

STUDENT NAME

Grade _____ 2024-2025

High School Sports Participation Packet

Grades 9-12

Parent and Student complete, sign, and date the following:

- Expectations Policy
- Chemical Use Policy
- Medical Release to Treat
- Concussion Management
- Acknowledgement of Risks

Fees: \$50 Activity fee

* Physical must be completed after May 1, 2024 per Montana High School Association Rule.

Physicals are good for one year.

** Student managers need to fill out a participation packet but do not need a physical.

The Completed paperwork and fee must be turned into the main office in order to be eligible for participation.



Gardiner Public School

www.gardiner.org

406-848-7563

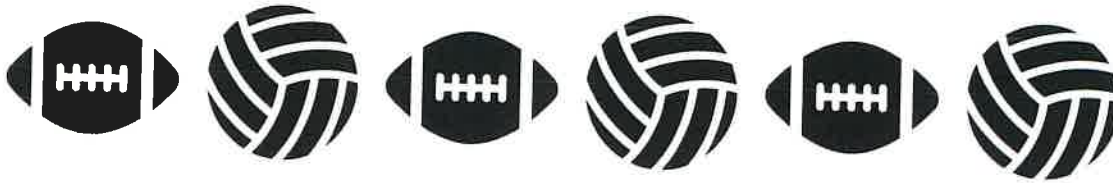
STUDENT NAME

ACTIVITY SCHEDULE 2024-2025

Sports booklets with physicals and fees are due BEFORE first the practice

SPORTS PHYSICALS MUST BE DATED AFTER MAY 1, 2024 FOR THE 2024-25 SPORTS YEAR

Per MHSA rule, student-athletes must complete 8 practices on 8 different days, except for football which is still 10 days in order to be eligible for competition. Golf requires 2 practices on 2 different days.



Fall

Football

Girls' Volleyball

Speech and Drama

First Day

August 16

August 16

October 1



Winter

Boys and Girls' Basketball

First Day

November 21



Spring

Boys and Girls Track

Boys and Girls Golf

First Day

March 10

March 10

DESCRIPTION OF GHS SPORTS:

STUDENT NAME

Please read carefully before signing

The Gardiner School District provides athletic and extra-curricular activities for both boys and girls. Participation in such activities is voluntary. The School District recognizes that participation in athletic and extra-curricular activities can bring the student many rewards

These activities require that the student make a commitment to the activity, submit to the discipline of the coach or advisor, and develop self-discipline to be able to successfully participate. Participation in these activities often requires considerable physical exertion, physical conditioning, and adherence to training rules and regimens.

The rewards for participation are obvious. Learning to function in a team effort teaches a student important lesson for life. Participation in individual sports teaches self-reliance and commitment. All such activities develop in the student an appreciation for his or her physical abilities and develop enthusiasm and school spirit. Competition is fun and everyone must learn how to deal with both victory and defeat.

Athletic and extra-curricular activities tend to keep the student involved in a constructive endeavor. The district's experience has been that its athletes and members of other extra-curricular activities tend to be good citizens and good students. The district believes that you should encourage your child to participate in these activities and support and encourage him or her during the ups and downs of the particular endeavor.

The School District will provide properly trained coaches, safe equipment and facilities, and make reasonable efforts to see that the athletic or extra-curricular program is safe for your child. Nevertheless, because athletic activity can involve injury to the participants, we must warn you of such dangers.

The purpose of this warning is to aid you in making an informed decision as to whether the student should participate in the athletic activity. In addition, its purpose is to make you aware that as a student athlete and parent or guardian, it is your responsibility to learn about the sport involved and to inquire of coaches, physicians and other knowledgeable persons about any concerns that you might have regarding athletic safety and the School District's athletic program.

Athletic injuries can impair the student's general physical and mental health and the student's ability to earn a living and engage in social or recreational activities and general enjoyment of life. Such injuries can include death or serious physical injury and a possibility of emotional injury. Injury can arise from training room procedures, the administration of first aid, or failing to follow game, training, safety or other team rules. The use of transportation provided or arranged by the School District to and from games also involves the risk of injury or death.

