettes or vaporizing in any form
  - 4. Illegal drugs, including but not limited to those substances defined as “controlled substances” pursuant to federal and state statute
  - 5. Drug paraphernalia
  - 6. Substances purported to be illegal, abusive or performance-enhancing, i.e. “look-alike drugs”
  - 7. Steroids, human growth hormones, or other performance-enhancing drugs

It shall not be a violation of the Athletic Code of Conduct for an athlete to use or possess prescription drugs when taken pursuant to a legal prescription issued by a licensed practitioner. Along with following school district policy on the dispensing of medication, a parent/guardian shall notify his/her son/daughter’s coach in writing of the medication prescribed, the duration of the prescription and if the medication could alter the athlete’s behavior or affect of the athlete’s ability to participate in a physical activity. Such notification shall be prior to the season, or during the season if a physician prescribes the medication during the season.

## **SUBSTANCE ABUSE PENALTIES AND RECOMMENDATION**

- 1. **Self-Disclosure**

Any athlete, who by himself/herself or together with his/her parents or legal guardians, voluntarily discloses to an administrator a need for assistance for alcohol or substance abuse prior to a violation of the Athletic Code of Conduct occurring is required to follow the chemical assessment/treatment procedures outlined in the Student Code of Conduct. Under such circumstances, the athlete will not be charged with a violation of the Athletics Code of Conduct, unless it is determined that the athlete has used this self –disclosure opportunity primarily to avoid a penalty under the Athletic Code of Conduct. This self-disclosure exemption is available to an athlete only once during his/her athletic career.
- 2. **First Violation**

The athlete shall select either option 1 or 2 as follows:

**Option 1** – Athlete suspended for 25% of game competition. (ie. MHSAA Football Contests: 9 games, 25% equals 2.25 games)  
The athlete is expected to complete a substance abuse awareness program\* and will continue to practice but may not dress for a game or contest.

**Option 2** – Athlete suspended for 50% of game competition (ie. MHSAA Baseball Contests: 38 games, 25% equals 9.5 games)
- 3. **Second Violation**

The athlete shall select either option 1 or option 2 as follows:

**Option 1** – Athlete suspended for 50% of game competition. The athlete must become involved in an outside treatment program for chemical dependency\*. Reinstatement after 50% is not automatic, the director or a counselor of a chemical dependency treatment center must issue such certification of participation before the athlete will be reinstated.

**Option 2** – Athlete suspended for one season of competition.
- 4. **Third Violation**

The athlete shall lose the privilege of participating in interscholastic athletics for the remainder of his/her high school career.

**\*At no cost to the Royal Oak School District.**

**\*\*** If a student chooses “Option 1” in section listed as First Violation or Second Violation, the recovery of athletic eligibility for the next sport may not occur by enrolling in a sport once that sport season has started. The opportunity to regain eligibility in another sports season must include participation in a complete season.

\*\*\*Suspensions are based on the MHSAA # of contests/days allowed

\*\*\*\*Student must be academically eligible in order to serve suspension

\*\*\*\*\* Athlete must finish the season in “good standing” in order for the ineligibility phase to be considered completed

Example A: Fall sports begin August 14. In the case of an early September violation, suspension guidelines begin immediately if you are participating in the fall sports. A student not on a fall roster may not join a team and must wait until the next selected sport season to fulfill his/her suspension.

Example B: A student athlete, formerly a spring sport participant, joins a winter sport in order to satisfy their suspension requirements and not impact their primary sport. The student must start the season on time and remain with the sport through the completion of that season. All other conditions of the athletic policy must also be completed.

