

Olympic Heights High School Athletics  
Athletic Director: Christopher Holly  
Email: [chris.holly@palmbeachschools.org](mailto:chris.holly@palmbeachschools.org)  
Phone: 561- 852-6644

AD USE ONLY

\_\_\_ Owes \$65

\_\_\_ added to OH Cleared List

\_\_\_ added to HC

Student Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Student Number: \_\_\_\_\_

Fall Sport: \_\_\_\_\_ Winter Sport: \_\_\_\_\_ Spring Sport: \_\_\_\_\_

**ALL OF THE FOLLOWING PAGES NEED TO BE COMPLETE**

- Page 1 - Cover
- **New student (9<sup>th</sup> grade/Transfer/New Athlete) – Must attach copy of Birth Certificate**
- Page 2 - **NFHS course work attached certificates to packet: Heat Illness, Concussion, Sudden Cardiac**
- Page 3 - Athletic Eligibility (1-4)
- Page 4 -Athletic Eligibility (2 of 4) **NOTARY REQUIRED**
- Page 5 -Athletic Eligibility (3 of 4)
- Page 6 -Athletic Eligibility (4 of 4) **NOTARY REQUIRED**
- Page 7 - Athletic Insurance Form - (www.PalmBeach.SchoolCashOnline.com)
- **Attach a copy of the \$75 Insurance Payment schoolcashonline.com Receipt to Packet.**
- Page 8-12 - EL3 Consent and Release from Liability (1, 2, 3, 4, 5 of 5)
- Page 13 – Student Information Publication
- Page 14 - Release/Waiver of Liability
- Page 15-17 **GA4 (Only if NON Traditional Student or Transfer Student)** To be completed by physician *(Doctor Office Stamp Must Be on EL.2 Form (with date of Physical)*
- Page 18 - Field Trip Permission (**Only complete section II**)
- Page 19-21 - Code OF Conduct - Student Athlete and Guardian sign and date.
- Page 22 Student Medical Consent for Athletics **NOTARY REQUIRED**
- Page 23 - EL2 Physical (1 of 4) To be completed by student or parent
- Page 24 - EL2 Physical (2 of 4) To be completed by physician *(Doctor Office Stamp Must Be on EL.2 Form (with date of Physical)*
- Page 25-26- - EL2 Physical (3,4 out of 4) To be completed by physician for an athlete to return to play after an injury
- Page 27- EL2 Physical Evaluation (supplement)To be completed by physician *(Doctor Office Stamp Must Be on EL.2 Form (with date of Physical)*

**Athletic Director Use ONLY:**

- GPA: \_\_\_\_\_ DE9 Date \_\_\_\_\_ Birth Cert: \_\_\_\_\_ EL2 Physical Date \_\_\_\_\_
- EL3 DATE \_\_\_\_\_ GA4 Date: \_\_\_\_\_ **School Cash Online receipt attached:** \_\_\_\_\_
- Insurance Amount: Paid: \$10 / Due: \$65 or Insurance Payment Date PIF \$75: \_\_\_\_\_
- **NFHS 3 Completed courses attached:** \_\_\_\_\_ **Coach Initial:** \_\_\_\_\_



LEARNING  
CENTER

As per FHSAA Policies 40.1.1, 41.1 and 42.1.1, all student-athletes are required to watch the following FREE NFHS Learn courses annually.

- [Concussion in Sports – What You Need to Know](#)
- [Heat Illness Prevention](#)
- [Sudden Cardiac Arrest](#)

### **Course Ordering**

**Step 1:** Go to [www.nfhslearn.com](http://www.nfhslearn.com).

**Step 2:** “Sign In” to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

OR

If you do not have an account, “Register” for an account.

**Step 3:** Click “Courses” at the top of the page.

**Step 4:** Scroll down to the specific course from the list of courses.

**Step 5:** Click “View Course”.

**Step 6:** Click “Order Course.”

**Step 7:** Select “Myself” if the course will be completed by you.

**Step 8:** Click “Continue” and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for these courses.)

### **Beginning a Course**

**Step 1:** Go to [www.nfhslearn.com](http://www.nfhslearn.com).

**Step 2:** “Sign In” to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

**Step 3:** From your “Dashboard,” click “My Courses”.

**Step 4:** Click “Begin Course” on the course you wish to take.

For help viewing the course, please contact the help desk at NFHS. There is a tab on the upper right hand corner of [www.nfhslearn.com](http://www.nfhslearn.com). If you should experience any issues while taking the course, please contact the NFHS Help Desk at (317) 565-2023.