On the following pages is a list of the sports offered to students. Parents and the student/athlete should read the information provided for each sport in which the student plans to participate. The parents and student/athlete should also read all other information carefully and sign in the appropriate places. Please have your family physician complete all appropriate forms.

* **BASKETBALL** *

STUDENT NAME

Basketball is a ball and hoop sport involving CONTACT. Because it is a contact sport, basketball involves the risk of serious injury to every part of the body including but not limited to ankle, knee, back, head, neck, or leg injuries, or death. Bruises, muscle strains, cramps, fractures, and dislocations are common types of injuries sustained by basketball players. Basketball injuries can result from contact with other participant, the basketball, the playing surface, and other solid objects in and around the basketball court during warm ups, practice scrimmages, or games.

FOOTBALL

Tackle football is a violent contact sport. The sport may involve injury to virtually every part of the body such as the: neck and spine (resulting in paralysis); head (resulting in brain damage, hearing loss, eye damage and/or dental loss); nerves; blood vessels; internal and/or reproductive organs; bones; joints, ligaments; muscles; tendons. In rare cases death may occur. Other injuries may include heat stroke, heart failure, asthmatic attack and/or the additional strain the body may place on an already existing physical condition. Common injuries include knee injuries, strains of muscles, shin splints, ankle, shoulder, low back, and torso injuries. Dislocations and fractures of bones are also common.

Injury can result from correct or incorrect performance and may occur in tryouts, practice, warm-ups, scrimmages, or games. Injury may result from contact with other players, bystanders, the playing surface, training equipment, goal posts or other objects in and around the playing field. Injury may also result from miss-fitting or worn equipment.

* TRACK AND FIELD *

Track and field is a sport involving sprinting, running, jumping and activities such as the pole vault, high jump, and discus throw. Common injuries, including death, sustained as a result of participating in track and field are to the thigh, and hamstring muscle in the back part of the leg. Shin splints, muscle and tendon injuries of the leg and inflammation of the knee are also common. Head and neck injuries can occur as a result of falls competing in the pole vault or high jump. Injury can occur as a result of being struck by a discus, shot put or javelin. The most common time for injury to occur is during warm-up, practice, or meet. Injuries can result from correct or incorrect performances of techniques and skills.

* VOLLEYBALL *

Volleyball is a competitive net and power ball sport. Common injuries, including death, sustained as a result of participating in volleyball are to the arms, hands, legs, feet, ankle, knee, low back, shoulder, and elbow. Bruises, scrapes, strains, sprains, fractures, ligament, cartilage damage, and concussions are also possible.

Volleyball injuries can result from the correct or incorrect performance of playing techniques used in tryouts, practices, warm ups, games, drills, exercises, or matches. Injury to the head and mouth, nose, teeth, eyes, ears, and other parts of the body can result from contact with the ball, players, the playing surface, and other solid objects in and around the play area.

ACTIVITY ELIGIBILITY INFORMATION

STUDENT NAME

Students and their parents or guardians should understand the following basic regulations from the Montana High School Association (MHSA), Gardiner High School (GHS), policies of the Gardiner School Board, or other administrative directives.

Academic Eligibility: Eligibility for the Gardiner High School and the Gardiner Junior High School will be checked on a weekly basis. Any student with a cumulative average of "F" (below 60%) in any class and/or missing class assignments shall be listed as ineligible and disqualified to participate in extracurricular or co-curricular activities for that eligibility week unless the student attends Friday school and completes necessary work. Eligibility for the first two weeks of each quarter will be based on the previous quarter's grade.

Physical Exam: A physical examination is required for each student in order to be considered eligible for participation in an Association Contest. Physical examinations must be completed prior to the first day of practice or tryouts. The physical examination must be conducted by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. *A physical examination conducted before May 1, 2024 is not valid for participation the following school year.*

NOTE : Whenever the Association's Rules and Regulations specify that physical examinations shall be required or that doctors shall be present at certain events or that reports or physical examinations or certificates of physical fitness shall be furnished to an official of the Association, the rules and regulations shall be deemed complied with if the services are performed within the scope and limitation of his/her practice. This complies with Section 33-22-111 of the Laws of Montana that provide for freedom of choice of practitioners.

