

2023-24 WCPSS High School Athletic Participation Form

INSTRUCTIONS

This form must be completed in its entirety prior to being eligible for athletic participation. Please note that there are 10 pages to this form and all of them must be completed. Incomplete forms will delay your athletic participation. Online submission of this document should be completed through Dragonflymax.com. Click here to learn how to get started.

Use the following checklist to determine if the WCPSS High School Athletic Participation form is complete.

L	All student and parent contact information.	Physical Exam Section is completed and signed by a physician
	Current sport planning to participate in.	(MD, DO, PA, NP). Note: Doctor of Chiropractic Medicine is not satisfactory.
	Conviction section is complete.	Physical Exam Section is dated by the attending physician and
	Request for Permission – Sports not allowed to participate in are	signed (MD, DO, PA, NP).
	listed. Please note: WCPSS Interscholastic Sports are basketball, baseball, cheerleading, cross country, football, golf, gymnastics, indoor track, lacrosse, soccer, softball, swimming, stunt, tennis, track, volleyball, and wrestling. Weight training may be a required	Physical Exam Section must include the medical office name, address, and phone number of the office where the physical exam was conducted. This may be stamped by the physician's office.
	component of conditioning for any sport.	Participation form is signed and dated by student-athlete and by a
	Athlete's health history is complete.	parent or legal custodian.
	Provide details for any "yes" answers in the Athlete's Screening Examination.	Concussion Information for Student/Athletes & Parent/Legal Custodians has been read and understood.
	Athlete's Screening Examination must be signed and dated by the student athlete and the parent or legal custodian	Student-Athlete & Parent/Legal Custodian Concussion Statement has been filled out, initialed and has signatures.
		Make copies of the completed forms for your records.

ELIGIBILITY RULES

To represent your school in athletics, you:

- Must be a properly enrolled student at the time you participate, must be enrolled no later than the 15th day of the present semester, and must be in regular attendance at that school.
- Must not be convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.
- Must not have more than 13.5 total absences (85% attendance requirement) in the semester prior to athletic participation.
- Must not have exceeded eight consecutive semesters of attendance or have participated in more than four seasons in any sport (one season per year) since first entering grade nine.
- Must be under 19 years of age on or before August 31.
- Must live with a parent or legal custodian within the Wake County Public School System administrative unit. (Must notify the athletic director if not living with a parent or legal custodian.)
- Must be present 100% of the student day on the day of an athletic contest in order to participate in the event. This includes games and practices.
- Must meet promotion requirements at their school to be eligible.
- Must have passed a minimum of five courses during the previous semester in a traditional schedule or three in a block schedule or six for schools on an A/B form of scheduling.
 - Note: Seniors must meet this requirement in order to participate in athletics during the spring sports season of their senior year.
- Requirements for hybrid schedules should be verified with your Athletic Director.
- Must maintain at least a 1.5 overall GPA.
- Must have received a medical examination by a licensed physician within the past 395 days.

- If you miss five or more days of practice due to illness or injury, you must receive a medical release from a licensed physician before practicing or playing.
- Athletes and parents must view the Concussion Education video prior to each season.
- Must not accept prizes, merchandise, money, or anything that can be exchanged for money as a result of athletic participation. This includes being on a free list or loan list for equipment, etc.
- Must not have signed a professional contract, have played on a junior college team or be enrolled and attending a class in college. This does not affect a regularly enrolled high school student who is taking a college course(s) for advanced credit.
- Must not participate in unsanctioned all-star or bowl games.
- May not participate (try-out, practice, play) at a second school in WCPSS in the same sport season.
- May not, as an individual or a team, practice or play during the school day.
- May not play, practice, or assemble as a team with your coach on Sunday.
- May not dress for a contest, sit on the bench, or practice if you are not eligible to participate.
- Must have an approved WCPSS Appeal for Athletic Participation
 if the student changed schools any time after initial entry in 9th
 grade. (this includes transfers, magnet school enrollment,
 returning to base school, and any other change of school without
 a bon-a-fide change of residence.)



2023-24 WCPSS High School Athletic Participation Form

Instructions: Print or type and return to school. All student and parent contact information must be complete. All insurance information must be complete. Attach necessary documentation for Medical Alerts such as allergic reactions, contacts, etc.

