

South Middleton School District



Pre-Participation for Student-Athletes

Updated 5/17/2021

Boiling Springs Athletic Pre-Participation Forms

Athletes turning in their completed forms the day before practice starts or later will be required to observe one full day of practice before participating. Be sure to submit forms by the deadlines below.

Please follow the directions below for completing the pre-participation forms:

1. Print forms from the school athletic website at www.boilingspringsathletics.org under files and links. Click on the Pre-participation form if this is the first sport season of the school year. Click on the Re-certification form if this is the second or third sport of the current school year. The Re-certification forms must be completed if you are participating in a second or third sport for the current school year no earlier than six weeks before the start of the season.
2. Complete the forms with all signatures and dates no earlier than June 1 of the current school year. **A Pennsylvania practitioner must authorize Section 7 of these forms.** A standard physical form will not be accepted without a signed and completed Section 7. Any athlete with a pre-existing injury/illness and expecting to be cleared to participate at a later date, must turn in his or her pre-participation forms by the due date with the stipulation to participate pending written documentation from the attending physician for that particular illness/injury.

If you cannot get Section 7 signed by your family physician with a current date before the due date, you may want to check-in with one of the following walk-in clinics:

UPMC Urgent Care, 1175 Walnut Bottom Road, Carlisle 717-258-9355
Penn State Health Carlisle Outpatient Center Urgent Care, 1211 Forge Road, Carlisle 717-218-3990
Concentra Urgent Care, 1124 Harrisburg Pike, Carlisle 717-245-2411

3. Remember to take any other pertinent paperwork to your doctor's appointment such as work and/or driver's permit papers with you. This form will be submitted to the school nurse for your eleventh grade physical if requested. **General physical forms can not be accepted for athletics.** Section 7 of the PIAA forms must be signed and have current date by the medical provider.
4. Copy any forms you may need for summer camps, lost paperwork, etc., prior to submitting to the office. (In particular, **Section 7 should be copied for your records.** Lost forms are not the responsibility of the school).
5. Submit only the completed pages to the HS office by the deadline dates below. Do not submit to your coach or anyone else. If your packet contains missing information, you will not be allowed to participate until the information is provided. This will result in not being allowed to participate and potentially being cut from the team if tryouts are held. All athletes must have medical insurance coverage to participate and listed on the forms.

Fall pre-participation forms are due before 2 pm on July 31.

Winter pre-participation or re-certification forms are due before 2 pm on October 30.

Spring pre-participation or re-certification forms are due before 2 pm on February 19.

(If the school is closed on a due date, turn the forms in on the next open day)

Additional Information

- The pre-participation forms will require a re-examination by a physician if the athletic trainer has not received **written clearance** from an attending physician for any illness or injury that precipitates a physician's consultation.
- Subsequent sports will require re-certification forms to be completed within six weeks of the start of the winter and spring seasons. Re-certification forms will be provided online at www.boilingspringsathletics.org under files and links six weeks prior to the start of winter and spring seasons.

INTRODUCTION

This handbook describes the rules, policies, procedures, and framework within which the South Middleton School District operates. The content should be carefully reviewed by both the prospective student and his or her parents/guardians. Upon reviewing the contents, the student and his or her parents/guardians should sign the attached contract and then submit it to the athletic director.

The athletic department plays in the Mid Penn Conference and is comprised of 31 member schools with competition in 16 different sports and awards 22 league championships each year. At the district and state levels, South Middleton School District plays in District III of the PIAA and follows all rules and regulations determined by the PIAA.

A PHILOSOPHY

The South Middleton School District Board of Directors recognizes that the primary purpose of its schools is to provide every student with a quality education that prepares the student for the future. It also recognizes the importance of extra-curricular activities in the life of the schools and in the lives of many of its students. These activities can help to develop important characteristics such as teamwork, discipline, self-sacrifice, and leadership. All of these are characteristics of a successful individual. While extra-curricular activities can be a compliment to the educational process, they are secondary to the district's main purpose. Teachers, students, parents, and administrators must strive to keep the focus clearly on the education of the students. A quality education is the right of every student in the district. Extracurricular activities are a privilege that grows out of the educational experience. The South Middleton School District will maintain the proper priority of education first and foremost.

Athletics and extracurricular activities are often in the public eye, so the participants' personal conduct must be of the highest standard. They have an obligation to project at all times a positive image of themselves and the South Middleton community they represent. The school district adheres to all of the regulations set forth by the Pennsylvania Interscholastic Athletic Association (PIAA) as listed in their constitution and by-laws. In addition, the regulations stated in this policy will determine a student's ability to participate in extracurricular activities for the South Middleton School District. It is also understood that a coach/advisor has the authority to hand out additional consequences within that program.

Scope of the Code of Conduct

To ensure consistent enforcement of the Code of Conduct, it applies to all students participating in co-curricular and extracurricular activities enrolled in grades 7 through 12. The terms of this policy apply throughout the year to conduct occurring on or off school property. This Code of Conduct shall not prevent coaches or advisors from developing and enforcing additional rules and regulations which are reasonable and specific to their activity.

Students will be required to comply with these rules starting with their seventh grade year and continuing until they end their high school education. The penalties imposed against a student for violating any of these rules will be enforced beginning with the day that the administrative decision is made. A student will be allowed to sign up for any co-curricular and/or extracurricular activity during a period of suspension, but will not be able to participate until the suspension has been served in full. If "cuts" have been made in the activity prior to the student's reinstatement date, then the student is considered "cut" and not able to participate in that particular activity until the next time it is offered.

ATHLETIC PROGRAM

The Athletic Department consists of the following sports or activities:

Fall:	Cheerleading (Varsity)
	Cheerleading (Junior High)
	Cross Country (Boys and Girls Varsity)
	Cross Country (Boys and Girls Junior High)
	Field Hockey (Girls Varsity & JV)
	Field Hockey (Girls Junior High)
	Football (Varsity & JV)
	Golf (Boys and Girls Varsity)
	Soccer (Girls Varsity & JV)
	Soccer (Boys Varsity & JV)
	Volleyball (Girls Varsity & JV)

Winter: Bocce (Allied Sport)
Basketball (Boys Varsity & JV)
Basketball (Boys Junior High)
Basketball (Girls Varsity & JV)
Basketball (Girls Junior High)
Cheerleading (Varsity)
Cheerleading (Junior High)
Swimming/Diving (Boys and Girls Varsity)
Wrestling (Varsity & JV)
Wrestling (Junior High)

Spring: Baseball (Boys Varsity & JV)
Soccer (Boys Junior High)
Soccer (Girls Junior High)
Softball (Girls Varsity & JV)
Track (Boys and Girls Varsity)
Track (Boys and Girls Junior High)
Volleyball (Girls Junior High)

Academic Eligibility

Students participating in athletics are ineligible for competition and practices when they are failing one or more subjects. This determination will be made at one week intervals (Fridays) using marking period grades. The student will be ineligible from the first Sunday after the determination through the following Saturday. This applies to high school and middle school student athletes.

Additionally, in order to be eligible for interscholastic athletics, a student at the high school level must have passed at least three full-credit subjects during the previous grading period. If three full-credit subjects have not been passed, the student will be ineligible for a period of (20) school days, which will begin immediately after the determination.

At the Middle School level, students must have passed the equivalent of six subjects during the previous grading period. If the six subjects have not been passed, the student will be ineligible for a period of (20) days, which will begin immediately after the determination.

All other PIAA regulations concerning eligibility will govern Boiling Springs High School and the Yellow Breeches Middle School student athletes.

Student athletes who are declared ineligible will be excluded from practicing, traveling, or participating with their athletic team during the period of their ineligibility.

In the event that a student athlete is failing only one subject and has no opportunity to be assessed during a period of ineligibility, athletes can be reinstated on the determination of the high school or middle school principal following a conference with the principal, the teacher, the student, and the student's parent or guardian.

Attendance Requirements

A student must be in attendance at school by 9:30 a.m. in order to attend or participate in any activity, practice, or contest that day. Exceptions can be made for funerals, college visitations, medical appointments and other reasons as long as written notice has been provided to the administration for approval prior to the day of absence. The administration will notify the coach/advisor of the student's eligibility based on attendance.

Students involved in charter, cyber charter schools or in home-schooling may participate in extracurricular activities that occur outside the normal school day. Any of these students who wish to participate must provide the athletic department with the name of the program they are using, along with a contact name and telephone number or e-mail address. It is the responsibility of the charter, cyber charter school and the supervisor of the home-schooling program to notify the attendance officer of each building by 1:00 p.m. of any student's absence.

Transportation to and from all practices, activities, and the school for games will be the responsibility of the parent. Charter, cyber charter, and home-school students are expected to travel to and from away games with the team.