Section (2) ELIGIBILITY To be eligible to participate in an Association Contest, a student shall meet all of the following criteria: 2.1 A student must be enrolled in twenty hours per week and in regular attendance in ten hours per week at the school where the student participates. Regular attendance is defined as actual physical presence in the building (bricks and mortar). A home school student is not eligible to participate for an MHSA member school. Exception: students who are enrolled and participating in a transformational learning program in their school that meets a district's proficiency-based learning requirements pursuant to the adopted policies of the local school board is exempt from the ten hours per week bricks and mortar requirement. Exception – Non-public or home school students who meet the requirements of 20-5-109 can participate in MHSA member school extra-curricular activities with the following stipulations: 1) The same standards for participation must be met as those required of full-time students enrolled in the school (besides enrollment). 2) The same rules of the MHSA apply including age, semesters, and academics (see #3). 3) The academic eligibility for extracurricular participation for a student attending a nonpublic school must be attested by the head administrator of the nonpublic school. The academic eligibility for extracurricular participation for students attending a home school must be attested in writing by the educator providing the student instruction with verification by the MHSA school principal. Academic eligibility includes provisions 2.2, 2.3 and 2.4. 4) The student may only participate in the school in the student's attendance area and cannot transfer. Exception – Home school or nonpublic school students who resides in a school district with more than one high school can participate in extracurricular activities at any high school in their district if

approved by the school district. Districts that enforce attendance area restrictions may enforce those restrictions with home and nonpublic school students. Once a student participates in any extracurricular activity in a particular school, that is the only school that student may participate at during the student's high school activities career. There is no transfer in district after the initial approval. 2.2 A grading period is defined as one semester. A semester is defined as one half of a school year (approximately 18 school weeks or 90 school days). This definition is applicable to all schools regardless of the type of class scheduling format utilized (i.e., block, traditional, trimester etc.). 2.3 A student must have received a passing grade and received credit in at least twenty periods of prepared class work or its equivalent in the last previous semester, at the school where the student participates; except that any ninth-grade student enrolled and attending any junior high, in the same school system as the senior high school, may be eligible to participate on that senior high school's athletic teams. If the school prohibits participation by ninth grade students, this action by the local school will not be subject to review by the MHSA or its Executive Board. 2.4 A student must have received a passing grade and received credit in at least twenty periods of prepared work per week or its equivalent during the last preceding semester in which he/she was enrolled. 2.5 If a student is assigned an "incomplete" or a "condition" in a subject, he/she has not received a passing grade in this subject. The record at the end of the semester is final. 2.6 In the case of two or more schools entering into a cooperative sponsorship of activities, a student enrolled as a student and otherwise satisfying eligibility requirements would be eligible to participate in any activity sponsored by the school, regardless of whether the activity is sponsored only by the school or in conjunction and cooperation with another school, without being in violation of Article II, Section 2. 2.7 No student may establish eligibility concurrently at two member schools and nonpublic school. Dual enrollment is not recognized for the purpose of eligibility in MHSA activities. A home school or nonpublic school student who participates at a MHSA member school is not eligible to concurrently participate in the same sport/activity that he/she participates in at the member school in any other league (nonpublic or home school). This provision protects member schools and nonpublic and home school leagues regarding dual participation. 2.8 This rule is not applicable to IDEA '04 and Section 504 students when their individual education plans (IEP) under IDEA or their educational accommodation plans under Section 504 certify that the students are not required to meet this minimum academic to have passed 20 hours of prepared work per week. However, all students must be enrolled in twenty hours per week and in regular attendance in ten hours per week. Special education or Section 504 certification that the student is not required to meet the minimum academic requirements may not be enacted retroactively (after grades have been assigned at the end of the previous semester). 2.9 The second semester begins on Monday morning following the week in which the first semester ends. A student who becomes eligible the second semester would then become eligible on Monday morning. A student who becomes ineligible the second semester would become ineligible on Monday morning. INTERPRETATIONS 1. A student may not compete "unattached" or "independently." He/she must compete for and be eligible to represent his/her member high school. 2. Schools may be more stringent in their policies. 3. Twenty hours of prepared class work is defined as four subjects that grant one unit of credit each for the full school year, or their equivalent (e.g., three classes carrying one unit of credit for the school year and two classes carrying one-half unit of credit for the school year) or the equivalency in a block/trimester schedule would meet this requirement. 4. Only school district-approved course work can be used to compute the 20 periods of prepared work. 5.