Penalties shall be cumulative beginning with and throughout the students’ participation as an athlete. **The penalties will overlap seasons and the offenses will accumulate through the student athletes career.**

**Sportsmanship** Good sportsmanship is viewed by the National Federation, Michigan High School Athletic Association, Oakland Activities Association and Royal Oak Schools as a commitment to fair play, ethical behavior and integrity. Sportsmanship expectations of the student-athlete are as follows:

- Accept and understand the seriousness of your responsibility, and the privilege of representing yourself, your family, your school and your community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the basic rules of the game.
- Treat your opponents the way you would like to be treated.
- Refrain from taunting, trash talking, or making any kind of derogatory remarks to your opponents before, during or after the game, especially comments of ethnic, racial or sexual nature.
- Refrain from intimidating behavior.
- Respect the integrity and judgment of game officials.
- Win with humility, lose with grace, do both with dignity.
- Select positive cheers, which praise your team without antagonizing the opponents.
- Give encouragement to injured players and recognition to outstanding performances for both teams.
- Wear proper school attire at all athletic events.

## **SUPPLEMENTAL RULES AND REGULATIONS**

Rules that are unique to a given program may be implemented upon the approval of the principal or building Athletic Director. These rules must be in writing and submitted to participants and their parents/guardians prior to the start of the program, except under special circumstances approved by the principal. Suspension/exclusion from participation in any activity is permitted if deemed appropriate by a coach, with notification of his/her immediate supervisor and the student’s parent/guardian.

## **APPEAL PROCEDURES**

**Appeals of any section of this code’s actions must be initiated by parents of minor students or the student if age 18 or older. Appeals must first be directed to the building principal.**

- A. A request for an appeal shall be made within three (3) days of the date action was taken. The request must be made in writing stating the adjustments being requested and the reasons therefore.
- B. The student and/or the student’s parent and affected coaches have the right to be present at all review hearings and must be notified in advance of the time and place. Both the affected student and administration have a right to present witnesses at all review hearings.
- C. Based on the review of the appeal, the building principal will adjust, revoke, or sustain the action. Copies of requests, hearings, and outcomes of appeals will be forwarded to the Board of Education.
- D. The building principal shall decide the activities in which the student shall be permitted to participate pending the outcome of the appeal.
- E. In cases where action was taken directly by the principal and/or in cases in which dissatisfaction exists with the results of the review hearing by the principal, a written appeal may be made within three (3) days to the Executive Director, Administrative Services/designee and, where applicable, the Executive Director, Student Services. The review must be held within three (3) days of receipt of the appeal.



# MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

## MEDICAL HISTORY

- To be completed by parent or guardian or 18-year-old.
- Must be signed below by parent or guardian or 18-year-old.



**A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR**

STUDENT'S NAME: LAST	FIRST	MI	SEX	GRADE	DATE OF BIRTH	AGE
STUDENT'S ADDRESS: NUMBER AND STREET		CITY		ZIP		
NAME OF FATHER OR GUARDIAN		WORK PHONE		NAME OF MOTHER OR GUARDIAN		WORK PHONE
FAMILY DOCTOR		OFFICE PHONE		STUDENT'S HOME PHONE		

### INSURANCE STATEMENT AND MEDICAL HISTORY

Our Son/Daughter will comply with the specific insurance regulations of the school district and the Medical History questions are as complete and correct as possible.