A student who is absent on the last day of a week may not participate in any extracurricular activity until the student attends a day of school or provides a doctor's note stating that the student is well enough to participate. The doctor's note must be given to the coach/advisor who will then forward it to the school administration. Absences that have prior administrative approval as stated above are exempt from this requirement.

A student who is suspended (in-school or out-of-school) or expelled from school for any infraction may not attend or participate in co-curricular and/or extracurricular activities for the duration of the suspension or expulsion.

A student who has been absent from school during a semester for a total of (20) or more school days, is ineligible to participate in an inter-school practice, scrimmage, or contest until the student has been in attendance for a total of (45) school days following the student's (20th) day of absence."

Attendance for Co-curricular and Extracurricular Activities

Participants in co-curricular and extracurricular activities are expected to attend all in-season and post-season practices, performances, meetings and contests that are included with the particular activity.

An unexcused absence is the missing of a scheduled practice without providing prior notice to the head coach or advisor. The head coach or advisor will provide the acceptable methods for providing this notice:

- The first unexcused absence will result in the participant having to sit out for the first "half" of the next contest or performance.
- The second unexcused absence will result in the participant being benched for the entire next contest or performance.
- The third unexcused absence will result in the participant being removed from the team or activity.

Participants who miss a contest or performance without prior approval from the head coach or advisor will be required to meet with the coach/advisor and a school administrator to determine the participant's ability to remain in the activity.

Participants can get practice and performance schedules well in advance, so outside activities should not be scheduled that conflict with these activities.

Participants are expected to be prepared and ready to participate at the time scheduled by the coach or advisor.

Participants who are late for practice or a contest/performance will be assigned appropriate consequences by the coach/advisor as outlined in the rules and regulations for the specific activity.

- Three times late to practice is considered an unexcused absence.
- Exceptions will be made for participants who were getting additional academic help and who provide a written pass from a teacher that includes the date and time that the participant left the classroom.
- When possible, prior notification should be given to the coach or advisor.

Excused absences may result in reduction in playing time if in the coach's opinion the absence has impacted the player's preparedness for the contest.

Repeated attendance problems will result in a participant being removed from the activity.

Authority

The high school/middle school principal shall have full authority to institute this policy. Notification of a student's suspension will be made to the superintendent, board president and extracurricular committee chairperson. The athletic director and the respective head coach may be involved in the notification of action with the student. Parent(s) will be notified, by both mail and personal contact, of the action and its rationale.

Awards

Coaches determine the requirements for the following awards at Boiling Springs High School/Yellow Breeches Middle School:

Varsity Teams

Letter (one per entire high school career)
Sport pin
Captain pin (complete the NFHS Captain's course)
Varsity certificate
3.25 Scholar Athlete Certificate

JV Teams

JV certificate
3.25 Scholar Athlete Certificate

Junior High Teams

Certificate
3.25 Scholar Athlete Certificate

In order to receive a letter an individual must be eligible for the entire season including tournaments, districts, league, and states regardless if the athlete does not qualify for these additional contests, meets or playoff games. These additional events are considered part of the regular season and they must remain academically eligible to receive any team or individual awards.

Behavior

Participants in co-curricular and extracurricular activities are expected to set the example in regards to proper school behavior.

Bullying/Cyberbullying

Bullying and cyberbullying will not be tolerated by the South Middleton School District. Bullying is "unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose." Cyberbullying is "Bullying that takes place using electronic technology. Examples of cyberbullying include mean text messages/e-mails/posts, rumors sent by e-mail or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles."

Both parents and student-athletes can help prevent bullying and cyberbullying. Parents should talk about bullying and cyberbullying with their children. Possible consequences for violating this policy are: (1) Single game suspension; (2) Multiple game suspension; (3) Dismissal from the team.

Chain of Command and Expressing Concerns

At Boiling Springs High School and Yellow Breeches Middle School, the following chain of command is in effect:

Coach/Advisor
Athletic Director
Principal
Superintendent
School Board

If there are any questions or concerns involving some aspect of our athletic program, the athletes should first contact the appropriate coach. If there is no resolution, he or she would then go to the head coach, etc. Please follow the chain of command in all situations, do not go directly to the superintendent or school board as they will refer you back to the appropriate level.

When expressing an occasional concern with a coach, please refer to and use the following guidelines:

1. Never approach a coach immediately after a contest. This is not the proper time or place for a discussion concerning your child or the team.
2. Call the following day and make an appointment which is convenient for both you and the coach to meet.
3. Raise your concern in a calm and civil manner. Yelling, being rude or using foul language is totally unacceptable.
4. Once you have stated your question or concern, listen to the explanation. Often a parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation which is given.

Concussion Testing

Baseline testing is a neurocognitive test designed to assist in post-concussion whether an athlete is sufficiently recovered from a concussion to return to active participation. Baseline testing involves an athlete taking a test in various areas of cognitive performance prior to the start of a sport season in order to establish a "baseline" of cognitive skills. If a player suffers a concussion, subsequent baseline tests are administered and compared to the original baseline test. Neurocognitive testing provides a tool that can be used in conjunction with other tools or assessment techniques to determine when an athlete can safely return to play following a concussion.

School athletic department personnel will assist a designated health care vendor in administering the test. This non-invasive test is set up in "video-game" type format and takes about 45 minutes to complete. The test is administered at the school at no cost to parents. The neurocognitive test tracks information such as memory, reaction time, speed, and concentration.

If a concussion is suspected, the athlete will have the opportunity to take the post-concussion test. Both the preseason and post-injury test data may be given to the healthcare provider of your choice. The test data will potentially assist health professionals to determine when return-to-play is appropriate and safe for the injured athlete. A health care professional does not have to use neurocognitive baseline testing results as a condition for a player returning to competition.

Co-Curricular and/or Extracurricular Activities (Multiple)

Being a small public school has definite advantages and disadvantages. Students in the South Middleton School District are able to participate in many different activities. This allows them to experience many things during their school careers, but can also lead to an overwhelming schedule as some students attempt to "do it all". The South Middleton School District encourages its students to take advantage of all of their opportunities at school. For many, it will be the last chance that they will have to participate in some of these activities. To help protect the students from over-committing themselves, the following guidelines should be followed.

Co-Curricular and/or Extracurricular Activities during the Same School Year (Multiple)

Students who are involved in a school sport that is in-season, are to refrain from participating in out-of-season workouts for another sport. An exception will be made for participation in league associated all-star games and league associated recognition activities. Exceptions will also be made when the coach of the in-season sport agrees to allow the athlete to participate in non-physically demanding or strength training activities.

Students who are involved in a varsity sport that qualifies for the postseason and who also intend to participate in a sport the following season are exempt from participation in the second sport for up to three calendar days following the final contest of the postseason.

It is expected that students involved in a school program will put that program before any out-of-school program. Absences due to attendance at an out-of-school activity, including any type of employment, must be approved by the head coach prior to the absence. An absence from a contest or performance due to attendance at an out-of-school activity will be counted as an unexcused absence and the student will be required to meet with the head coach and an administrator to discuss the student's future with the program.

Co-Curricular and/or Extracurricular Activities during the Same Season (Multiple)

A student may participate in more than one co-curricular and/or extracurricular activity during the same season as long as the coaches/advisors agree to such participation. This includes sports with music, drama and/or other school activities or any combination of these activities. Activities that have the same practice and/or contest schedule will not work for this type of arrangement.

Regardless of which activity is listed as the “prime” activity, contests and performances will take precedence over practices or rehearsals unless prior permission is given by the coach/advisor of the activity that is having the contest or performance and the administration is in agreement.

Criminal Violations

The students are expected to abide by all local, state and federal laws and regulations. If the school district receives verified information that a student engaged in criminal conduct (school or non-school) as defined by the Pennsylvania Crimes Code or a similar state or federal statute, the student shall be subject to the disciplinary penalties for violation of this Code of Conduct.

Conduct Prohibited

During the season of activity, all students participating in athletics, extracurricular/co-curricular activities, or those with parking privileges are required to abide by the Extracurricular Standards of Behavior at all times, (24) hours per day, seven days per week, regardless of location or whether the student is actively engaged in extracurricular/co-curricular activity at the time of the infraction. Any student found to be in violation of Extracurricular Standards of Behavior, shall be subject to the consequences set forth below.

Student athletes, students involved in extracurricular and co-curricular activities, and students with parking privileges who have repeated Level II infractions or any Level III infractions as defined in Policy 227, Student Discipline and/or the Student Code of Conduct, which includes: “use, possession, distribution, sale, or being under the influence of any drug, drug paraphernalia or alcohol...” or any student engaging in any other activity prohibited by the laws of the Commonwealth of Pennsylvania that constitutes a danger to themselves, or other persons or disrupts the school environment may be suspended or prohibited from attending and participating in all athletic, co-curricular, extracurricular activities and have his or her parking privileges revoked.