Athlete's N	lame:				
	(Last)		(First)	(Middle)	
Student ID):	Date of Birth:	Gender: M F Race:	Sport:	
Grade:	Class of:				
Street Add	lress:				
City:		State: Zip	Code: Home Phon		
Name of P	arent 1:		Daytime Phone:	Cell	
				Cell	
*Legal Cus	stodian:			Cell	
	• .	• •		Cell	
-				Phone:	
				s):	=
Other aller	gic reactions, List:				
Conviction	s: Check the box th	nat applies to		(student name)	
	Is not convicted of or any other state.	a felony in this or any other s	tate OR adjudicated as a delinque	ent for an offense that would be a felony if	committed by an adult in this
	Is convicted of a fe	elony in this or any other state			
	Is adjudicated as a	a delinquent for an offense tha	it would be a felony if committed b	y an adult in this or any other state.	
The follow	ing must be comple	eted if the student is convicted	of a felony or is adjudicated as a	delinquent:	
Convicted	or adjudicated of:				
City and S	tate:	Da	te Convicted/Adjudicated:		=
Description	n of offense:				_
Court Cou	nselor:		Phone Number:		

INSURANCE

The Wake County Public School System (WCPSS) furnishes an Interscholastic Athletic Insurance Policy that provides **limited benefits** for all students in the system who participate in high school sponsored and supervised interscholastic athletic activities. The policy provides excess coverage for students with other insurance coverage, but it pays only when other benefits have been exhausted. In cases in which a student has no other coverage with either a commercial insurance agency, Medicare, or Medicaid, the WCPSS athletic insurance policy is the primary policy.

If your son or daughter should be injured while participating in a high school sponsored or supervised interscholastic athletic event, the following procedures must be followed to process a claim under the insurance provided by WCPSS:

- Pick up a claim form at your school.
- See a physician within 30 days of the injury.
- Complete and submit the Accident Claim form. The claim form must be filed with the insurance company within 60 days of the injury and should include the Explanation of Benefits form from your primary insurance carrier. Please list below the name of your primary insurance carrier and policy number.

REQUEST FOR PERMISSION

We, the student's parent/legal custodian	, give my consent for the above-named student to represent his/her school in interscholastic sports,	except for those sports
indicated by listing here:		

Please note: WCPSS Interscholastic Sports are basketball, baseball, cheerleading, cross country, football, golf, gymnastics, indoor track, lacrosse, soccer, softball, swimming, stunt, tennis, track, volleyball and wrestling. Weight training may be a required component of conditioning for any sport.



Athletic Participation Form

Instructions: Student Athlete and Parent/Legal Custodian must read and sign this form.

Hazing: According to WCPSS Board Policy 6420.2, hazing is prohibited. No group or individual shall require a student to wear abnormal dress, play abusive or ridiculous tricks on him/her, frighten, scold, beat, harass, or subject him/her to personal indignity. The Board of Education is required to expel any student convicted of hazing under NC Criminal Statute §14-35.

Code of Sportsmanship: It is recognized that public school interscholastic athletic events should be conducted in such a manner that good sportsmanship prevails at all times. Every effort should be made to promote a climate of wholesome competition. Unsportsmanlike acts will not be tolerated. A player is under the coach's control from the time he/she arrives at the athletic field until he/she leaves the field. The penalties listed in the North Carolina High School Athletic Association Handbook will be adhered to for any athlete ejected from an athletic contest.

NCHSAA Regulations Student Athlete Pledge: As a student athlete, I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school, my conference, and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

Parent Pledge: As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, s pectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

Football: Student athletes who are members of the school football team must read, review with parent/guardian, and sign an extra form entitled Safety List for Football Players. This form emphasizes specifics of tackling, blocking, running the ball, basic hitting (contact) position, fundamental technique, and fitting/use of equipment. This form will be available from your football coach and must be completed prior to practicing with pads.

NCHSAA Sportsmanship/Ejection Policy: We acknowledge that we, both the student and parent whose names appear below, have read and understand the NCHSAA Sportsmanship/Ejection Policy. We understand that the following types of behavior will result in an ejection from an athletic contest: fighting, taunting or baiting, profanity directed toward an official or an opponent, obscene gestures, disrespectfully addressing an official, flagrant contact.