**\*\*\*Attach the 3 course certificates to the packet\*\*\***



THE SCHOOL DISTRICT OF PALM BEACH COUNTY

# Athletic Eligibility for High School Students

Parents, in order for your Child/Ward to be eligible to participate in athletics at his/her high school during the upcoming school year, you must complete this form and sign where indicated. **Make sure you read each page carefully before signing!** A parent or the student (if an adult or emancipated) will need to sign the papers in front of a notary. We **cannot** notarize any papers if they come to us already signed.

Student's Full Name (first, middle initial, last)					Student ID #	Today's Date
Sex	Age	Current Grade	School Year	Date of Birth	Parent/Legal Guardian	
Student's Address (street, apt. #, city, state, zip code)					Telephone #	
First School Attended This Year				School Attended Last Year		
Name of Emergency Contact				Relationship to Student		
Emergency Contact Address (street, apt. #, city, state, zip code)					Emergency Home Telephone #	
Emergency Work Phone #		Student's Personal Physician			Physician Telephone #	
List Sports						

PROOF OF INSURANCE FOR STUDENT		
Name of Policy Holder (Insurance Policy that covers student)	Policy Holder Relationship to Student	Policy Holder Place of Employment
Name of Medical Insurance Company (Insurance Policy that covers student)		Insurance Policy #

### INTERSCHOLASTIC ELIGIBILITY RESIDENCE AFFIDAVIT

I live with (check one)  both parents  Mother Only  Father Only  Guardian Other \_\_\_\_\_

Relationship to other \_\_\_\_\_ I have lived with the person(s) stated above since \_\_\_\_\_

If the options presented below do not adequately describe your residence situation, attach a note of explanation.

- I live in the assigned attendance area for this school.  I have been accepted into a Choice Program.
- I am attending this school on an approved student reassignment (reassignment requires approval by the Reassignment Specialist)
- I have been assigned to this school by the Department of Exceptional Student Education.

School	Athletic Director	Telephone #
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**ATHLETIC ELIGIBILITY REQUIREMENTS FOR HIGH SCHOOL STUDENTS**  
*Per the FHSAA Handbook/Operational Bylaw, Article 9*

**Parent Initial**

- 9.1.1.1 Participation in Interscholastic Athletics a Privilege. Participation in interscholastic athletic programs by a student is a privilege, not a right. Students who participate are required to meet the requirements established in state law, FHSAA regulations, and by their respective schools
- 9.1.1.1 Local Rules May Be More Stringent. Schools and/or school districts may adopt more stringent rules for the students under their supervision. No school, or school district, however, may adopt rules that are less stringent than those of the FHSAA
- 9.1.2.2 Falsification of Information. A student and/or parent/legal guardian appointed by a court of competent jurisdiction falsifies information to gain eligibility shall be declared ineligible to represent any member school for a period of one year from the date of discovery
- 9.1.2.3 Eligibility of Recruited Students. A student may be declared ineligible based on violation of recruiting rules if: (a) The student or parent/legal guardian appointed by a court of competent jurisdiction has falsified any enrollment or eligibility document; or (b) The student or parent/legal guardian appointed by a court of competent jurisdiction accepted any benefit or any promise of benefit if such benefit is not generally available to the school's students or family members; or (c) The benefit or promise of benefit is based in any way on athletic interest, potential, or performance
- 9.2.1 Student May Participate at School he/she First Attends Each School Year. A student must attend school and is immediately eligible to participate in the interscholastic athletic programs sponsored by the school he/she attends each school year, which is either: (a) The school where the student first attends classes (i.e. establishes school residency); or (b) The school where the student first participates in athletic activities on or after the official start date of that sport season before he/she attends classes at any school (i.e. establishes school residency); or (c) The school the student transfers to after previously attending another school (Reference Bylaw 9.3.2)
- 9.3.4 Ineligible Student Cannot Transfer to Become Eligible. A transfer student who is deemed ineligible for a period of time cannot transfer schools and become eligible. Attending a new school at the beginning of the school year does not decrease or eliminate the period of ineligibility
- 9.4.1 2.0 GPA Required for Academic Eligibility. A high school student must have a cumulative 2.0 grade point average on a 4.0 unweighted scale, or its equivalent, at the conclusion of each semester to be academically eligible during the next semester. Final grades previously earned by the student from another school shall not be converted using the scale in Bylaw 9.4.2
- 9.4.1.3 Attendance During Previous Two Consecutive Semesters Required. A student cannot be academically eligible if he/she has not attended school and received grades for all courses taken during the previous two consecutive semesters
- 9.4.1.9 Student Not Eligible for One Full Semester if Transcript Cannot be Obtained. A student whose former school cannot or will not provide an official sealed transcript will not be eligible in the new school until he/she has been in attendance for one full semester and has established a cumulative GPA. The school must submit a written report to the FHSAA Office that includes the student's name, date of first attendance in the school, and the beginning and ending dates of the previous semester
- 9.5.1 High School Student Has Four Years of Eligibility. A student is limited to four consecutive school years of eligibility beginning with school year he/she begins ninth grade for the first time. This does not imply that the student has four years of participation. After four consecutive school years, the student is permanently ineligible
- 9.6.1 High School Age Limit. A student who reaches the age of 19 prior to September 1st shall become permanently ineligible