Drug Testing for Student Athletes/Student Drivers

The South Middleton School District has initiated a random drug testing policy for student athletes and/or student drivers. The primary purpose of the testing is to discourage the use of drugs among athletes and/or student drivers. The testing is not to be viewed as a disciplinary tool.

Student athletes and/or student drivers will be randomly selected to provide a urine sample that will be tested for illegal drugs. The urine screening will be supervised by a certified laboratory on South Middleton School District premises. The District will observe all legal rules for the chain of custody at both the collection and analysis sites. (Chain of custody refers to the security of handling the obtained urine sample from the point of collection to the final destination of the laboratory including identification, labeling, sealing, and testing).

The building principal will receive a confidential report of the test results. If the sample tests positive, a second verification test is administered within (48) hours to confirm the results. The second test will be completed utilizing the original urine sample. The building principal will promptly notify the parents/guardians of the student athletes/drivers upon receipt of the test results. The building principal will provide written notice to the parents/guardians of those students who test negative.

In the event the positive drug test is confirmed, the principal, together with appropriate school personnel shall invite the student and student's parents/guardians to a meeting where the principal shall suspend or prohibit the student from attending and participating in all athletic, co-curricular, extracurricular activities and revoke student parking privileges. For high school students this includes prom and senior night.

Consequences for Violations

In the case of alleged infractions of the rules and regulations, the participant may be suspended from practices, participation in the interscholastic competition, other participation in co-curricular and extracurricular activities, and/or use of parking permits as set forth below. In these cases, the following procedures will be followed:

Investigation -The supervisor, coach, or athletic director shall report all alleged violations of the Code of Conduct to the building principal, who in turn shall conduct an investigation of the alleged conduct.

Meeting -If, after completion of the investigation, a determination is made that a violation of the Code of Conduct has occurred, the principal, together with the coach, supervisor, or athletic director shall schedule a meeting with the student and student's parents/guardians at which time the student will be afforded the opportunity to be heard.

Suspension/Expulsion -If, at the conclusion of the aforementioned meeting, a determination is made that disciplinary action is required, the principal may, in his/her sole discretion, impose a suspension or prohibition from attending and participating in all athletic, co-curricular, extracurricular activities and revoke student parking privileges, as set forth below. For high school students this includes prom and senior night. The principal's decision shall be final and binding.

First Offense-A (60) day suspension from the date the decision is made to suspend from attending and participating in all athletic, co-curricular, extracurricular activities and have their parking privileges revoked. If the student develops and follows an intervention plan approved by the principal and based on the recommendations of the principal, parents, counselor, coach/advisor and/or Student Assistance Team, the (60) day suspension may be reduced to a (30) day suspension and (30) day probation period. The student may participate in athletics, co-curricular, extracurricular activities and have parking privileges restored while on probation as long as he or she continues to follow the intervention plan.

Second Offense -The student shall be prohibited from attending and participating in all athletic, co-curricular, extracurricular activities and have his or her parking privileges revoked for a minimum of one (365 days) from the date the decision is made to suspend. For high school students this includes prom and senior night. An intervention plan approved by the principal and based on the recommendations of the principal, parents, counselor, coach/advisor and/or Student Assistance Team, shall be developed for the student. Progress toward meeting the intervention plans goals shall be reviewed prior to privileges being reinstated.

Third Offense -The student shall be prohibited from attending and participating in all athletic, co-curricular, extracurricular activities and his/her parking privileges shall be revoked for the remainder of his/her education in the South Middleton School District. The student also shall be prohibited from being on school district property or vehicles owned or leased by the district outside school hours for three years from the date the decision is made to suspend. If the student no longer attends the South Middleton School District, the student shall not trespass on school district property or vehicles owned or leased by the district at any time three years from the date the decision is made to suspend except with prior written permission from the administration.

Random Drug Testing

Testing will be done without prior warning to the students. The dates of testing, the number of tests to be performed, and the identity of the group of students to be tested shall be determined by the district and shall not be disclosed by the district for any reason other than to facilitate the testing procedures.

The district may randomly test a maximum of 20% of all student athletes, and a maximum of 20% of all extracurricular participants in a single testing event. A single testing event of students pursuant to the policy is not required to be administered simultaneously to all selected students, but may instead occur over a period of not more than seven days, depending upon availability of the vendor. Individual students selected for testing will be chosen by the district. Students shall be selected randomly for testing. The method for selecting students for testing shall be non-discriminatory, objective and impartial. Any evidence of manipulation of or interference with the random and impartial selection process shall invalidate any positive test results. Any employees of the district who intentionally violate this provision of the policy or aids, instructs or conspires with others to do so shall be subject to suspension, termination or other disciplinary sanctions as are appropriate under the circumstances. Testing shall be done by the district and/or the vendor contracted by the district exclusively and may be performed off-site or on school property as appropriate, or as provided for by law.

Drug Testing

The Board recognizes that the misuse of drugs and alcohol is a serious problem with legal, physical and social implications for the whole school community. This policy and its associated guidelines are intended to protect the health, safety, and welfare of all students. In keeping with the mission of the district, the role of this drug and alcohol abuse prevention policy and programs is to build partnerships between faculty, administrators, coaches, parents/guardians, and students in order to reduce alcohol and other drug-related barriers to academic, athletic and personal development. South Middleton School District provides a multifaceted approach to drug and alcohol prevention. This approach focuses on the establishment of strong partnerships between faculty, administrators, coaches, parents/guardians, students, and the community. Therefore, it is the board's intent to promote non-use behavior and to provide policies that emphasize that the use of alcohol and drugs will not be tolerated. Each season of activity, every participating student and parent/guardian shall be required to sign a contract agreeing to submit his/her sample to the school district at any time and without prior warning during the season of activity. Samples will be collected by trained personnel in a manner that balances the values of privacy and confidentiality with the accuracy of the tests. In order to ensure the accuracy of the tests, samples will be collected in a designated area. Techniques shall be adopted to prevent tampering. A certified laboratory will be used for the testing of the collected samples.

All costs associated with the testing will be paid by the school district.

Eligible students will be randomly selected to participate in the drug test. Should a student at any time refuse or give an altered sample for testing, this action will result in the student's disqualification and be treated as an offense. The student will not be permitted to participate in any sport, extracurricular activity, co-curricular activity, or parking pass program until the student submits to a drug test and tests negative. The student must comply with the suspension guidelines as described in school policy.

Student samples will be screened for the illegal use of drugs. The results of the tests will be disclosed only to the student, the student's parents/guardians, and school personnel who have a need to know as determined by the principal. It is the responsibility of the school representatives to protect the confidentiality of the test results.

If the student tests positive for controlled substances, the following responses will be activated:

A confirmation test (second test) shall be conducted utilizing the original sample. If the result of the confirmation test is negative, no further action will be taken. If the result of the confirmation test is positive, the medical review officer and building principal shall provide written notice to the parents/guardians stating the result.

The medical review officer shall conduct an evaluation with the student and the student's parents/guardians to determine if there is a valid reason for the use of the detected drug.

The term medical review officer is defined as an accredited physician selected by the district who receives the results of the drug tests, interprets the findings, notifies the student and the student's parent/guardian of positive findings, and makes the determination of whether the findings could have been altered by medical reasons.

The term chain of custody is defined as the process of determining and reviewing the methods used and the individuals involved in obtaining the urine sample and delivering the urine sample to the laboratory for processing.

Positive Test Results/Student Response

In the event the positive drug test is confirmed, the principal, together with appropriate school personnel shall invite the student and student's parents/guardians to a meeting where the principal shall suspend or prohibit the student from attending and participating in all athletic, co-curricular, extracurricular activities and revoke student parking privileges. For high school students this includes prom and senior night.

First Offense –The student shall receive a (60) day from the date the decision is made to suspend from attending and participating in all athletic, co-curricular, extracurricular activities and have their parking privileges revoked. If the student develops and follows an intervention plan approved by the principal and based on the recommendations of the principal, parents, counselor, coach/advisor and/or student assistance team, the suspension may be reduced to a (30) day suspension and (30) day probation period. The student may participate in athletics, co-curricular, extracurricular activities and have parking privileges restored while on probation as long as he or she continues to follow the intervention plan.

Second Offense -The student shall be prohibited from attending and participating in all athletic, co-curricular, extracurricular activities and have their parking privileges revoked for a minimum of one year (365 days) from the date the decision is made to suspend. For high school students this includes prom, senior night and graduation exercises. An intervention plan approved by the principal and based on the recommendations of the principal, parents, counselor, coach/advisor and/or student assistance team, shall be developed for the student. Progress toward meeting the intervention plans goals shall be reviewed prior to the privileges being reinstated.