Family Insurance Co: \_\_\_\_\_ Contract #: \_\_\_\_\_

Signatures of Student: \_\_\_\_\_ & Parent/Guardian or 18 Year Old: \_\_\_\_\_

GENERAL QUESTIONS		YES	NO	YOUR FAMILY'S HEART HEALTH QUESTIONS		YES	NO	MEDICAL QUESTIONS		YES	NO
Has a Doctor ever denied or restricted your participation in Sports for any reason?				Does anyone in your family have arrhythmogenic right ventricular cardiomyopathy, long QT syndrome?				Do you have any concerns that you would like to discuss with a doctor?			
Do you have any ongoing medical conditions? If so, please identify by circling: Asthma Anemia Diabetes Infections Other: _____				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)?				Were you born without or are you missing an organ? Identify by circling: A kidney An eye Your spleen A testicle (males) Any other organ? _____			
Have you ever spent the night in the hospital?				Does anyone in your family have catecholaminergic polymorphic ventricular tachycardia, short QT syndrome?				Have you ever had an eating disorder?			
Have you ever had surgery?								Do you worry about your weight?			
HEART HEALTH QUESTIONS ABOUT YOU		YES	NO	BONE AND JOINT QUESTIONS		YES	NO			YES	NO
Have you ever passed out or nearly passed out DURING or after exercise?				Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game?				Have you ever had a head injury or concussion?			
Have you ever had discomfort, pain, tightness or pressure in your chest during exercise?				Have you ever had any broken or fractured bones or dislocated joints?				Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?			
Do you get lightheaded or feel more short of breath than expected during exercise?				Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace or cast or crutches?				Have you ever been unable to move your arms or legs after being hit or falling?			
Do you get more tired or short of breath more quickly than your friends during exercise?				Have you ever been told that you have neck instability or atlantoaxial instability (Down syndrome or dwarfism)?				Are you trying to or has anyone recommended that you gain or lose weight?			
Has a doctor ever ordered a test for your heart? For example: ECG/EKG, echocardiogram				Have you ever had an x-ray for neck instability or atlantoaxial instability (Down syndrome or dwarfism)?				Are you on a special diet or do you avoid certain types of foods?			
Have you ever had an unexplained seizure or do you have a history of seizure disorder?				Do you regularly use a brace, orthotics, or other assistive device?				Do you wear protective eyewear, such as goggles, or a face shield?			
Does your heart ever race or skip beats (irregular beat) during exercise?				Do any of your joints become painful, swollen, feel warm or look red?				Do you or someone in your family have sickle cell trait or disease?			
Has a doctor ever told you that you have high blood pressure?				Do you have any history of juvenile arthritis or connective tissue disease?				Have you had any problems with your eyes or vision or had any eye injuries?			
Has a doctor ever told you that you have high cholesterol?				Have you ever had a stress fracture?				Do you wear glasses or contact lenses?			
Has a doctor ever told you that you have Kawasaki disease?				Have you a bone, muscle, or joint injury bothering you?				Have you ever had herpes or MRSA skin infection?			
Has a doctor ever told you that you have other heart problems?				IMMUNIZATION HISTORY		YES	NO	Have you had infectious mononucleosis (mono) within the last month?			
Has a doctor ever told you that you have a heart infection?				Are you missing any recommended vaccines (Tdap, Flu, MCV4, HPV, Varicella, MMR)				Do you have any rashes, pressure sores, or other skin problems?			
Has a doctor ever told you that you have a heart murmur?				MEDICAL QUESTIONS		YES	NO	Do You Have Any Allergies?			
YOUR FAMILY'S HEART HEALTH QUESTIONS		YES	NO	Have you ever become ill while exercising in the heat?				FEMALES ONLY		YES	NO
Does anyone in your family have a heart problem, Pacemaker, or implanted defibrillator?				Do you cough, wheeze, or have difficulty breathing during or after exercise?				Have you ever had a menstrual period?			
Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, Brugada syndrome?				Do you have headaches or get frequent muscle cramps when exercising?				How old were you when you had your first menstrual period?			
Anyone in your family had unexplained fainting?				Do you have pain, a painful bulge or hernia in the groin?				How many periods have you had in the last twelve (12) months?			
Anyone in your family had unexplained seizures?				Is there any one in your family who has asthma?							
Anyone in your family had unexplained near drowning?				Have you ever used an inhaler or taken asthma medicine?							

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

Signature: \_\_\_\_\_ Signature of: \_\_\_\_\_ Date: \_\_\_\_\_  
Of Student Parent/Guardian

< DETACH HERE IF NEEDED TO ACCOMPANY STUDENT ATHLETE >

### EMERGENCY INFORMATION – To Be Completed by Parent or Guardian or 18 Year Old

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

IN EMERGENCY 1) \_\_\_\_\_ Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_  
CONTACT or 2) \_\_\_\_\_ Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_

Drug Reactions: \_\_\_\_\_

Current Medications: \_\_\_\_\_



# MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC. PHYSICAL EXAM & CLEARANCE & CONSENT FORMS



- To be completed by parent or guardian or 18-year-old.
- Must be signed in three places on this page by parent or guardian or 18-year-old.