**I/WE HAVE READ, AND HAVE INITIALED, EACH FHSAA ELIGIBILITY REQUIREMENT FOR HIGH SCHOOL STUDENTS AND ACKNOWLEDGE THAT OUR SON/DAUGHTER/WARD MUST MEET FHSAA STANDARDS IN ORDER TO BE CONSIDERED ELIGIBLE FOR INTERSCHOLASTIC ATHLETICS**

STATE OF FLORIDA

COUNTY OF \_\_\_\_\_

Sworn to or affirmed and subscribed before me this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_, by \_\_\_\_\_  
*(parent/guardian or adult/emancipated student)*

Personally Known \_\_\_\_\_ OR Produced Identification \_\_\_\_\_ *Signature of Notary Public - State of Florida*

Type of Identification Produced \_\_\_\_\_

**CONSENT AND RELEASE OF LIABILITY CERTIFICATE - READ CAREFULLY BEFORE SIGNING**

I (the student) and we (the parent[s]/legal guardian[s]) have read the (condensed) Florida High School Athletic Association (FHSAA) Eligibility Rules and understand that they are a synopsis of the FHSAA Bylaws. I/we also understand that a complete copy of the FHSAA Bylaws is available to me/us to review at my (the student's) school's administrative office. We know of no reason why I (the student) am not eligible to represent my school in athletic competition. If accepted as a representative, we agree to follow the rules of my school and the FHSAA and to abide by their decisions. I/we know that participation is a privilege. I/we have been informed and know of the risks involved in athletic participation, understand that serious injury, and even death, is possible in such participation and choose to accept such risks. I (the student) voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. I/we hold harmless and release the student's school, the school district's employees and agents, the schools against which it competes, the Palm Beach County School District and the contest officials, the National Federation of State High School Associations, (NFHS) and the FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation, and agree to take no legal action against any of the above-referenced entities because of any accident or mishap involving the student's athletic participation. I/we further authorize **EMERGENCY MEDICAL TREATMENT** for myself/our child/ward should the need arise for such treatment while I am/my child/ward is under the supervision of the school. **In consideration for being allowed to participate in Interscholastic Athletic programs, I/we, for my/our heirs, executors and administrators, release and forever discharge THE SCHOOL BOARD OF PALM BEACH COUNTY, FLORIDA, its agents, representatives and employees of all liability, claims, actions, damages, costs or expenses which I/we may have against them arising out of or in any way connected with my (the student's) participation in an Interscholastic Athletic program, including travel associated with the Athletic Program. I/we understand that this waiver includes any claims based on negligence, action or inaction of any of the above named entities and persons.** I/we hereby give permission for the school or District to use the student's photograph, video image, writing, voice recording, name, grade level, school name, description of participation and statistics in officially recognized activities and sports, weight and height as a member of an athletic team, dates of attendance, diplomas and awards received, date and place of birth and most recent previous school attended, in newspapers, school productions, web sites, etc. and/or similar school or District-sponsored publications or in school or District-approved news media interviews, videos, articles and photographs. The released parties, however, are under no obligation to exercise said rights herein. I/we hereby give consent for my/our child/ward to participate in the following interscholastic sports that I/we have NOT MARKED OUT. Sports: Baseball, Basketball, Bowling, Competitive Cheerleading, Cross Country, 11-Man Tackle Football, Flag Football, Golf, Lacrosse, Soccer, Fast-Pitch Softball, Swimming & Diving, Tennis, Track & Field, Volleyball, Water Polo, Weight-lifting, Wrestling.