Third Offense -The student shall be prohibited from attending and participating in all athletic, co-curricular, extracurricular activities and have parking privileges revoked for the remainder of their education in the South Middleton School District. The student shall be prohibited from being on school district property or vehicles owned or leased outside school hours for three years from the date the decision is made to suspend is made. If the student no longer attends the South Middleton School District, the student shall not trespass on school district property or vehicles owned or leased at any time three years from the date the decision is made to suspend.

No student athlete shall be penalized academically for testing positive to the use of illegal drugs. The results of positive drug tests will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, which the district will not solicit.

EQUIPMENT AND RESPONSIBILITY FOR PROPER CARE

Most uniforms and equipment are assigned to student athletes strictly on a loan basis for the duration of the sport season. It is the responsibility of the student-athlete to maintain that equipment/uniform in the same condition in which it was received. Any damage or loss of equipment/uniform will be considered the direct financial responsibility of the student athlete responsible for its care.

Any athlete withholding property from one sport is suspended from participating in any other sport until the equipment is returned. He or she is ineligible for any sport award until that equipment is returned.

Student athletes will be charged the replacement cost of any equipment or uniform not returned. This cost must be paid before participating in any other sport. Financial obligations must be settled with:

1. Coach
2. Athletic Director/Athletic Secretary
3. Business Manager

Grievance Procedure

No student shall be suspended from co-curricular and/or extracurricular activities under the Code of Conduct until the administration has determined that the student has violated the regulations. The following procedures apply to reports of alleged violations of the Code of Conduct:

Any reports of alleged violations of the Code of Conduct are to be made to the athletic director or principal.

The administration shall investigate all reported or suspected violations of the Code of Conduct to determine their credibility.

If a report is determined to be credible, the principal and the athletic director shall meet with the student to explain the information and to allow the student to respond. The administration will ultimately decide whether or not the student violated the Code of Conduct and what consequence is appropriate as defined by the Code of Conduct.

If the administration finds the student violated the Code of Conduct, the student's parent/guardian shall be verbally informed of the violation and the resulting consequence and they will also be informed of the appeal process. Notice of the situation shall be provided to the appropriate coach or advisor. Written notification to the student's parent/guardian will follow-up the verbal notice.

The student and the parent/guardian then have five calendar days from the verbal notification to file a written appeal with the high school principal.

The principal will then reply to the parent/guardian within 48 hours to schedule an appeals hearing. The hearing shall be run by the principal, and heard by three coaches and/or advisors who are not involved in the student's activities. The original consequence shall remain in place until the appeal has been decided.

The appeal board shall review the information provided by the athletic director and the student, to determine if the original decision was valid. The appeal board does not determine any alternate consequences. Any appeal board recommendation shall be subject to the final approval of the building principal.

For purposes of the Code of Conduct, "verified information" means the accuracy of information is confirmed by any of the following methods:

self-admitted involvement by the student

student involvement witnessed by an advisor, coach, sponsor, school district employee, or other credible witness

acknowledgment by a parent/guardian of his or her child's involvement

an official police report given to the school

notification of an adjudication, a delinquency finding or other admission of wrong doing before a court

Hazing

Hazing is an issue that the South Middleton School District takes very seriously. Hazing is generally defined as any act committed against a student attempting to become a member of an athletic team that is humiliating, intimidating, demeaning, or endangers the health and welfare of the student. Hazing includes the student's active or passive participation in such acts and occurs regardless of the willingness to participate in these activities.

House Bill 1574, effective July 25, 2016, expanded the existing Anti-Hazing Law of 1986 and made hazing a third-degree misdemeanor for all students in grades 7-12. It also amended the definition of hazing to apply the prohibited behaviors to any person, rather than only a student. Furthermore, it amended the enforcement and penalties subsection of the law to provide that expulsion may also be a penalty for a violation of the institution's anti-hazing rules.

There are several misconceptions regarding hazing. One is that hazing includes harmless pranks that can be dismissed as traditions. The truth is that hazing is physically and emotionally harmful for all students. Hazing is a form of abuse. A second misconception is if someone agrees to participate in an activity, it cannot be considered hazing. The truth is that consent of the victim cannot be used as a defense for hazing activities. A third misconception is that hazing teaches respect and develops discipline. The truth is that respect is earned, not taught. Victims of hazing do not respect the individuals responsible for the hazing. Hazing creates mistrust and alienation.

The following steps will be taken to eliminate hazing:

1. Head coaches will discuss hazing to their teams, specifically the destructive nature of hazing, and the related consequences if someone is found guilty of hazing.
2. If a student athlete is aware of a hazing incident, the student athlete is expected to report the incident to a coach or administrator immediately.
3. If a coach is aware of a hazing incident, the coach must report the incident to an administrator immediately. All reported incidents of hazing will be investigated by the school administration.

Inclement Weather Procedures

When South Middleton School District is closed due to inclement weather conditions, all after-school activities are automatically canceled. These after-school activities include practices, contests, meetings, or other events. Team members should make certain to contact their coach regarding interim or adjusted practice schedules.

Junior Varsity (JV) Team

Junior Varsity teams exist to provide those athletes who are unable to participate on the varsity squad an opportunity to develop skills and gain experience. While the athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a JV team may enhance the athlete's potential to make the varsity squad in the future.

A caution, however, must also be given. Being a member of a JV team does not guarantee that an athlete will automatically move up the following year to the varsity squad. The athletes best suited for varsity competition will make the squad each year.

Striving to win is important in athletics. However, compiling a great record or winning a championship should not be the primary objective of a JV team. The development of athletes should be the ultimate purpose of a JV squad, while at the same time acknowledging the value of winning, learning, and enjoying being a member of a team.

Lockers

Student athletic lockers are school district property. Student lockers may be searched by school or district administrators when reasonable suspicion exists that a student is concealing evidence of an illegal act, illegal substance or other violation of school rules. The school authorities may seize any illegal or unauthorized materials found during a search.

Circumstances justifying a reasonable suspicion search also authorize administration to require students to submit to a thorough search of clothing, handbags, and wallets to seize any unauthorized material. Students who do not cooperate with a reasonable suspicion search will be suspended immediately from the co-curricular and/or extracurricular program. All searches conducted by administration shall be consistent with school district policy. Administration may inspect the content of student lockers as part of routine maintenance inspections. Students are responsible for all items in their locker and are expected to secure all valuables. The school district and its employees are not responsible for items that are lost or stolen from a locker. Students are advised to keep their lockers locked whenever they are not in direct supervision of the locker and to not share the combination of their locker with any other student. Students are also advised not to keep valuables in the lockers, but to give them to their coach or advisor for supervision.

NCAA

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 which has established rules on eligibility, recruiting, and financial aid, regulates college sports. The NCAA has three membership divisions-division I, II, and III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If a high school student athlete wants to play NCAA college sports and receive a scholarship at the Division I or II level, he or she will need to register with, and be cleared by, the NCAA Eligibility Center. The NCAA Eligibility Center is the organization within the NCAA that determines the academic eligibility and amateur status for all NCAA Division I and II athletes. Student athletes must apply and be approved prior to their freshman year of college or they will not be allowed to be on the team or to accept any athletic scholarships. It is recommended to apply to the NCAA Eligibility Center before the end of your 11th grade school year. For additional information about the process, student athletes should contact their counselor.

The South Middleton School District has partnered with Dynamite Sports at www.dynamitesports.com to help with the college selection and recruitment process. The Eligibility Calculator is a great tool and free of charge and can be found on this website. Any athlete considering playing sports in college should contact his or her guidance counselor at the beginning of their freshman year to ensure the proper academic classes are scheduled.

Participation Risk

Participation in interscholastic athletic activities often includes intense competition and poses the potential for serious, catastrophic, or life-threatening injury. Participants and parents are urged to consider that there are inherent risks and hazards associated with athletic participation. Risks vary from sport-to-sport and can occur under direct supervision and with use of proper safety equipment.

Permission to Participate

I/We hereby authorize and consent to our child's participation in interscholastic athletics and sports. We understand that the sport in which our child will be participating is potentially dangerous and that physical injuries may occur to our child requiring emergency medical care and treatment. I/We assume the risk of injury our child may incur in an athletic activity.

In consideration of the acceptance of our child by the South Middleton School District in its athletic program, and the benefits derived by our child from participation, I/we agree to release and hold harmless the board of education, its members, the administration, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgment, and expenses arising from our child's participation in interscholastic athletics.

I/We hereby give our consent and authorize the South Middleton School District and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

PHYSICAL EDUCATION PARTICIPATION

Athletes should not expect preferential treatment. Any student who has enrolled in physical education class will be expected to dress and participate in the daily activity. On the day of a contest, his or her participation may be limited if permission is granted by the teacher.

Quitting

For this policy, quitting is defined as a student ending their participation in a school activity prior to the official completion of that activity for the season in question. The official completion date includes any post-season activities for which the organization may qualify.