- 1st ejection: 2 game suspension in all sports except 1 game for football (fighting is a four-game suspension in all sports except 2 games for football).
- 2nd ejection: Suspended for remainder of sport season.
- 3rd ejection: Suspended from ALL athletic competition for 365 days from date of 3rd ejection.

Transportation for Athletic Events: If student transportation is by a Wake County system-owned vehicle, the school system vehicle liability coverage is applicable to any vehicular accident. If student transportation is by private vehicle, the vehicle owner's liability coverage is applicable to any vehicular accident. Parent or adult drivers should be aware that they may be held responsible for injuries to any individuals they are transporting and must certify that any private vehicle used is covered by at least the North Carolina state required insurance coverage. All student athletes who travel with a team to an away athletic event must return to the school with the team. The only exception to this policy is when both the coach and parent/legal custodian agree that it is beneficial for the student athlete to ride home with the parent/legal custodian. Student athletes are not to ride home from athletic events with any other person.

Medical Authorization: As the parent or legal custodian of this student athlete, I grant permission for treatment deemed necessary for a condition arising during or affecting participation in sports, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. Also, permission is granted to release medical information to the school and athletic trainer or first responder.

Risk of Injury: We acknowledge and understand that there is a risk of injury involved in athletic participation. We understand that the student-athlete will be under the supervision and direction of a WCPSS athletic coach. We agree to follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand that neither the coach nor WCPSS nor Heads Up Football LLC (if applicable) can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and, in some cases, may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics, including (if applicable) participation in Heads Up Football activities.

Residency Requirements: The NCHSAA residency requirements state, "the residence of any student shall be deemed to be that of his or her parents or sole surviving parent. In the event the parents are separated or divorced, the residence of the student shall be that of the parent to whom custody has been awarded by a court of competent jurisdiction. No non-parental guardianship will be recognized where a student has a living parent. Any student proposed for a contest is eligible at the school to which the local board of education assigns him or her within the unit of residence of a parent or legal custodian within this state." According to WCPSS Board Policy 6201 a "legal custodian" is a person or agency awarded legal custody of a child by a court of law. The athletic director of the school must be notified of any student not living with a parent or legal custodian. No person other than a parent or legal custodian may sign off on this document.

We, the undersigned student and parent/legal custodian, certify that the home address shown on this document is our sole, bona fide domicile as provided to the Wake County Public School System's Office Student Assignment. We also agree that we will notify the high school principal immediately of any change in domicile, since such a move may alter eligibility status.



We have read the eligibility rules and this document and understand all of the requirements for athletic participation. We agree to comply with the requirements set forth in the eligibility rules and this document. All information contained in this document is accurate and correct.

Media Release: The WCPSS uses internal and external media to promote its athletic programs in a variety of ways, which may include the use of photographs or videos of student athletes. WCPSS may, for example, take a video recording of an athletic event or practice to be used by coaches to improve team performance, or by the athletics department to promote an individual school's program or highlight a certain athletic event. I grant permission for WCPSS to use my child's image for display, publication, or release in print, video, or digital media. I further understand and acknowledge that my child's image may appear on the WCPSS or individual school websites and may be released to external organizations (such as the NCHSAA) or the media.

If your child's medications, need for medical assistance, or medical conditions changes after completing this form, contact the Athletic Trainer or First Responder and provide updated health information.

Providing false information on this form may cause the student athlete to lose athletic eligibility.

Student Athlete:	(Signature)	(Printed Name of Student Athlete)	Date
Parent:	(Signature)	(Printed Name of Parent)	Date
Legal Custodian:	, ,	·	Date
	(Signature)	(Printed Name of Legal Custodian)	
-			
convicted of a felon		chool principal in cases where the student has indicated on page ated as a delinquent for an offense that would be a felony if cominied.	
School Principal S	Signature:		