**I/we understand that participation may necessitate an early dismissal from classes. I/We consent to the disclosure, by my/our child's/ward's school, to the FHSAA, upon its request, of all detailed (athletic or otherwise) financial, scholastic and attendance records of such school concerning my/our child/ward.**





THE SCHOOL DISTRICT OF PALM BEACH COUNTY  
RISK & BENEFITS MANAGEMENT

# Interscholastic Athletics Accident Insurance

All high school interscholastic athletes will be required to contribute \$75.00 toward the cost of interscholastic athletics accident insurance. This school year contribution will be used to help offset the School District's cost in providing quality accident insurance for our athletes. Coverage may begin **AFTER** your primary insurance coverage processes a claim. Athletes **MUST** use their Primary Insurance Network first, before using the school insurance. See the Summary of Insurance for more complete terms and conditions available at <https://schoolinsuranceofflorida.com> or call 1-800-432-6915.

### Payment Options

**OPTION 1:** \$75.00 one time payment per school year

**OPTION 2:** \$10.00 Try-out fee, upon making the team an additional \$65.00 is due

**Covered:** IN-SEASON Interscholastic athletic activity (including contests, practices and try-outs)

**Covered:** OFF-SEASON conditioning within the school year

**NOT Covered:** OFF-SEASON "sport-specific" skills/drills or "open facility" activities

**NOT Covered:** SUMMER activities

*These fees are NON-REFUNDABLE and, once paid, will continue to provide coverage for additional sports.*

Return this form as part of the **Athletic Packet** with all requested information and your payment attached. Make the check or money order payable to the school below:

Student ID #	Student First Name	Last Name	Date of Birth	Today's Date
School Name				
Sport	Sport	Sport		

### Interscholastic Athletic Accident Insurance Try-Out Fee

**Option 1:** A student-athlete may choose to pay a ONE-TIME \$75.00 fee.

**Option 2:** A \$10.00 non-refundable fee can be submitted to try-out for any sports team. Upon making the team, the student-athlete is responsible for remitting the balance of \$65.00 before participating in further practice or games/events. Until the \$75.00 annual limit is reached, the student-athlete must remit an additional \$10.00 try-out fee for each sport.

*For more information about payment or fees, contact your high school athletic director.*

**OPTION 1:** One payment of \$75.00 - No cash payment allowed

Date Received: \_\_\_\_\_ School Cash \_\_\_\_\_ Online: \_\_\_\_\_ Check #: \_\_\_\_\_ \$: \_\_\_\_\_ Money Order #: \_\_\_\_\_ \$: \_\_\_\_\_

**OPTION 2:** \$10.00 Try-out fee; Remaining \$65.00 - No cash payment allowed

Date Received: \_\_\_\_\_ School Cash \_\_\_\_\_ Online: \_\_\_\_\_ Check #: \_\_\_\_\_ \$: \_\_\_\_\_ Money Order #: \_\_\_\_\_ \$: \_\_\_\_\_

Date Received: \_\_\_\_\_ School Cash \_\_\_\_\_ Online: \_\_\_\_\_ Check #: \_\_\_\_\_ \$: \_\_\_\_\_ Money Order #: \_\_\_\_\_ \$: \_\_\_\_\_

### Additional Information (For Athletic Director Use Only)

\_\_\_\_\_  
Print Name of Parent/Legal Guardian

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date



**Florida High School Athletic Association**  
**Consent and Release from Liability Certificate (Page 1 of 5)**

**EL3**  
 Revised 3/23

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable; a change of schools during the validity period of this form will require this form to be re-submitted.

School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_

**Part 1: Student Acknowledgement and Release (to be signed by student at the bottom)**

I have read the (condensed) FHSAA Eligibility Rules printed on page 5 of this "Consent and Release from Liability Certificate" and know of no reason why I am not eligible to represent my school in interscholastic athletic competition. If accepted as a representative, I agree to follow the rules of my school and FHSAA and to abide by their decisions. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, including the potential for a concussion, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. Should I be 18 years of age or older, or should I be emancipated from my parent(s)/guardian(s), I hereby release and hold harmless my school, the schools against which it competes, the school district, the contest officials, and FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against the FHSAA because of any accident or mishap involving my athletic participation. I hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necessary. I hereby grant to FHSAA the right to review all records relevant to my athletic eligibility including, but not limited to, my records relating to enrollment and attendance, academic standing, age, discipline, finances, residence, and physical fitness. I hereby grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice, and appearance in connection with exhibitions, publicity, advertising, promotional, and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my school. By doing so, however, I understand that I will no longer be eligible for participation in interscholastic athletics.