Completion of the season, including post-season, playoffs, tournaments, exhibitions and events is required in order for a student to be eligible for the awarding of a varsity letter or other team and individual awards. The obvious exception to this policy is when injury or illness limits participation. In such a case, the awarding of a varsity letter or other honors will be at the discretion of the advisor/coach.

A student who quits an activity must have all of the equipment that was issued to him or her for that activity returned to the coach/advisor or to the athletic office within one week of the date that they stopped participating in that activity.

REQUIREMENTS FOR PARTICIPATION

Prior to a student's participation in any tryout, practice, or contest with a team, he or she must supply the following items:

- Current PIAA medical evaluation forms are properly completed by a parent and physician/nurse practitioner good for current school year only
- Code of Conduct signed by the student athlete and his or her parent/guardian(s)
- Concussion baseline testing completed and current
- Recertification form completed within six weeks of start of season if the student played another sport in the current school year

Sportsmanship

Students representing the South Middleton School District in co-curricular and extracurricular activities are required to always show respect to all participants, coaches/advisors, and spectators.

Specific examples of behavior not tolerated by this policy include, but are not limited to profanity, mockery, intimidation, or malicious contact.

A coach who witnesses any unsportsmanlike behavior will bench the students involved for an amount of time consistent with the misbehavior and the student's history of behavior.

The school board of directors has developed the following stipulations as part of this policy and they must be included into the rules of each co-curricular and extracurricular activity:

- Any student removed from a contest by an official for a sportsmanship violation shall not be allowed to participate in the next contest and must complete all assignments given by the coaches and the administration.
- Any student removed by officials from a total of two contests in a single school year for sportsmanship violations will be required to meet with the athletic director and principal and additional consequences may be assigned.
- The calls made by an official are final and shall not be reconsidered by any school district personnel.
- The head coach shall notify the student's parent/guardian and the athletic director within 24 hours in regards to any sportsmanship violations.
- Any team member who demeans a teammate or coach through verbal or written communication including social media shall be subject to the disciplinary penalties for violation of the Code of Conduct.
- Any team member who engages in conduct that reflects negatively on the team or the school shall be subject to the disciplinary penalties for violation of the Code of Conduct.

Since athletics should be educational in nature, it is important that all parents show good sportsmanship and serve as role models for our athletes and students. Sportsmanship is an overt display of respect for the rules of the sport and for all others. It also involves a commitment to fair play, ethical behavior and integrity.

- There can be no vulgar or inappropriate language from our fans or spectators.
- Taunting or trash talking of our opponents, their cheerleaders, and their spectators cannot be tolerated.
- Spectators cannot leave the bleachers or enter onto the court or field during an event.
- Fans should be supportive and positive. Cheering should be done for our team and not against our opponent.
- We should not impede or interfere with our opponent's cheerleaders from leading their cheers.
- In some specific sports such as basketball and volleyball, we should not yell at an opponent during a foul shot or as a player attempts to serve.
- School officials have the authority to remove a spectator (s) from a contest for unruly or improper conduct.
- The individual (s) may be removed for the duration of a particular contest or for any extended period of time depending on the severity or frequency of the improper conduct.
- Possession of intoxicants and/or illegal substances is prohibited. Smoking is also prohibited on school ground.

Acceptable Behavior

- Applaud during the introduction of players, coaches and officials.
- Recognize a player's performance who has fouled out with applause from both sets of fans and with a hand shake from opponents.
- Accept all decisions of officials.
- Shake hands at end of contest between participants and coaches regardless of the outcome.
- Treat the competition as a game and not a war.
- Search out and congratulate opposing coaches and players.

- Show concern for an injured player regardless of which team he or she plays for.
- Encourage only sportsmanlike conduct which includes class, dignity and respect.

Unacceptable Behavior

- Yelling or waving arms during opponent's free-throw attempts
- Performing disrespectful or derogatory yells, chants, songs, or gestures
- Booing or heckling an official's decision
- Criticizing officials in any way; displays of temper with an official's call
- Yelling anything that might antagonize the opponents
- Refusing to shake hands or give recognition for good performances
- Blaming loss of game on official, coaches, or participants
- Taunting or name-calling to distract an opponent
- Using profanity or displays of anger that draws attention away from the game
- Performing your own cheers instead of following lead of the cheerleaders

Sports Medicine

The Sports Medicine/Athletic Training staff's purpose is to work for the prevention of athletic injuries, care of those that do occur, and work for complete recovery through rehabilitation so that the student athlete can return to practice and competition safely and quickly. All of this can be completed with your help and cooperation.

All injuries, cuts, abrasions, etc., should be reported to the athletic trainer on the day of the occurrence. Do not wait until the next day. Inflammation and infections can be held to a minimum by early treatment. If you are injured during practice, notify the coach who will either call or send you to the athletic trainer for care. Do not attempt to diagnose your own injury or allow another athlete or coach to treat your injury unless he or she is directed to do so by the athletic trainer. The coach will administer first-aid and emergency procedures when the athletic trainer is not immediately available.

The Sports Medicine Program operates under the supervision of the school physicians as well as other local physicians and surgeons on a referral basis. In the event that a student athlete is injured while participating in an inter-scholastic athletic event, you should first notify your coach and then report to the athletic trainer for an initial evaluation, treatment and referral as needed. A student referred or seen by a physician for any reason relating to his or her athletic participation must have written documentation from the physician stating that he or she is "cleared to play" before resuming participation. The athletic trainer will then evaluate/test the athlete to determine his or her readiness to resume participation based on return to play criteria.

Team Captains and Managers

There are several good reasons for having captains of a team. These athletes may serve as positive role models, links between the team and the coach, and they certainly should be leaders. A good captain can be a real asset to the team and coaching staff.

While some coaches may allow their team to select captains, the ultimate responsibility lies with the coach. It is also important to understand that serving in the capacity of a captain is not reserved solely for seniors on a team, but rather this position is for the athlete who is best suited to fulfilling the responsibilities.

All captains are required complete to complete the "Captains Course" from www.nfhslearn.com in order to receive their captain award.

Theft and/or Vandalism

Students are expected to show respect for the property owned by the school district, other schools, private individuals and other private or public entities. Theft and/or vandalism denote poor school citizenship and any student involved in such activity will be referred to the school administration for disciplinary action. In addition to the consequences listed for violations of this policy, the student will be subject to the disciplinary guidelines of the school. This could result in possible suspension or expulsion from school.

Ticket Prices

High School athletic contests

Adults - \$5.00

Students - \$3.00

Adult full year season pass - \$75.00

Student full year season pass - \$25.00

Junior High athletic contests

Adults - \$2.00

Students - \$1.00

Transportation to Extracurricular Activities

- Students must use school provided transportation to travel to and from activities away from the South Middleton School District or its approved home facilities. The only exceptions are as follows:
- Injury to a participant which requires alternate transportation
- Prior arrangement made in writing between the participant's parent/guardian and the school for the student to ride with the parent/guardian or those specified by the parent/guardian. (A copy of this communication must be provided to the coach/advisor prior to the event.) (See attached form)
- When school transportation is not provided and alternate means are approved by the school administration

Web Page

Boiling Springs High School Athletics has its own web page where you can find all important information involving extracurricular and co-curricular activities. (www.boilingspringsathletics.org)

Websites and E-Mail

The Boiling Springs High School Athletic Department has adopted the following policy regarding the use of e-mail messages, websites, blogs, social media or other electronic communication. Student athletes should be aware that third parties—including the media, faculty, future employers and college officials—could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student athlete and our school. This can also be detrimental to a student-athletes' future options (i.e. college, profession). Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco
- Photos, videos, and comments that are of sexual nature- This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity- This includes but is not limited to images that portray the personal use of drugs and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

Possible consequences for violating this policy are: (1) single game suspension; (2) multiple game suspension; (3) Dismissal from the team.

Handbook for Parents of Athletes

Being a parent is challenging. This effort and responsibility is frequently complicated by being a parent of an athlete. This handbook, with its guidelines and suggestions, will give you some insights into this responsibility.

The Player-Coach Relationship

Unfortunately, through televised games and the more recent proliferation of cable TV, many adults feel that they understand or perhaps know more than many coaches. Everyone becomes an expert. This newfound expertise may heighten your appreciation of a sport, as a parent; however, you are not the coach.

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a distinct effect upon your child.

If you express a negative opinion in the presence of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. Your son or daughter will then have to interact with this coach. You, as the parent, can greatly affect this delicate relationship.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect his or her playing time or even winning a starting position.

The Parent-Coach Relationship

In your role as a parent, you obviously love and are concerned about your child's welfare. You want the best for him or her. But an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects.

Should you have any questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time coaches have other responsibilities and it may be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm, courteous and logical manner.