STUDENT NAME

The scholastic record at the end of the semester shall be final and deficiencies may not be made up in any manner. Deficiencies, including incompletes, conditions and failures for the previous semester may not be made up during a subsequent semester, summer session, night school, correspondence, or tutoring for the purpose of establishing or maintaining MHSA eligibility. 6. The intent of the rule prohibiting incomplete grades from being made up is not to prohibit incomplete grades which were given in cases of illness, injury or attending school authorized functions. 7. A student attending an alternative school not housed within the high school is considered eligible for competition if the student a) is academically eligible from the previous semester, b) is enrolled and in regular attendance for twenty hours per week of approved high school classes, c) is eligible to receive a diploma from the high school for which he/she is competing, and d) the principal of the high school verifies that the student meets all other eligibility requirements such as age, semesters etc. and is in good standing.

STUDENT NAME

Date

Dear Parent(s):

As a member of the Montana High School Association, Gardiner Public Schools must maintain a high level of scrutiny regarding student athlete participation in sanctioned activities.

It is understood that _____ (student's name) will be transferring and attending Gardiner High School after attendance at _____ (school transferring from). He/she will be treated as an in-district student based on the fact that his/her parent(s) will be relocating to a residence within the Gardiner high school district.

For athletic eligibility purposes it must be understood that this relocation will be regarded as a full-time residence where the parent(s) and the student must reside. Split living between _____ (previous city of residence) and Gardiner is not permissible. Compliance is very important as a violation of this rule places the school's _____ (name of activity) program at risk for forfeiture of all games in which the student has played if this rule is violated.

Please note Article II, Section 10, Interpretation 2 of the current MHSA Handbook which states – ***A change of residence is the actual physical relocation by the parents or legal guardians of a student at a new residence and termination of all occupancy of a previous residence. The change in residence must be bona fide, include other minor siblings and involve transfer from one school district attendance area to another school district attendance area. For the purpose of eligibility, there can be only one residence.*** I would ask that you pay close attention to these requirements and understand that this school district will be the full-time residence.

Thank you in advance for understanding the complex nature of this transfer issue and the potential problems that may arise for our school. If you have any further questions, please contact me and I will provide any information and help you in any way that I can.

The individuals below acknowledge receipt of this Memorandum of Understanding and agree to the guidelines set forth for eligibility regarding _____ (student's name) transfer from _____ (school transferring from) to Gardiner.

Parent _____ (s) _____

Student _____

Principal _____
Supt. _____

(Administrator signatures of your choice)

EXPECTATIONS OF STUDENT PARTICIPANTS: Conduct, Character and Discipline

Participation in an athletic or an athletic-related activity program is both an honor and a responsibility. The purpose of the athletic and athletic-related activity program is to provide student/athletes with wholesome competition on an interscholastic level. A necessary component of the Activities Program is developing a sense of dedication and establishing high standards of conduct and attitude. Because student/athletes represent their school and their community, they are expected to display high standards of morality and conduct.

STUDENT NAME

All student/athletes participating in the GHS Activities Program are expected to follow and adhere to the following expectations. Failure to adhere to the following expectations will lead to disciplinary action by the Head Coach/Athletic Director/School Administrator, which may result in suspension or dismissal from the GHS Activities Program.