**A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR**

## PLEASE PRINT

STUDENT'S COMPLETE LEGAL NAME:			Last			First			Middle		
STUDENT'S DATE OF BIRTH:			Month	Day	Year	PLACE OF BIRTH:			City	State	
CIRCLE GRADE:			7	8	9	10	11	12	SCHOOL:		

## PHYSICAL EXAMINATION & MEDICAL CLEARANCE

To be completed by the examining MD, DO, PA or NP & Returned Directly to the patient. Categories may be added or deleted. Check Appropriate Column

EXAMINATION: (Circle Correct Response As Necessary)	Height:	Weight:	Male/Female	BP: /	Pulse:	Vision: R 20/	L 20/	Corrected: Yes No
<b>MEDICAL</b>								
Appearance: Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)						Neck		
Eyes/Ears/Nose/Throat	Pupils Equal	Hearing				Back		
Lymph Nodes						Shoulder/Arm		
Heart: Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI)						Elbow/Forearm		
Pulses: Simultaneous femoral and radial pulses						Wrist/Hand/Fingers		
Lungs:						Hip/Thigh		
Abdomen						Knee		
Genitourinary (Males Only)						Leg/Ankle		
Skin: HSV, lesions suggestive of MRSA, tinea corporis						Foot/Toes		
Neurologic:						Functional: Duck Walk		

### RECOMMENDATIONS:

I certify that I have examined the above student and recommend him/her as being able to compete in supervised athletic activities NOT crossed out below

BASEBALL - BASKETBALL - BOWLING - COMPETITIVE CHEER - CROSS COUNTRY - FOOTBALL - GOLF - GYMNASTICS  
ICE HOCKEY - LACROSSE - SKIING - SOCCER - SOFTBALL - SWIMMING - TENNIS - TRACK & FIELD - VOLLEYBALL - WRESTLING

**A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR**

SIGNATURE OF

EXAMINER:

PRINTED NAME

OF EXAMINER:

CIRCLE ONE

MD DO PA NP

DATE:

## STUDENT PARTICIPATION

This application to participate in athletics is voluntary on my part and the information submitted is truthful to the best of my knowledge. I have never received money or negotiable certificate for merchandise in any amount, nor any emblematic award or merchandise worth more than twenty-five dollars (\$25.00) for participating in athletic events, nor have I ever competed under an assumed name. After I have represented my school in any sport, I will not compete in any outside athletic contest in this sport until after my school season has been completed. I understand that I am expected to adhere firmly to all established athletic policies of my school district and the Michigan High School Athletic Association, such as those previously mentioned above as examples but which do not present all the policies to which I am subject.

Signature of STUDENT: \_\_\_\_\_ Date: \_\_\_\_\_

## PARENT OR GUARDIAN OR 18-YEAR-OLD CONSENT

I hereby give my consent for the above student to engage in interscholastic athletics and for the disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics; and I understand the possibility that serious injury may result from participating in athletic activities. He/She has my permission to accompany the team as a member on its out-of-town trips.

I further understand that my son or daughter will be expected to adhere firmly to all established athletic policies of the school district and the Michigan High School Athletic Association.

Signature of PARENT OR GUARDIAN OR 18 YEAR-OLD

Date

< DETACH HERE IF NEEDED TO ACCOMPANY STUDENT ATHLETE >

## MEDICAL TREATMENT CONSENT - To Be Completed By Parent or Guardian or 18-Year-Old

I, \_\_\_\_\_, an 18 year-old, or the parent or guardian of \_\_\_\_\_ recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.

SIGNATURE OF PARENT OR GUARDIAN OR 18 YEAR-OLD

DATE

### WARNING

Participation in supervised interscholastic athletics and activities may be one of the least hazardous activities in which any student will engage in or out of school. Participation in interscholastic athletics includes a risk of injury, which may range in severity from minor to long-term catastrophic. Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury. Players must obey safety rules, report physical problems to their coaches, follow a proper conditioning program, and inspect their equipment daily. *It is the parent's responsibility to provide the proper medical coverage to pay for an emergency or medical treatment required due to an injury. The School District of the City of Royal Oak does not provide any type of supplemental insurance for student-athletes.*

## CONSENT FOR TRANSPORTATION

This is to certify that \_\_\_\_\_ has my permission to make all trips to games, contests and tournaments during the current school year with the School District of the City of Royal Oak athletic teams. I understand that transportation will be by bus when possible. Squad size and type of contests may necessitate transportation by van or car driven by a licensed driver.