One of the responsibilities that a coach has at the conclusion of a contest is to have a brief meeting with his or her players. Athletes should not pause to talk to parents or friends immediately after games. These brief meetings are essential to the learning process involved in athletics.

The Parent-Player

Some parents may try to live through their child's athletic efforts. Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

When you do speak with your child after a contest, don't dwell on his or her play, how many points they scored or if he or she started. Instead, first ask how the team did. Did your son or daughter play hard, give 100% and have a good experience?

Relationship with Officials

There is an age-old refrain often used by irate fans. "How much are you paying the officials?" The home school does not get the officials. The commissioner of the particular sport assigns all officials, and neither team controls which officials are assigned.

Officials agree to and follow a code of ethics. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.

So while you may not agree with all of their calls, (who does?), please do not harass and taunt them. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic

administrators and schools often work hard to establish a rapport and good working relationship which can easily be damaged by spectators.

Spectator-Cheerleader

Cheerleaders try to infuse spirit into the fans/spectators and to lead them in selected cheers. Taking this responsibility into your own hands is not appropriate. Fans who leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleaders' directions, therefore, is absolutely necessary at all athletic contests.

The emotion and atmosphere at athletic contests can be very exciting, and the cheerleaders need to be allowed to direct and control this aspect of the event.

Parent-Athletic Director Relationship

The athletic director supervises the administering of all high school and middle school athletic teams. Prior to approaching the athletic director regarding the management of an athletic team, a parent should first speak to the coach. If the parent is not satisfied with the discussion with the coach, the parent may request a meeting with the athletic director and the coach. However, the issues of playing time, techniques, and strategies are not appropriate topics of discussion with the coach or athletic director.

Mission Statement for Athletic

A mission of the athletic program is to teach and reinforce in student-athlete's values relating to wholesome competition, good sportsmanship and fair play. It is expected that spectators reinforce these values by exhibiting appropriate behavior at athletic events. A condition of entry into an athletic event is that all spectators agree to recognize the event as an extension of the learning process, and that all present have the responsibility to model appropriate behavior. The event is a unique opportunity for spectators to be a part of a positive and productive learning environment and to model behavior appropriate to a high school setting.

Expectations for Spectator Behavior

- applaud players for their efforts
- accept the decisions of officials
- appreciate participants for their commitment
- support school personnel in conducting an orderly and spirited contest
- maintain composure when things seem to go against your team
- respect the rights of other spectators
- reward sportsmanlike behavior through cheering
- focus attention on positive aspects of competition
- encourage players by showing enthusiasm and positive recognition
- demonstrate concern for the safety and welfare of athletes

Remember

These young men and ladies are students and not professional athletes. They will make errors in the course of competition, as will game officials and coaches. However, all participants are trying their best. Negative criticism and booing will not help them to improve and are unacceptable forms of expression at any event. You can assist in their development as athletes by focusing attention on the positive aspects of their performances. Your cooperation is important and is appreciated.

Responsibilities of an Athlete

Most coaches would expect an athlete to adhere to the following guidelines:

1. The team's goals, welfare and success must come before any individual
2. An athlete needs to consistently attend practice sessions. This also includes weekend and holiday periods
3. Players must be receptive to coaching
4. Team members are responsible for all issued uniforms and equipment

5. As a member of a team, an athlete must agree to and follow the team rules. Athletes need to remember that they are ambassadors and represent not only themselves, but also the coaching staff, school and community
6. If injured, an athlete must report all injuries to the coach and athletic trainer

Responsibilities of a Coach

At Boiling Springs High School, a coach has the responsibility for the following:

1. The selection of the squad and captains
2. The determination of the style of play, including the offensive and defensive philosophy
3. The teaching and instruction at practice sessions
4. The determination of who starts and how long an athlete plays in a contest
5. The decision of who plays in what position
6. The establishing of team rules
7. The establishing of the requirements to earn a letter
8. The communication with athletes and parents with respect to when practice sessions will be held

South Middleton School District Extracurricular Consent Form

I have read the Code of Conduct.

I understand the guidelines and rules and that I am accountable to these guidelines and rules and must abide by the consequences provided.

I also understand Board Policy provided for random drug testing.

The South Middleton School District shall impose a random drug testing policy for all student participant in the athletic programs or extracurricular activities sponsored by the District in the academic year. Randomly selected students shall provide a sample that will be subjected to tests for drug use. The term “drugs” includes but is not limited to marijuana, PCP, amphetamines, cocaine, opiates, and barbiturates. Testing shall also be conducted for nicotine and tobacco-based products. Steroids or so-called “performance drugs” are also covered by this policy. This policy also prescribes the use of “over the counter” drugs or other substances for purposes inconsistent with their intended application.

The screening may be conducted by a district medical personnel or district-selected certified laboratory. The District shall observe all of the applicable rules for the chain of custody at both the collection and analysis sites. Chain of custody refers to the secure handling of samples from the point of collection to the final destination at the laboratory including but not limited to identification, labeling, sealing and testing. The confidentiality of the tests shall be maintained by the district regardless of the outcome.

The test is to be used as a deterrent rather than a disciplinary tool; however, those who test positive will be notified by the school administration. Sanctions shall be imposed on student participants who test positive in accordance with the guidelines established and prescribed in the South Middleton School District Code of Conduct.

Students will be randomly selected for testing. The District will select a percentage of students from all athletic teams and extracurricular activities participating in District programs. Notice of the test will not be announced prior to the actual date of the testing. Test results will be held in strictest confidence. Should any student refuse to submit a sample for testing, he or she shall be disqualified from participation in the activity and his or her refusal shall be treated as a first offense violation of the Policy and positive test result. Subsequent refusals shall be considered a second offense and a third refusal a third offense and the student shall be subject to sanctions and/or disciplinary action in accordance with the terms of the South Middleton School District Code of Conduct. If a student randomly selected to submit to testing is unable to produce a sample at the time of testing, he or she shall be deemed ineligible for participation in programs in the District until an appropriate sample is produced for testing.

A copy of Board Policy providing for random testing as described above, is included in the Code of Conduct. Before the student is permitted to participate in any District program, this consent form must be signed and returned to the District.

Participant Name: _____

Grade: _____

Participant Signature: _____

Date: _____

Parent/Guardian
Signature: _____

Date: _____

AUTHORIZATION TO DISCLOSE INDIVIDUALLY IDENTIFIABLE HEALTH INFORMATION

Name of Student: _____
First Name Middle Initial Last Name

We, the above-named student (the "Student") and the parent(s)/legal guardian(s) of the Student understand that as a condition of participation in the athletic programs and/or driving privileges of South Middleton School District (the "District") every member of a District athletic team and/or student driver must consent to random drug testing, and any necessary repeat or follow-up testing to detect the illegal use of drugs. We understand that the random drug testing, and any necessary repeat or follow-up testing, will consist of the furnishing of a urine specimen which will be tested by the Department of Laboratory Services of UPMC Pinnacle Carlisle for the presence of amphetamines, opiates, PCPs, cocaine and marijuana ("Controlled Substances").

We hereby authorize the Department of Laboratory Services of UPMC Pinnacle Carlisle and the physician serving as the Medical Review Officer (MRO) to report the results of the Student's drug test to the Student, the Student's parent(s)/legal guardian(s) and the following employees of the South Middleton School District:

- The Student's Building Principal
- The Student's Assistance Team
- The Athletic Director
- The coach of the sport whose participation requires the drug screening

We further authorize the Department of Laboratory Services of UPMC Pinnacle Carlisle and the physician serving as the MRO to report to the above-listed persons the results of any repeat drug testing necessary due to specimen quality and the results of any follow-up testing to confirm a positive drug test or to confirm drug free status following entry into a drug assessment to drug treatment program.

The purpose of the reporting of the Student's drug test results to the Student, the Student's parent(s)/legal guardian, and the above-named employees of the District is to enforce the District policy that student athletes and/or student drivers be drug free, and to facilitate placement of students who test positive participate in a drug assessment or drug treatment program. This Authorization shall expire on the earlier of the date of the signing by the Student and the Student's parent(s) or legal guardians of another Authorization to Disclose Individually Identifiable Health Information intended for the same purposes stated in this Authorization, the date on which the Student's enrollment as a student in the District terminates or one (1) year from the date of this Authorization.

We understand that we have the right to revoke this Authorization by delivering to the Administrative Director of the Department of Laboratory Services of UPMC Pinnacle Carlisle, 361 Alexander Spring Road, Carlisle, Pennsylvania, 17015 a written statement stating our intent to revoke this Authorization. We also understand that our revocation will be effective immediately upon its receipt by the Administrative Director of the Department of Laboratory Services of UPMC Pinnacle Carlisle. We further understand that if we refuse to sign this Authorization, or if we revoke this Authorization, the Student will not participate in any drug testing and, therefore, will not be eligible for participation in the District's sports program and/or driving privileges for which the testing was required.