**Part 2: Parent/Guardian Consent, Acknowledgement and Release (to be completed and signed by parent(s)/guardian(s) at the bottom; where divorced or separated, parent/guardian with legal custody must sign.)**

A. I hereby give consent for my child/ward to participate in any FHSAA recognized or sanctioned sport EXCEPT for the following sport(s): \_\_\_\_\_

List sport(s) exceptions here \_\_\_\_\_

B. I understand that participation may necessitate an early dismissal from classes.

C. I know of and acknowledge that my child/ward knows of the risks involved in interscholastic athletic participation, understand that serious injury, and even death, is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I release and hold harmless my child's/ward's school, the schools against which it competes, the school district, the contest officials, and FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against the FHSAA because of any accident or mishap involving the athletic participation of my child/ward. As required in F.S. 1014.06(1), I specifically authorize healthcare services to be provided for my child/ward by a healthcare practitioner, as defined in F.S. 456.001, or someone under the direct supervision of a healthcare practitioner, should the need arise for such treatment, while my child/ward is under the supervision of the school. I further hereby authorize the use or disclosure of my child's/ward's individually identifiable health information should treatment for illness or injury become necessary. I consent to the disclosure to the FHSAA, upon its request, of all records relevant to my child's/ward's athletic eligibility including, but not limited to, records relating to enrollment and attendance, academic standing, age, discipline, finances, residence, and physical fitness. I grant the released parties the right to photograph and/or videotape my child/ward and further to use said child's/ward's name, face, likeness, voice, and appearance in connection with exhibitions, publicity, advertising, promotional, and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein.

D. I am aware of the potential danger of concussions and/or head and neck injuries in interscholastic athletics. I also have knowledge about the risk of continuing to participate once such an injury is sustained without proper medical clearance.

**READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD/WARD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF YOUR CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS, AND FHSAA USE REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD/WARD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM, YOU ARE GIVING UP YOUR CHILD'S/WARD'S RIGHT AND YOUR RIGHT TO RECOVER FROM YOUR CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS, AND FHSAA IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD/WARD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND YOUR CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS, AND FHSAA HAS THE RIGHT TO REFUSE TO LET YOUR CHILD/WARD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.**

E. I agree that, in the event we'll pursue litigation seeking injunctive relief or other legal action impacting my child/ward (individually) or my child's/ward's team participation in FHSAA State Series contests, such action shall be filed in the Alachua County, Florida, Circuit Court.

F. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my child's/ward's school. By doing so, however, I understand that my child/ward will no longer be eligible for participation in interscholastic athletics.

G. Please check the appropriate box(es):

- My child/ward is covered under our family health insurance plan, which has limits of not less than \$25,000.  
 Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_
- My child/ward is covered by his/her school's activities medical base insurance plan.
- I have purchased supplemental football insurance through my child's/ward's school.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (only one parent/guardian signature is required)**

Name of Parent/Guardian (printed) \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Name of Parent/Guardian (printed) \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (student signature is required)**

Name of Student (printed) \_\_\_\_\_ Signature of Student \_\_\_\_\_ Date \_\_\_\_\_





**Florida High School Athletic Association**  
**Consent and Release from Liability Certificate (Page 2 of 5)**

**EL3**  
 Revised 3/23

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable; a change of schools during the validity period of this form will require this form to be re-submitted.

School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_

**Concussion Information**

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You cannot see a concussion, and more than 90% of all concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional, and cleared by a medical doctor.

**Signs and Symptoms of a Concussion:**

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- Vacant stare or seeing stars
- Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred, or incoherent speech
- Dizziness, including light-headedness, vertigo (spinning), or loss of equilibrium (being off-balance or swimming sensation)
- Decreased coordination, reaction time
- Confusion and inability to focus attention
- Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

**DANGERS if your child continues to play with a concussion or returns too soon:**

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

**Steps to take if you suspect your child has suffered a concussion:**

Any athlete suspected of suffering a concussion should be removed from the activity immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from an appropriate healthcare professional (AHCP). In Florida, an appropriate healthcare professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes) or a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

**Return to play or practice:**

Following physician evaluation, the return to activity process requires the athlete to be completely symptom free, after which time they would complete a stepwise protocol under the supervision of a licensed athletic trainer, coach, or medical professional and then, receive written medical clearance from an AHCP.

For current and up-to-date information on concussions, visit <http://www.edc.gov/concussioninyouthsports/> or <http://www.seeingstarsfoundation.org>

**Statement of Student-Athlete Responsibility:**

Parents and student should be aware of preliminary evidence that suggests repeat concussions, and even hits that do not cause a symptomatic concussion, may lead to abnormal brain changes which can only be seen on an autopsy (known as Chronic Traumatic Encephalopathy (CTE). There have been case reports suggesting the development of Parkinson's-like symptoms, Amyotrophic Lateral Sclerosis (ALS), severe traumatic brain injury, depression, and long-term memory issues that may be related to concussion history. Further research on this topic is needed before any conclusions can be drawn.