■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

HISTORY FORM

Note: Complete and sign this form (with your parents it Name:			pointment. te of birth:					
Date: Sport(s):								
Sex assigned at birth (F, M, or intersex): H				her gender):				
Have you had COVID-19? (check one): □ Y □ N								
Have you been immunized for COVID-19? (check on	e): □Y □N		u had: □ One shot □ □ Booster date(s)					
List past and current medical conditions.								
Have you ever had surgery? If yes, list all past surgical	procedures.							
Medicines and supplements: List all current prescription	ons, over-the-co	unter medicines, a	nd supplements (herbal	and nutritional).				
Do you have any allergies? If yes, please list all your	allergies (ie, me	dicines, pollens, fo	ood, stinging insects).					
Patient Health Questionnaire Version 4 (PHQ-4)								
Over the last 2 weeks, how often have you been both			·					
		Several days	Over half the days					
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 su	bscale [question	s 1 and 2, or ques	tions 3 and 4] for scree	ening purposes.)				

(Ехр	IERAL QUESTIONS lain "Yes" answers at the end of this form. Circle stions if you don't know the answer.)	Yes	No
1.	Do you have any concerns that you would like to discuss with your provider?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?		
3.	Do you have any ongoing medical issues or recent illness?		
HEA	RT HEALTH QUESTIONS ABOUT YOU	Yes	No
4.	Have you ever passed out or nearly passed out during or after exercise?		
5.	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6.	Does your heart ever race, 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.		

	ART HEALTH QUESTIONS ABOUT YOU ONTINUED)		Yes	No					
9.	9. Do you get light-headed or feel shorter of breath than your friends during exercise? 10. Have you ever had a seizure?								
10.									
HEA	RT HEALTH QUESTIONS ABOUT YOUR FAMILY	Unsure	Yes	No					
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)?								
12.	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?								
13.	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?								