We understand the disclosure from UPMC Pinnacle Carlisle to the Student, the Student's parent(s)/legal guardian(s) and the employees of the School District is subject to the privacy requirements of the regulations issued under the Health Insurance Portability and Accountability Act ("HIPAA"), 45 C.F.R. Part 164, Subpart E (Privacy of Individually Identifiable Health Information), and is therefore subject to disclosure only as set forth in the notice of privacy rights which we received along with this Authorization. The District and UPMC Pinnacle Carlisle have agreed that the District will not disclose the results of any Student's drug test to any persons except those identified in this Authorization.

We hereby agree to the terms set forth above and acknowledge that we have received a signed copy of this Authorization and a copy of UPMC Pinnacle Carlisle's Notice of Privacy Practices.

<hr/> Date:	<div style="text-align: center;">X</div> <hr/> Student Signature:
<hr/> Date:	<div style="text-align: center;">X</div> <hr/> Parent(s)/Legal Guardian (please circle applicable term):
<hr/> Date:	<div style="text-align: center;">X</div> <hr/> Parent(s)/Legal Guardian (please circle applicable term):

PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION

INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3,4,5 and 6 by the student and parent/guardian; and Section 7 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school for retention by the school. **The CIPPE may not be authorized earlier than June 1st** and shall be effective, regardless of when performed during a school year, until the latter of the next May 31st or the conclusion of the spring sports season.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 8 of this form and must turn in that Section to the Principal, or Principal's designee, of his or her school. The Principal, or the Principal's designee, of the student's school will then determine whether Section 9 need be completed.

Section 1: Personal and Emergency Information

PERSONAL INFORMATION

Student's Name _____ Check one: Male ☐ Female ☐

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: _____ Grade for Current School Year: _____

Current Physical Address _____

Current Home Phone # () _____ Parent/Guardian Current Cellular Phone # () _____

Please list the sport you plan to play below and circle the year(s) you have competed in the sport including this year.

Fall Sport _____ Winter Sport _____ Spring Sport _____

EMERGENCY INFORMATION

Parent's/Guardian's Name _____ Relationship _____ E-mail _____

Address _____ Emergency Contact Phone # () _____

Secondary Emergency Contact Name _____ Relationship _____

Address _____ Emergency Contact Phone # () _____

Family Physician _____ MD or DO (circle one)

Address _____ Phone # () _____

Medical Insurance Carrier (required) _____ Policy # _____

Ins. Address _____ Employer _____ Phone # _____

Student's Allergies _____

Student's Prescription Medications and condition of which they are being prescribed _____

Student's Health Condition(s) of Which an Emergency Physician Should be Aware _____

Section 2: Certification of Parent/Guardian

The student's parent/guardian must complete all parts of this form A thru F.

A. I hereby give my consent for (Name) _____ born on ____/____/____ who turned (age) _____ on his/her last birthday, a student of Boiling Springs or Yellow Breeches School and a resident of the South Middleton public school district, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the _____ school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

	Sport	X Signature of Parent or Guardian below
FALL	Cheerleading/Comp Spirit - Grade 7-12	
	Cross Country - Grade 7-12	
	Field Hockey - Grade 7-12	
	Football - Grade 9-12	
	Golf - Grade 9-12	
	Soccer - Grade 9-12	
	Girls Volleyball Grade 9-12	
WINTER	Basketball – Grade 7-12	
	Bocce – Grade 9-12	
	Cheerleading - Grade 7-12	
	Swimming & Diving - Grade 9-12	
	Wrestling - Grade 7-12	
SPRING	Baseball – Grade 9-12	
	Soccer – Grade 7-8	
	Softball – Grade 9-12	
	Track & Field – Grade 7-12	
	Girls Volleyball – Grade 7-8	

B. Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature X _____ Date ____/____/____

C. Disclosure of records needed to determine eligibility: To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the 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, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature X _____ Date ____/____/____

D. Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in video broadcasts and re-broadcasts, webcasts and reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature X _____ Date ____/____/____

E. Permission to administer emergency medical care: I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care. I further give permission to the school's athletic administration, coaches and medical staff to consult with the Authorized Medical Professional who executes Section 7 regarding a medical condition or injury to the herein named student.

Parent's/Guardian's Signature X _____ Date ____/____/____

F. Confidentiality: The information on this CIPPE shall be treated as confidential by school personnel. It may be used by the school's athletic administration, coaches and medical staff to determine athletic eligibility, to identify medical conditions and injuries, and to promote safety and injury prevention. In the event of an emergency, the information contained in this CIPPE may be shared with emergency medical personnel. Information about an injury or medical condition will not be shared with the public or media without written consent of the parent(s) or guardian(s)

Parent's/Guardian's Signature X _____ Date ____/____/____

Section 3: Understanding of Risk of Concussion and Traumatic Brain Injury

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion?

Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
 - The right equipment for the sport, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time the student practices and/or competes
- Follow the Coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

X _____
Signature of Student-Athlete

Print Student-Athlete's Name

Date ____/____/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

X _____
Signature of Parent/Guardian

Print Parent/Guardian's Name

Date ____/____/____

SECTION 4: UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) occurs when the heart suddenly and unexpectedly stops beating. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 350,000 cardiac arrests that occur outside of hospitals each year. More than 10,000 individuals under the age of 25 die of SCA each year. SCA is the number one killer of student athletes and the leading cause of death on school campuses.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as

- Dizziness or lightheadedness when exercising;
- Fainting or passing out during or after exercising;
- Shortness of breath or difficulty breathing with exercise, that is not asthma related;
- Racing, skipped beats or fluttering heartbeat (palpitations)
- Fatigue (extreme or recent onset of tiredness)
- Weakness;
- Chest pains/pressure or tightness during or after exercise.

These symptoms can be unclear and confusing in athletes. Some may ignore the signs or think they are normal results off physical exhaustion. If the conditions that cause SCA are diagnosed and treated before a life-threatening event, sudden cardiac death can be prevented in many young athletes.

What are the risks of practicing or playing after experiencing these symptoms?

There are significant risks associated with continuing to practice or play after experiencing these symptoms. The symptoms might mean something is wrong and the athlete should be checked before returning to play. When the heart stops due to cardiac arrest, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience a SCA die from it; survival rates are below 10%.

Act 73 – Peyton's Law - Electrocardiogram testing for student athletes

The Act is intended to help keep student-athletes safe while practicing or playing by providing education about SCA and by requiring notification to parents that you can request, at your expense, an electrocardiogram (EKG or ECG) as part of the physical examination to help uncover hidden heart issues that can lead to SCA.

Why do heart conditions that put youth at risk go undetected?

- Up to 90 percent of underlying heart issues are missed when using only the history and physical exam;
- Most heart conditions that can lead to SCA are not detectable by listening to the heart with a stethoscope during a routine physical; and
- Often, youth don't report or recognize symptoms of a potential heart condition.

What is an electrocardiogram (EKG or ECG)?

An ECG/EKG is a quick, painless and noninvasive test that measures and records a moment in time of the heart's electrical activity. Small electrode patches are attached to the skin of your chest, arms and legs by a technician. An ECG/EKG provides information about the structure, function, rate and rhythm of the heart.

Why add an ECG/EKG to the physical examination?

Adding an ECG/EKG to the history and physical exam can suggest further testing or help identify up to two-thirds of heart conditions that can lead to SCA. An ECG/EKG can be ordered by your physician for screening for cardiovascular disease or for a variety of symptoms such as chest pain, palpitations, dizziness, fainting, or family history of heart disease.

- ECG/EKG screenings should be considered every 1-2 years because young hearts grow and change.
- ECG/EKG screenings may increase sensitivity for detection of undiagnosed cardiac disease but may not prevent SCA.
- ECG/EKG screenings with abnormal findings should be evaluated by trained physicians.
- If the ECG/EKG screening has abnormal findings, additional testing may need to be done (with associated cost and risk) before a diagnosis can be made, and may prevent the student from participating in sports for a short period of time until the testing is completed and more specific recommendations can be made.
- The ECG/EKG can have false positive findings, suggesting an abnormality that does not really exist (false positive findings occur less when ECG/EKGs are read by a medical practitioner proficient in ECG/EKG interpretation of children, adolescents and young athletes).
- ECGs/EKGs result in fewer false positives than simply using the current history and physical exam.

The American College of Cardiology/American Heart Association guidelines do not recommend an ECG or EKG in asymptomatic patients but do support local programs in which ECG or EKG can be applied with high-quality resources.

Removal from play/return to play

Any student-athlete who has signs or symptoms of SCA must be removed from play (which includes all athletic activity). The symptoms can happen before, during, or after activity.