I acknowledge the annual requirement for my child/ward to view "Concussion in Sports" at [www.nflslearn.com](http://www.nflslearn.com). I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport, including any signs and symptoms of concussion. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer, or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers or participation for myself and that of my child/ward.

Name of Parent/Guardian (printed) \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Name of Parent/Guardian (printed) \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Name of Student (printed) \_\_\_\_\_ Signature of Student \_\_\_\_\_ Date \_\_\_\_\_



Florida High School Athletic Association  
**Consent and Release from Liability Certificate (Page 3 of 5)**

**EL3**  
 Revised 3/23

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable; a change of schools during the validity period of this form will require this form to be re-submitted.

School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_

**Sudden Cardiac Arrest Information**

Sudden cardiac arrest (SCA) is a leading cause of sports-related death. Sudden cardiac arrest (SAC) 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. SCA can cause death if it is not treated within minutes.

**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 but not limited to dizziness or light-headedness, fainting, shortness of breath, racing or skipped beats/palpitations, fatigue, weakness, chest pain/pressure or tightness. These symptoms may occur before, during, or after activity. These symptoms can be unclear and confusing in athletes. Some may ignore the signs or think they are normal results of 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 or 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%.

**FHSAA Sports Medicine Advisory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest, which may include an electrocardiogram.**

The FHSAA Sports Medicine Advisory Committee works to help keep student-athletes safe while practicing or playing by providing education about SCA and by notification to parents that you can request, at your expense, an electrocardiogram (EKG or ECG) as part of the annual preparticipation physical examination to possibly uncover hidden heart issues that can lead to SCA.

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

- Publications report up to 90% 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 do not report or recognize symptoms of a potential heart condition.

**What is an electrocardiogram (ECG or EKG)?**

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 request an ECG/EKG as part of the annual preparticipation physical examination?**

Adding an ECG/EKG to the history and annual preparticipation physical exam can suggest further testing or help identify heart conditions that can lead to SCA. An ECG/EKG can be ordered by your family healthcare provider from 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 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).
- ECG/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 should be removed from play (which includes all athletic activity). The symptoms can happen before, during, or after activity. Before returning to play, the athlete shall be evaluated and cleared. Clearance to return to play must be in writing. The evaluation shall 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.

By signing this agreement, I acknowledge the annual requirement for my child/ward to view the "Sudden Cardiac Arrest" course at [www.nghslearn.com](http://www.nghslearn.com). I acknowledge that the information on Sudden Cardiac Arrest has been read and understood. I have been advised of the dangers of participation for myself and that of my child/ward.

_____ Name of Parent/Guardian (printed)	_____ Signature of Parent/Guardian	_____ Date
_____ Name of Parent/Guardian (printed)	_____ Signature of Parent/Guardian	_____ Date
_____ Name of Student (printed)	_____ Signature of Student	_____ Date



This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable; a change of schools during the validity period of this form will require this form to be re-submitted.

School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_

Heat-Related Illness Information

Heat-related illness is a cause for concern for student-athletes who participate in high school sports in Florida. Especially vulnerable are those students who participate in conditioning and practices in the summer months and other times of extreme heat. Student-athletes suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just is not enough. Heat-related illnesses can be serious and life-threatening. Very high body temperatures may damage the brain or other vital organs and can cause disability and even death. Heat-related illnesses and deaths are preventable.

What are some common heat-related injuries in sports?

Exertional Heat Stroke (EHS): EHS is the most serious heat-related illness. EHS is a medical emergency. It happens when the body's temperature rises quickly, and the body cannot cool down. Student-athletes can die or become permanently disabled from EHS if not properly recognized and managed. EHS is one of the leading causes of death in young athletes, especially in Florida. The two main criteria for diagnosing EHS are rectal temperature >105F (40.5C) immediately post collapse and central nervous system (CNS) dysfunction. There are many signs and symptoms associated with EHS. Parents and student-athletes should familiarize themselves with these by viewing the free video resources provided by the National Federation of High School Sports (NFHS) or the FHSAA.

- EHS is preventable by taking the proper precautions and understanding the symptoms of someone who has become ill due to heat.
EHS is survivable when quick action is taken by staff members that includes early recognition of symptoms and aggressive cold-water immersion.

Heat Exhaustion (EHI): Heat exhaustion is the most common heat-related condition observed in active populations including student-athletes. EHI is a type of heat-related illness. EHI is defined as the inability to continue exercise in the heat because the heart has difficulty providing enough oxygenated blood to all the working organs and muscles. It usually develops after several days practicing or conditioning in high temperature weather and not drinking enough fluids.