Date: _____

	Yes	No	MED	PICAL QUESTIONS (CONTINUED)	Yes	١
ave you ever had a stress fracture or an injury to a			25.	Do you worry about your weight?		Γ
one, muscle, ligament, joint, or tendon that caused ou to miss a practice or game?			26.	Are you trying to or has anyone recommended that you gain or lose weight?		Ī
o you have a bone, muscle, ligament, or joint jury that bothers you?			27.	Are you on a special diet or do you avoid certain types of foods or food groups?		
AL QUESTIONS	Yes	No	28.	Have you ever had an eating disorder?		Γ
o you cough, wheeze, or have difficulty breathing uring or after exercise?					Yes	1
re you missing a kidney, an eye, a testicle, your leen, or any other organ?						_
o you have groin or testicle pain or a painful bulge			31.	When was your most recent menstrual period?		
hernia in the groin area?			32.			
o you have any recurring skin rashes or shes that come and go, including herpes or ethicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?			Explo		1	
ave you had a concussion or head injury that sused confusion, a prolonged headache, or emory problems?						
ave you ever had numbness, had tingling, had eakness in your arms or legs, or been unable to ove your arms or legs after being hit or falling?						_
ave you ever become ill while exercising in the eat?						
o you or does someone in your family ave sickle cell trait or disease?						
ave you ever had or do you have any problems ith your eyes or vision?						
	by you have a bone, muscle, ligament, or joint jury that bothers you? AL QUESTIONS by you cough, wheeze, or have difficulty breathing uring or after exercise? re you missing a kidney, an eye, a testicle, your leen, or any other organ? by you have groin or testicle pain or a painful bulge hernia in the groin area? by you have any recurring skin rashes or shes that come and go, including herpes or ethicillin-resistant Staphylococcus aureus (MRSA)? ave you had a concussion or head injury that used confusion, a prolonged headache, or emory problems? ave you ever had numbness, had tingling, had eakness in your arms or legs, or been unable to eakness in your arms or legs, or been unable to eave you ever become ill while exercising in the eat? by you or does someone in your family ave sickle cell trait or disease? Unsure	by you have a bone, muscle, ligament, or joint jury that bothers you? AL QUESTIONS by you cough, wheeze, or have difficulty breathing uring or after exercise? by you missing a kidney, an eye, a testicle, your leen, or any other organ? by you have groin or testicle pain or a painful bulge hernia in the groin area? by you have any recurring skin rashes or shes that come and go, including herpes or ethicillin-resistant Staphylococcus aureus (MRSA)? ave you had a concussion or head injury that used confusion, a prolonged headache, or emory problems? ave you ever had numbness, had tingling, had eakness in your arms or legs, or been unable to ove your arms or legs after being hit or falling? ave you ever become ill while exercising in the eat? by you or does someone in your family we sickle cell trait or disease? ave you ever had or do you have any problems	by you have a bone, muscle, ligament, or joint jury that bothers you? AL QUESTIONS To you cough, wheeze, or have difficulty breathing uring or after exercise? To you missing a kidney, an eye, a testicle, your leen, or any other organ? To you have groin or testicle pain or a painful bulge hernia in the groin area? To you have any recurring skin rashes or shes that come and go, including herpes or ethicillin-resistant Staphylococcus aureus (MRSA)? To you had a concussion or head injury that sused confusion, a prolonged headache, or emory problems? To you ever had numbness, had tingling, had eakness in your arms or legs, or been unable to bove your arms or legs after being hit or falling? To you or does someone in your family we sickle cell trait or disease? To you or does someone in your family we sickle cell trait or disease?	27. AL QUESTIONS 28. AL QUESTIONS 29. All QUESTIONS All QUESTIONS 29. 30. 31. 31. 32. 32. 32. 33. 34. 35. 36. 37. 38. All QUESTIONS All	you have a bone, muscle, ligament, or joint pury that bothers you? AL QUESTIONS A you cough, wheeze, or have difficulty breathing pring or after exercise? A you cough, wheeze, or have difficulty breathing pring or after exercise? A you have groin or testicle pain or a painful bulge phennia in the groin area? A you have any recurring skin rashes or shes that come and go, including herpes or ethicillin-resistant Staphylococcus aureus (MRSA)? A you you have a concussion or head injury that used confusion, a prolonged headache, or emory problems? A you over had numbness, had tingling, had eakness in your arms or legs, or been unable to yove your arms or legs after being hit or falling? A you over had or do you have any problems A you were had an eating disorder? MENSTRUAL QUESTIONS 29. Have you ever had a menstrual period? 30. How old were you when you had your first menstrual period? 31. When was your most recent menstrual period? 32. How many periods have you had in the past 12 months? Explain "Yes" answers here. Explain "Yes" answers here.	you have a bone, muscle, ligament, or joint ury that bothers you? IL QUESTIONS Yes No No you cough, wheeze, or have difficulty breathing oring or after exercise? The you missing a kidney, an eye, a testicle, your leen, or any other organ? To you have groin or testicle pain or a painful bulge thernia in the groin area? To you have any recurring skin rashes or shes that come and go, including herpes or ethicillin-resistant Staphylococcus aureus (MRSA)? To you had a concussion or head injury that used confusion, a prolonged headache, or emory problems? To you ever had numbness, had tingling, had eakness in your arms or legs, or been unable to bove your arms or legs, or been unable to bove your arms or legs, or been unable to bove your ordes someone in your family we sickle cell trait or disease? To you or does someone in your family we sickle cell trait or disease? To you or does someone in you have any problems

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PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

PHYSICIAN REMINDERS

- 1. Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - · Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?