1. Adherence To All School District Policies - Students at all times must follow all school and district rules, regulations and policies regarding student behavior and academics.
2. Adherence To All Laws - As representatives of GHS, all students who participate in GHS Activities are expected to exhibit appropriate behavior at all times (i.e., both on and off-season) and to set the highest possible example of conduct, citizenship, sportsmanship and training. As such, all students who participate in GHS activities are required to follow all policies, rules and regulations of the district and to adhere to all local, state and federal laws. Examples of behaviors that could result in suspension or exclusion from GHS activities, include but are not limited to, violence, threats, stealing, bullying or any other behavior, on or off school property, that causes disruption or is determined to be detrimental to the education process or the OHS Activities Program.
3. Adherence To MHSA Rules - Students are expected to follow all MHSA rules regarding academic, transfer and age eligibility as well as all rules pertaining to awards, sportsmanship, student conduct and others.
4. Academic Performance - The major objective of a student is to graduate in good standing. All students are required to place academics at the top of their priority list. Academic standing, both in spirit and to meet MHSA eligibility requirements, must have priority over all other school activities.
5. Chemical Use Policy - Students are expected to refrain from the use of chemical substances as outlined in the Gardiner Public School Chemical Use Policy.
6. Student Behavior - Students participating in activities are representatives of the school district and Gardiner community. They are expected to conduct themselves appropriately at all times while representing the school. This includes language, dress, respect for others, sportsmanship, adherence to laws, respect for property.
7. Pre-Season Responsibilities - All students participating in activities are expected to take care of all pre-season responsibilities by the required deadlines. This includes physicals, payment of fees, and all other paperwork necessary for participation.
8. Adherence To Program Rules - Students participating in activities are expected to follow the rules of the specific program in which they are involved. These include such things as practice attendance, behavior, adherence to sport rules, sportsmanship, care of equipment, etc.
9. Sportsmanship - Activities participants are at all times required to demonstrate good sportsmanship, behavior, and language. Comments, cheers and actions should be positive rather than taking the form of put-downs or intimidation.
10. Respect For Others - All activities participants are expected to demonstrate respect for others at all times. This applies to the treatment of opponents, officials, referees, fans, and coaches. The simple rule of treating others with the same amount of dignity and respect as you would wish them to treat you should be the philosophy of all participants.

STUDENT NAME

11. Respect For Property and Equipment - Part of respecting others is also respecting their property and equipment. Responsible care of all activities facilities and equipment is a must. Vandalism and/or theft will not be tolerated in the GHS Activities Program.

Student/athletes who are suspended or dismissed from a team for a portion of the season will follow the guidelines below with respect to "home" and "away" events during their suspension depending upon the infraction and decision of administration / coach:

1. Home Events: The student/athlete may be required to participate in all activities related to the game/meet. He or she will not dress out in the school's uniform during "home" events.
2. Away Events: The student/athlete may be allowed to attend "away" events if there is seating available on the bus for him/her and if the "away" event is during a non-school day.

STATEMENTS TO BE SIGNED BY PARTICIPANTS AND PARENT(S) OR GUARDIAN
I have read and understand the above MHSA and Gardiner High School Student/Athletes Guidelines. I have furnished a copy to my [parent(s) or guardian and have secured my parent(s) or guardian's signature here, which acknowledges that I have read and understand the policy.

Student Signature _____ Date _____

Parent [or] Guardian Signature _____ Date _____

Extra- and Co-Curricular Alcohol, Drug, and Tobacco Use

The district views participation in extracurricular activities as a privilege extended to students willing to make a commitment to adhere to the rules which govern them. The district believes that participation in organized activities can contribute to all-around development of young men and women and that implementation of these rules will serve these purposes:

1. Emphasize concern for the health and well-being of students while participating in activities;
2. Provide a chemical-free environment which will encourage healthy development;

STUDENT NAME

3. Diminish chemical use by providing an education assistance program;
4. Promote a sense of self-discipline among students;
5. Confirm and support existing state laws which prohibit use of mood-altering chemicals;
6. Emphasize standards of conduct for those students who, through their participation, are leaders and role models for their peers and younger students; and
7. Assist students who desire to resist peer pressure that often directs them toward the use of chemicals.

Violations of established rules and regulations governing chemical use by participants in extra and co-curricular activities will result in discipline as stated in student and athletic handbooks.

First Violation:

Multiple event activities - Suspension for a period of two (2) inter-school competition weeks and attendance at two (2) counseling sessions; this consequence can run across one or more activities seasons or school years.

Single event activities - Suspension of participation in the next current or future [single event] extracurricular activity and attendance at two (2) counseling sessions.

Activity(ies) in which the student is involved at the point of violation will take precedence in all cases. The next chronological event will be penalized.

If a student is involved in one or more (single or multiple event) activities, consequences as outlined for each event type will apply.