Heat Cramps: Heat cramps are painful, involuntary cramping often in the legs, arms, or abdomen with muscle contraction. Cramping usually occurs in the preseason conditioning phase when the body is not properly conditioned and more subject to fatigue. Heat cramps can easily be treated with rest, stretching of the muscle, and replacement of fluid and electrolytes. The exact mechanism of muscle cramps in warm environmental conditions is unknown but can be caused acutely by extensive dehydration and sodium losses or chronically via inadequate electrolytes in the athlete's diet. Although heat cramps are not a cause of sudden death, it can be confused with the more serious condition, exertional sickling.

Is my student at risk?

Yes, all student-athletes are vulnerable to exertional heat stroke and other heat-related injuries. While every student-athlete can succumb to EHS, newer data is reporting a high incidence of exertional heat stroke cases in football players, especially those who play the lineman position and in very lean distance runners. Research also states many reports of EHS emergencies are during summertime or preseason conditioning sessions. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

What is the FHSAA doing to keep my student safe?

The FHSAA has published Policy 41, titled "Exertional Heat Illness". This policy provides specific procedures for schools to educate student-athletes and parents on EHI as well as strategies to prevent these injuries. FHSAA Policy 41 also provides procedures for schools to follow for preseason acclimatization, environmental monitoring, and the inclusion of cooling zones for the management of a student-athlete suffering from a heat injury.

How can I help to keep my student safe when it comes to the heat?

- Learn more about heat-related injuries in sports at https://www.nfhs.org/media/1015695/ksi-5-pillars-of-exertional-heat-stroke-prevention-2015.pdf
Discuss nutrition, proper hydration, body weight, and the importance of sleep and rest with your family healthcare provider at the time fo the sports physical
Talk to your school and coach about safeguards they have in place to keep kids safe in the heat and what they will do for someone who becomes ill or injured
Monitor fluid intake of your student while at home and routinely check in with your student-athlete to inquire about how they feel
Report any concerns with your school's athletic trainer, team physician, coach, or your family healthcare provider

By signing this agreement, I acknowledge the annual requirement for my child/ward to view the "Heat Illness Prevention" course at www.nghslearn.com. I acknowledge that the information on Heat-Related Illness has been read and understood. I have been advised of the dangers of participation for myself and that of my child/ward.

Name of Parent/Guardian (printed) Signature of Parent/Guardian Date
Name of Parent/Guardian (printed) Signature of Parent/Guardian Date
Name of Student (printed) Signature of Student Date

Information on this form is credited to: https://ksi.uconn.edu/





# Release and Consent for Student Information Publication

Parents (including legal guardians) are required to provide written permission to their child's school if they wish to:

- 1) allow their child to participate in school activities and the School District to publish the student's name, school name, grade level, photograph, video image, art work, writing, etc. in annual yearbooks, graduation programs, web sites, school newspapers, approved news gatherings, releases and articles, etc.
- AND**
- 2) allow publication to the public of certain specified information (such as honors received) related to their child.

**DIRECTIONS:** If this is a blanket consent for all student publications throughout the school year, the parent will check the appropriate box and provide the school year. If a one-time release and consent for a special project is required, the parent will check the special release box and list below the name of the special project publication. The parent will sign and return to the student's school.

Student ID #	Student Name (first, middle initial, last)	Grade
School Name	School Contact	Contact Phone Number
Parent/Guardian Name		

**TYPE OF CONSENT** (check one only)

- blanket release and consent for all student information publications for school year \_\_\_\_\_  
I hereby give permission for the school or District to use my child's photograph, video image, writing, voice recording, name, grade level, school name, participation in officially recognized activities and sport, weight and height of members of athletic teams, dates of attendance, diplomas and awards received, date and place of birth, and most recent previous school attended, in annual yearbooks, graduation programs, playbills, school productions, web sites, social media sites, etc. and/or similar school or District sponsored publications or in school or District approved news media interviews, releases, articles, and photographs. I also provide permission for the release by the school or District to the media and governmental entities of my child's name, grade, school name and honors my child has received for public announcement of recognition of my student's accomplishments. **I understand that without checking the permission box my child's name and photograph cannot and will not be included in any publications or presentation, including a school yearbook.**
- special release and consent for the student information publication listed below:

I hereby give permission for the school or District to use my child's photograph, video image, writing, voice recording, name, grade level, school name, etc. in the special production named above.