## EQUIPMENT – FINANCIAL RESPONSIBILITY

Athletes in the School District of the City of Royal Oak are responsible for athletic equipment issued to them by the athletic department. This equipment is to be worn only for practice or competition in the sport for which it was issued. **It is not to be worn at other times.** This equipment represents a large expenditure of money by the athletic department and is to be returned to the coach within one week of completion of the sport season. If equipment is stolen, lost, or not returned, the athlete will be held responsible for the replacement cost of the equipment.

## PAY TO PARTICIPATE AGREEMENT

I understand that the payment of the Pay to Participate fee does not guarantee playing time for the student athlete, and does not provide any control over conditions of the team or the Athletic Department. I also understand that paying the fee does not in any way alter the Board of Education Policy, the District's Co-Curricular Code of Conduct, individual team rules or the Michigan High School Athletic Association Regulations.

I also understand that there will be no refunds of the Pay to Participate fee unless the student athlete suffers a season ending injury prior to the mid-point of the season, preventing the student athlete from participating in one-half of the regularly scheduled contests. In this instance, a physician's letter must accompany the request for the refund.

It is understood that a student athlete will not be allowed to participate, including practice, unless all signatures are affixed below and the fee has been paid in full. The fees are as follows:

- \$150 for the first sport, \$100 for the second sport and no charge for the third sport for each high school athlete. There is a \$250 annual student cap.
- \$40 for the first sport, \$25 for the second sport and no charge for the third sport for reduced meal eligible high school students.
- \$100 for the first sport, \$50 for the second sport and the third and fourth sport is free for each middle school athlete.
- \$25 for the first sport, \$12 for the second sport for each reduced meal eligible middle school athlete.
- There is an annual family cap of \$700.

Payments can be made via:

- Credit Card (Visa and Mastercard) online through PaySchools (Link is available on the District Website).
- Checks made payable to Royal Oak Schools.

## ATHLETIC CODE OF CONDUCT

This application to compete in Interscholastic Athletics is entirely voluntary on my part and is made with the understanding that I have not violated the eligibility rules of the Michigan High School Athletic Association, and that I will follow all rules and regulations set down by my coach and the athletic department.

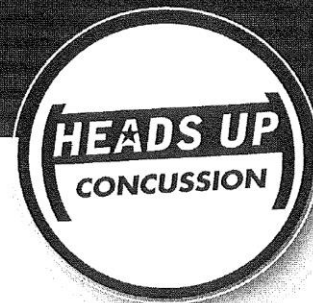
As a representative of my school, I will conduct myself in an exemplary manner at all times. Athletes and cheerleaders are expected to be outstanding citizens and to demonstrate good judgment and to show respect for themselves, their teammates, coaches, school personnel, officials, and members of the opposing team. I understand the violation of the previously mentioned rules and regulations or conduct unbecoming a team member may lead to disciplinary action.

We have read and understand the above statements and the athletic code of conduct and by our signatures indicate our willingness to abide by them.

► Student Signature \_\_\_\_\_ Date \_\_\_\_\_

► Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## PARENT & ATHLETE CONCUSSION INFORMATION SHEET



### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### WHAT ARE THE SIGNS AND SYMPTOMS OF 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 an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

### DID YOU KNOW?

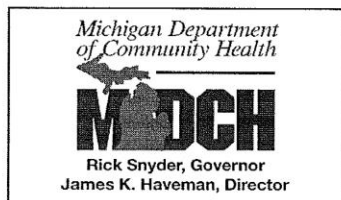
- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

### SYMPTOMS REPORTED BY ATHLETE:

- 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 is "feeling down"

### SIGNS OBSERVED BY COACHING STAFF:

- 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
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall



► **"IT'S BETTER TO MISS ONE GAME  
THAN THE WHOLE SEASON"**

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION ➡ [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).