Second Violation:

Multiple event activities - Suspension for a period of four (4) inter-school competition weeks and attendance at four (4) counseling sessions; this consequence can run across one or more activities seasons or school years.

Single event activities - Suspension of participation in all current [single event] extra-curricular activities and attendance at four (4) counseling sessions.

If a student is involved in one or more (single or multiple event) activities, consequences as outlined for each event type will apply.

Third Violation:

All activities - Suspension for a period of eight (8) competition weeks and attendance at six (6) counseling sessions; this consequence can run across one or more activity seasons and/or school years.

During suspension, a student is expected, at the discretion of the coach/sponsor, to participate in practices or meetings of the extra-curricular activity.

STUDENT NAME

**An activity day is defined as a day in which there are sports activities that the student would participate in (ex. Practice, game, etc). An activity day carries over from sport to sport, season to season, and school year to school year.*

** Athletes and their parents are responsible for any monetary costs incurred with Southwest Chemical Dependency.*

** If a participant denies implication on a first violation when he/she is questioned when an investigation is in progress and is later proved to be in violation, the penalty shall automatically double in duration. If a participant denies implication on a second violation when he/she is questioned when an investigation is in progress and is later proved to be in violation, the student will be prohibited from participation in the school extra-curricular activities (as defined in this policy) for one calendar year.*

STATEMENTS TO BE SIGNED BY PARTICIPANTS AND PARENT/GUARDIAN

I HAVE READ AND UNDERSTAND THE ABOVE POLICY AND AGREE TO FOLLOW THE RULES OF THIS POLICY AND ANY OTHER TEAM RULES IMPOSED BY MY COACH AND MY SCHOOL'S RULES FOR STUDENT CONDUCT. FURTHER, IT IS HEREBY UNDERSTOOD THAT THE GARDINER SCHOOL ADMINISTRATION AND BOARD OF TRUSTEES RESERVE THE RIGHT TO TAKE ACTION BEYOND WHAT IS OUTLINED ABOVE BASED UPON THE SEVERITY OF A VIOLATION.

STUDENT'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

Management of Sports Related Concussions

- Athletic Director or Administrator in Charge of Athletic Duties:
 1. *Updating:* Each spring, the athletic director, or the administrator in charge of athletics if there is no athletic director, shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the: MHSA or the MHSA Web site, U.S. DPHHS, and CDCP web site. If there are any updated procedures, they will be adopted and used for the upcoming school year.
 2. *Identified Sports:* Identified sports include all organized youth athletic activity sponsored by the school or school district.

- B. *Training:* All coaches, athletic trainers, and officials, including volunteers shall undergo training in head injury and concussion management at least once each school year by one of the following means: (1) through viewing the MHSA sport-specific rules clinic; (2) through viewing the MHSA concussion clinic found on the MHSA Sports Medicine page at www.mhsa.org; or by the district inviting the participation of appropriate advocacy groups and appropriate sport's governing bodies to facilitate the training requirements
- C. *Parent Information Sheet:* On a yearly basis, a concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent and/or guardian prior to the student-athlete's initial practice or competition. This information sheet may be incorporated into the parent permission sheet which allows students to participate in extracurricular athletics and should include resources found on the MHSA Sports Medicine page at www.mhsa.org, U.S. DPHHS, and CDCP websites.
- D. *Responsibility:* An athletic trainer, coach, or official shall immediately remove from play, practice, tryouts, training exercises, preparation for an athletic game, or sport camp a student-athlete who is suspected of sustaining a concussion or head injury or other serious injury.
- E. *Return to Play After Concussion or Head Injury:* In accordance with MHSA Return to Play Rules and Regulations, a student athlete who has been removed from play, practice, tryouts, training exercises, preparation for an athletic game, or sport camp may not return until the athlete is cleared by a Medical Doctor, Doctor of Osteopathic Medicine, Nurse Practitioner, or Physician's Assistant trained in evaluation for concussion management. The health care provider may be a volunteer.

Management of Sports Related Concussions

Student-Athlete & Parent/Legal Guardian Concussion Statement

Because of the passage of the Dylan Steigers' Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student athlete and the student-athlete's parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed health care provider.