2. Consid	der review	ing que	estions	on cardiovasci	ular symptoms	(Q4–Q13 of H	listory Form).				
EXAMIN	ATION											
Height:			,	Weight:								
BP:	/ (/)	Pulse:	Vis	sion: R 20/	L	20/	Corre	cted: 🗆 Y 🗆	1 N	
MEDICAL										NORMAL	ABNORMAL	FINDINGS
	n stigmata			-	d palate, pectus aortic insufficien		arachnodactyl	y, hyperla	xity,			
Eyes, earsPupilsHearin	-	l throa	t									
Lymph no	des											
Heart ^a												
Murmi	urs (auscult	tation	standin	g, auscultatior	n supine, and ±	Valsalva mane	uver)					
Lungs												
Abdomen												
· ·	s simplex vi	rus (HS	SV), lesi	ions suggestive	e of methicillin-re	sistant <i>Staph</i> y	/lococcus a	ureus (MF	RSA), or			
Neurologi	ical											
MUSCULO	OS KELET !	AL.								NORMAL	ABNORMAL	FINDINGS
Neck												
Back												
Shoulder	and arm											
Elbow and	forearm											
Wrist, ha	nd, and fin	gers										
Hip and the	high											
Knee												
Leg and a	nkle											
Foot and t	toes											
Functional												
• Doubl	e-leg squat	test, s	ingle-le	g squat test, a	and box drop or	step drop test						
^a Consider	electrocarc	liograpl	ny (EC	G), echocard	liography, referr	al to a cardiolo	ogist for abn	ormal car	diac histo	ory or examina	ation findings,	or a combi-
nation of th	iose.											
Name of he	ealth care p	orofessi	ional (p	rint or type):						Date of	exam:	
Address:									Pho	ne:		
Signature o	f health ca	re pro	fession	al:							, MD, [OO, NP, or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM	
Name: Date of birth:	_
□ Medically eligible for all sports without restriction	
□ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of	_
□ Medically eligible for certain sports	-
□ Not medically eligible pending further evaluation	-
□ Not medically eligible for any sports Recommendations:	_
	-
I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of examination findings are on record in my office and can be made available to the school at the request of the parent arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the pre and the potential consequences are completely explained to the athlete (and parents or guardians).	the p hysical s. If c onditions
Name of health care professional (print or type): Date of exam:	
Name of health care professional (print or type): Date of exam:	
Name of health care professional (print or type): Date of exam: Address: Phone:	
Name of health care professional (print or type): Date of exam: Address: Phone: Signature of health care professional:	
Name of health care professional (print or type): Address: Signature of health care professional: SHARED EMERGENCY INFORMATION	
Name of health care professional (print or type): Address: Signature of health care professional: SHARED EMERGENCY INFORMATION	
Name of health care professional (print or type): Date of exam: Address: Phone: Signature of health care professional: SHARED EMERGENCY INFORMATION Allergies:	
Name of health care professional (print or type): Date of exam: Address: Phone: Signature of health care professional: SHARED EMERGENCY INFORMATION Allergies:	
Name of health care professional (print or type):	
Name of health care professional (print or type):	

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Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Information Sheet

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you	Sleeping more than usual
Taking longer to figure things out Difficulty concentrating	Fuzzy or blurry vision Feeling sick to your stomach/queasy	more easily Sadness	Sleeping less than usual Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up Dizziness Balance problems Sensitivity to noise or light	Being more moody Feeling nervous or worried Crying more	Feeling tired

Table is adapted from the Centers for Disease Control and Prevention (http://www.cdc.gov/concussion/)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Statement Form

Instructions: The student athlete and his/her parent or legal custodian, must initial beside each statement acknowledging that they have read and understand the corresponding statement. The student-athlete should initial in the left column and the parent or legal custodian should initial in the right column. Some statements are applicable only to the student-athlete and should only be initialed by the student-athlete. This form must be completed for each student-athlete, even if there are multiple student-athletes in the household.

Student-Athlete Name: (please print)		
Parent/Legal Custodian Name(s): (please print)		
Student- Athlete Initials		Parent/Legal Custodian(s) Initials
	A concussion is a brain injury, which should be reported to my parent(s) or legal custodian(s), my or my child's coach(es), or a medical professional if one is available.	
	A concussion cannot be "seen." Some signs and symptoms might be present immediately; however, other symptoms can appear hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	Not Applicable
	If I think a teammate has a concussion, I should tell my coach(es), parent(s)/ legal custodian(s) or medical professional about the concussion.	Not Applicable
	I, or my child, will not return to play in a game or practice if a hit to my, or my child's, head or body causes any concussion-related symptoms.	
	I, or my child, will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away, right away. I realize that resolution from a concussion is a process that may require more than one medical visit.	
	I realize that ER/Urgent Care physicians will not provide clearance to return to play or practice, if seen immediately or shortly after the injury.	
	After a concussion, the brain needs time to heal. I understand that I or 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 concu <mark>ssions can cause serious and lo</mark> ng-lasting problems.	
	I have read the concussion symptoms listed on the Student-Athlete/ Parent Legal Custodian Concussion Information Sheet.	
	I have asked an adult and/or medical professional to explain any information contained in the Student-Athlete & Parent Concussion Statement Form or Information Sheet that I do not understand.	
	ng below, we agree that we have read and understand the information contained R Parent/Legal Custodian Concussion Statement Form, and have initialed approtement.	
Signatur	e of Student-Athlete Date	
Signature of Parent/Legal Custodian Date		