Before returning to play, the athlete must be evaluated and cleared. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed this form and understand the symptoms and warning signs of SCA. I have also read the information about the electrocardiogram testing and how it may help to detect hidden heart issues.

Signature of Student-Athlete

Print Student-Athlete's Name

Date____/____/____

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date____/____/____

Section 5: SUPPLEMENTAL ACKNOWLEDGEMENT, WAIVER AND RELEASE: COVID-19

The COVID-19 pandemic presents athletes with a myriad of challenges concerning this highly contagious illness. Some severe outcomes have been reported in children, and even a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of being infected with or furthering the spread of COVID-19, PIAA has urged all member schools to take necessary precautions and comply with guidelines from the federal, state, and local governments, the CDC and the PA Departments of Health and Education to reduce the risks to athletes, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, PIAA reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure to athletes, coaches and other involved persons. Additionally, each school has been required to adopt internal protocols to reduce the risk of transmission.

The undersigned acknowledge that they are aware of the highly contagious nature of COVID-19 and the risks that they may be exposed to or contract COVID-19 or other communicable diseases by permitting the undersigned student to participate in interscholastic athletics. We understand and acknowledge that such exposure or infection may result in serious illness, personal injury, permanent disability or death. We acknowledge that this risk may result from or be compounded by the actions, omissions, or negligence of others. The undersigned further acknowledge that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, these risks do exist. Additionally, persons with COVID-19 may transmit the disease to others who may be at higher risk of severe complications.

By signing this form, the undersigned acknowledge, after having undertaken to review and understand both symptoms and possible consequences of infection, that we understand that participation in interscholastic athletics during the COVID-19 pandemic is strictly voluntary and that we agree that the undersigned student may participate in such interscholastic athletics. The undersigned also understand that student participants will, in the course of competition, interact with and likely have contact with athletes from their own, as well as other, schools, including schools from other areas of the Commonwealth. Moreover, they understand and acknowledge that our school, PIAA and its member schools cannot guarantee that transmission will not occur for those participating in interscholastic athletics.

NOTWITHSTANDING THE RISKS ASSOCIATED WITH COVID-19, WE ACKNOWLEDGE THAT WE ARE VOLUNTARILY ALLOWING STUDENT TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS WITH KNOWLEDGE OF THE DANGER INVOLVED. WE HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS, DISABILITY AND/OR DEATH RELATED TO COVID-19, ARISING FROM SUCH PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF PIAA OR OTHERWISE.

We hereby expressly waive and release any and all claims, now known or hereafter known, against the student's school, PIAA, and its officers, directors, employees, agents, members, successors, and assigns (collectively, "**Releasees**"), on account of injury, illness, disability, death, or property damage arising out of or attributable to Student's participation in interscholastic athletics and being exposed to or contracting COVID-19, whether arising out of the negligence of PIAA or any Releasees or otherwise. We covenant not to make or bring any such claim against PIAA or any other Releasee, and forever release and discharge PIAA and all other Releasees from liability under such claims.

Additionally, we shall defend, indemnify, and hold harmless the student's school, PIAA and all other Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including attorney fees, fees, and the costs of enforcing any right to indemnification and the cost of pursuing any insurance providers, incurred by/awarded against the student's school, PIAA or any other Releasees in a final judgment arising out or resulting from any claim by, or on behalf of, any of us related to COVID-19.

We willingly agree to comply with the stated guidelines put forth by the student's school and PIAA to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that the student is, to the best of our knowledge, in good physical condition and allow participation in this sport at our own risk. By signing this Supplement, we acknowledge that we have received and reviewed the student's school athletic plan.

Date: _____

Signature of Student

Print Student's Name

Signature of Parent/Guardian

Print Parent/Guardian's Name

SECTION 6: HEALTH HISTORY

Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	23. Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR TRAUMATIC BRAIN INJURY		
<input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur	<input type="checkbox"/>	<input type="checkbox"/>	31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection			32. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	33. Do you experience dizziness and/or headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have Marfan Syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	37. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever had surgery?			39. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	41. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	42. Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
			43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
Head Neck Shoulder Upper arm Elbow Forearm Hand/ Fingers Ankle Chest			44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
Upper back Lower back Hip Thigh Knee Calf/shin Foot/ Toes			45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	47. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
			48. How old were you when you had your first menstrual period?		
			49. How many periods have you had in the last 12 months?		
			50. Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

#'s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

**SECTION 7: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION
AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER**

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School _____ Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Brachial Artery BP _____ / _____ (____ / _____, ____ / ____) RP _____

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended.

Age 10-12: BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96.

Vision: R 20/____ L 20/____ Corrected: YES NO (circle one) Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

☐ **CLEARED** ☐ **CLEARED** with recommendation(s) for further evaluation or treatment for: _____

☐ **NOT CLEARED** for the following types of sports (please check those that apply):

☐ COLLISION ☐ CONTACT ☐ NON-CONTACT ☐ STRENUOUS ☐ MODERATELY STRENUOUS ☐ NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE ____/____/____
(must be dated after 5/31/2021)

Section 7 Continued: PIAA Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner

Student's Name _____ Age _____ Grade _____

IMMUNIZATIONS AND TESTS

VACCINE	Enter Month, Day, And Year Each Immunization Was Given			BOOSTERS & DATES	
	DOSES				
Diphtheria and Tetanus (Circle): DTaP, DTP, DT, TD	1 / /	2 / /	3 / /	4 / /	5 / /
Polio (Circle): OPV, IPV	1 / /	2 / /	3 / /	4 / /	5 / /
Measles, Mumps, Rubella	1 / /	2 / /			
Hepatitis B	1 / /	2 / /		3 / /	
HIB	1 / /	2 / /		3 / /	
Varicella	1 / /	2 / /		Varicella Disease or Lab Evidence Date:	
MCV4	1 / /	2 / /			
Other:					

- ☐ Medical Exemption The physical condition of the above named child is such that immunization would endanger life or health
- ☐ Religious Exemption (Includes a strong moral or ethical conviction similar to a religious belief and requires a written statement from the parent/guardian)

If Applicable:

Tuberculin Tests Date Applied	Arm	Device	Antigen	Manufacturer	Signature
Date Read		Results (mm)		Signature	

Follow-Up of significant tuberculin tests:

Parent/Guardian notified of significant findings on. _____
Date

Result of Diagnostic Studies: _____
Date

Preventive Anti-Tuberculosis – Chemotherapy ordered. ☐ NO ☐ Yes _____
Date

ImPACT Concussion Baseline Testing

Who should take the Concussion Baseline Testing?

1. **All 7th and 10th grade athletes** regardless of whether a baseline test was performed in a prior year.
2. **All first year athletes regardless of grade** (Example- Students transferring from another school district or students starting a sport for the first time such as in 9th grade). See below for Instructions on how to complete this testing.

What is ImPACT?

ImPACT is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. ImPACT is a 20-minute neurocognitive test battery that has been scientifically validated to measure the effects of sports-related concussion. In the preseason, each athlete must take a baseline test. If a concussion is suspected during the season, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to diagnose and manage the concussion. Follow-up Post Concussion tests can be administered so clinicians can continue to track the athlete's recovery from the injury for safe return to play.

Why use ImPACT?

ImPACT can help answer difficult questions about an athlete's readiness to return to play, protecting them from the potentially serious consequences of returning too soon. While traditional neurological and radiological procedures such as CT and MRI are helpful in identifying serious brain injuries (e.g., skull fractures and hematomas); they are ineffective at identifying the functional effects of concussion. Consequently, clinicians must often rely on subjective observations or patient self-reports to diagnose and track a concussion. This is where ImPACT can help. Conducting baseline and post-injury neurocognitive testing using ImPACT helps to objectively evaluate an athlete's cognitive status. When baseline data are unavailable, ImPACT has a normative database of thousands of non-injured athletes, which can be used for effective evaluations and comparisons.

When will ImPACT testing occur?

Every athlete will need to complete the Baseline Concussion testing online once every 3 years on their own. You must complete the test before you will be allowed to participate. You should take the test in a quiet environment with no distractions or interruptions on a computer. You cannot complete this on your phone. Your test will be invalid if you do not follow directions exactly and you will need to retake the test. Updating your flash player might be necessary to ensure completion of test without your computer freezing up. Slow connection speed can also cause program to freeze or stop working. The test will time out if you do not complete it continuously without interruptions and distractions within the time limit. **The test could take up to 45 minutes to complete and will be saved and completed when you get to the print confirmation page.** If the confirmation page does not print, do not retake the test, it should still be saved.

To take the Baseline Test: Go to **<https://www.impacttestonline.com/schools>**

Enter **5DD287CDBB** for the Customer ID Code.

I completed the test online and **included the confirmation page with this packet**. If confirmation page does not print, please note this and **do not retake the test**. Turn in all confirmations to Mr. Widder or email him at **blw@smsd.us** when completed.