STUDENT NAME

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Guardian Name(s): _____

- We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet*.
If true please check box

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems	
	I have read the concussion symptoms on the Concussion fact sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian

Date

A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

STUDENT NAME

- Headache or "pressure" in head Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be
 - The right equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you play

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion.

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

STUDENT NAME

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

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

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon while the brain is still healing risk a greater chance of having a second concussion. Second or later

STUDENT NAME

concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN
-------------------------------------	---

STUDENT NAME

<ul style="list-style-type: none"> •Appears dazed or stunned •Is confused about events •Answers questions slowly • Repeats questions •Can't recall events prior to the hit, bump, or fall •Can't recall events after the hit, bump, or fall • Loses consciousness (even briefly) •Shows behavior or personality changes •Forgets class schedule or assignments 	<p>Thinking/Remembering:</p> <ul style="list-style-type: none"> •Difficulty thinking clearly •Difficulty concentrating or remembering •Feeling more slowed down •Feeling sluggish, hazy, foggy, or groggy 	<p>Emotional:</p> <ul style="list-style-type: none"> •Irritable • Sad •More emotional than usual •Nervous <p>Sleep*:</p> <ul style="list-style-type: none"> •Drowsy • Sleeps less than usual •Sleeps more than usual •Has trouble falling asleep <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day</i></p>
	<p>Physical:</p> <ul style="list-style-type: none"> •Headache or "pressure" in head •Nausea or vomiting •Balance problems or dizziness •Fatigue or feeling tired •Blurry or double vision •Sensitivity to light or noise •Numbness or tingling •Does not "feel right" 	

ACKNOWLEDGEMENT OF RISKS

I WE HEREBY CERTIFY THAT I/WE HAVE READ THE FOREGOING ACTIVITIES PARTICIPANT INFORMATION AND THE WARNINGS ABOUT THE RISKS OF INJURY INHERENT IN EACH ACTIVITY/SPORT.

I/We hereby give consent for my/our son or daughter named in this booklet to engage in approved athletic activities as a representative of his or her school, except in those activities indicated by the above licensed professional, and realize that all activities/sports involve the potential for injury which are inherent in all activities/sports. I/We acknowledge that even with competent coaching, the use of appropriate protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis, quadriplegia, or even death. Because of dangers of participating in the activities/sports outlined in

STUDENT NAME

this booklet, I/we recognize the importance of following coaching instructions regarding playing techniques, training, and other team rules, etc., and I/we agree to obey such instructions. I/We also understand that it may be necessary for students to provide their own transportation to some practices. In these situations, the parent and the student are responsible for safe travel. In consideration of the Gardiner School District permitting my/our son or daughter or ward to participate in its athletic activities/sports program and engage in all activities relating to those activities/sports, I/we recognize and assume the risks of injuries outlined, but not limited to, in this booklet that are inherent to the activities/sports that my/our son or daughter may choose to participate in.

ONE PARENT OR LEGAL GUARDIAN MUST SIGN FORM.

Student Signature _____ Date _____

Parent Signature _____ Date _____

RETURN THIS COPY TO THE SCHOOL OFFICE BEFORE YOU MAY PRACTICE

Date Returned _____ Coach _____

Name _____

Address _____

Phone # _____

STUDENT NAME

Eligible_____ Not Eligible_____

Physician's Signature_____ Date_____

Comments:

Parent/Guardian Signature_____

Student's Signature_____

STUDENT NAME



MHSA CONFIDENTIAL ATHLETIC PREPARTICIPATION PHYSICAL EXAMINATION

Students must have a preparticipation physical examination completed yearly prior to the first practice of any sport. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. While **Logan Health is the preferred medical provider of the MHSA**, parents/guardians may choose their own medical provider for their Physical Examination. This certification is valid for a period of one school year. **A physical examination conducted before May 1st is not valid for participation for the following school year.** All information is to remain confidential.

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Athlete Name: _____ Gender: _____ Grade: _____ Date of Birth: _____
Home Address: _____ Phone Number: _____
Parent/Guardian's Name: _____ Family Physician: _____
Date of examination: _____ Current school: _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (i.e. medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS

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

	YES	NO	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	YES	NO
1. Do you have any concerns that you would like to discuss with your provider?			11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
2. Has a provider ever denied or restricted your participation in sports for any reason?			12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTs), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
3. Do you have any ongoing medical issues or recent illness?			13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

HEART HEALTH QUESTIONS ABOUT YOU

YES NO

4. Have you ever passed out or nearly passed out during or after exercise?

5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?

Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?

7. Has a doctor ever told you that you have any heart problems?

8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.

9. Do you get light-headed or feel shorter of breath than your friends during exercise?

10. Have you ever had a seizure?

BONE AND JOINT QUESTIONS

YES NO

14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?

15. Do you have a bone, muscle, ligament, or joint injury that currently bothers you?

16. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?

MEDICAL QUESTIONS

YES NO

17. Do you cough, wheeze, or have difficulty breathing during or after exercise?

18. Have you ever used an inhaler or taken asthma medicine?

19. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?



PROVIDER'S PHYSICAL EXAMINATION FORM

Athlete Name: _____ Date of Birth: _____

EXAMINATION: TO BE FILLED OUT BY MEDICAL PROVIDER ONLY

Height: _____ Weight: _____

Pulse: _____ BP: _____ / _____ Vision: R 20/ _____ L 20/ _____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

MEDICAL (Please initial)

Appearance (Marfan stigmata)

Eyes/Ears/Nose/Throat (pupils equal, hearing)

Lymph Nodes

Heart (murmurs)

Pulses (simultaneous femoral and radial)

Lungs

Abdomen

Skin (HSV, MRSA, tinea corporis)

Neurological

Genitourinary (males only)

NORMAL

ABNORMAL FINDINGS

MUSCULOSKELETAL (Please initial)

Neck

Back

Shoulder/Arm

Elbow/Forearm

Wrist/Hands/Fingers

Hip/Thigh

Knee

Leg/Ankle

Foot/Toes

Functional (double-leg squat test, single-leg squat test, box drop or step drop test)

NORMAL

ABNORMAL FINDINGS

Notes: _____

CLEARANCE

☐ Cleared without restriction

☐ Cleared with recommendations for further evaluation or treatment for: _____

☐ Not cleared for ☐ All sports ☐ Certain sports _____ Reason: _____

Recommendations: _____

Name of Physician/Medical Provider [print or type]: _____ Date: _____

Address: _____ Phone: _____

Signature of Physician/Medical Provider: _____

MEDICAL QUESTIONS (CONTINUED)	YES	NO	ADDITIONAL INFORMATION
20. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			Explain any "Yes" responses to questions in the history sections below. _____ _____ _____ _____ _____ _____ _____ _____
21. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			
22. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?			
23. Have you ever become ill while exercising in the heat?			
24. Do you or does someone in your family have sickle cell trait or disease?			
25. Have you had or do you have any problems with your eyes or vision?			
26. Have you ever had an eating disorder?			
27. Have you had infectious mononucleosis (mono) within the last Month?			
FEMALES ONLY	YES	NO	
28. Have you ever had a menstrual period?			
29. How old were you when you had your first menstrual period?			
30. When was your most recent menstrual period?			
31. How many periods have you had in the past 12 months?			

Name of Athlete (typed or printed): _____

Signature of Athlete: _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I certify that the information provided by the student/parent(s) is accurate to the best of my knowledge. I hereby give my consent for the above student to engage in approved athletic activities as a representative of his/her school, except those indicated above by the licensed professional. I also give my permission to the team physician, athletic trainer, or other qualified personnel to have access to information provided here as well as to give first aid treatment to this student at an athletic event in case of injury. If emergency service involving medical action or treatment is required and the parents(s) or guardian(s) cannot be contacted, I hereby consent for the student named above to be given medical care by the doctor or hospital selected by the school.

Name of Parent/Guardian (typed or printed): _____

Signature of Parent/Guardian: _____

Date: _____ Address: _____ Insurance Company: _____

Parent's Home Phone: _____ Parent's Cell Phone: _____ Parent's Work Phone: _____

ALL INFORMATION IS TO REMAIN CONFIDENTIAL