I also understand the production, publication, presentation or materials may be submitted for classwork, for open broadcast by *Instructional Television (ITV)*, *The Education Network (TEN)*, a film festival or contest or any other display according to the broadcast/ publication rules of the appropriate trade.

The School District of Palm Beach County shall have the right to sell, duplicate, reproduce or make other use of such rights transferred as The School District of Palm Beach County so desires. This agreement is given with free knowledge of the rights transferred to the School District of Palm Beach County. This agreement is made without restrictions or time limits.

- I **give permission** for the consent request indicated above.
- I **do not** give permission for the consent request indicated above.

\_\_\_\_\_  
Signature of Parent/Guardian or Emancipated Student  
(including if age 18 or over - proof of age required)

\_\_\_\_\_  
Date





Florida High School Athletic Association

## Affidavit of Compliance with the Policies on Athletic Recruiting & Non-Traditional Student Participation

- For:** Any student who changes attendance to a member school at any time, regardless of whether the change occurs during the school year (i.e. a transfer) or during the summer period between school years, including youth exchange, international and immigrant students, or is a "Non-Traditional" student (i.e. home education, certain charter and special/alternative school, certain private school, FLVS Full Time Public Program, etc.) participating for your school. *This form is not required for students entering from a terminating grade school (i.e. 5th grade to 6th, 8th grade to 9th grade).*
- Action:** Must be read and signed by the student and his/her parent(s)/legal guardian(s) appointed by a court of competent jurisdiction. **This form only needs to be done once for each change of schools or change in participation as a "Non-Traditional" student at a member school.**
- Due date:** Must be received by the school **prior to participation** in the first sport in which the student wishes to participate,
- Required by:** FHSAA Policies.
- Purpose:** To heighten the awareness of and compliance with rules prohibiting athletic recruiting on the part of student-athletes, their parents legal guardians, and member schools, as well as participation with a member school as a "Non-Traditional" student.
- Verification:** Page 3 will be checked for completeness. **Submission of this form DOES NOT grant eligibility.**

### TO: STUDENT-ATHLETE

The school that you have chosen to attend, or participate for as a "Non-Traditional" student, is a member of the Florida High School Athletic Association (FHSAA). The FHSAA has rules that prohibit a member school from making any effort to encourage or entice a student to attend or participate there for athletic purposes. This is called athletic recruiting, and it is not permitted on the high school level. The Florida Legislature, in fact, has directed the FHSAA to "adopt bylaws that specifically prohibit the recruiting of students for athletic purposes." Florida law also regulates the participation in interscholastic athletics by "Non-Traditional" students.

What follows is an explanation of athletic recruiting rules, as well as regulations related to participation by "Non-Traditional" students, and the penalties for violating them. You and your parent(s) or legal guardian(s) must read this document and declare that you were not recruited to attend or participate for the school for athletic purposes and that you are aware of the regulations regarding participation as a "Non-Traditional" student by signing the attached "Affidavit of Compliance". The signed affidavit must be submitted to the member school prior to a date not earlier than the first day of practice of the first sport in which the student wishes to participate, as posted on the FHSAA Website.

Please read this information carefully. Sign the affidavit truthfully and honestly. Do not sign the affidavit if you have any questions about these rules or believe that a violation of these rules may have occurred. Instead, have your school's athletic director contact the FHSAA Office by phone at 352.372.9551 ext. 340 or by e-mail at [compliance@fhsaa.org](mailto:compliance@fhsaa.org). Violations of these rules and regulations can and do result in severe penalties for the school and the student-athlete. Making an inaccurate statement by signing the affidavit when you know you should not will only make these penalties worse for all involved if violations are later determined to have occurred.

### What is athletic recruiting?

Athletic recruiting is any attempt by any employee or athletic department staff member of an FHSAA member school, a representative of the school's athletic interests or a third party to pressure, urge or entice a student who does not currently attend or participate for that school to change his/her attendance or participation there for the purpose of athletic participation. This occurs when the school employee, athletic department staff member or representative of the school's athletic interests makes improper contact with the student or a member of his/her family in an effort to pressure or urge the student to go to that school OR promises, offers or gives the student an impermissible benefit in an effort to entice the student to go to or participate for that school.

### Who is "a representative of the school's athletic interests?"

Any person, business or organization that participates in, assists with, and/or promotes a school's athletic program is considered to be a representative of the school's athletic interests. This includes, but is not limited to:

- A student-athlete or other student participant in the athletic program at that school;
- The parents, guardians or other family members of a student-athlete or other student participant in the athletic program at that school;
- Immediate relatives of a coach or other members of the athletic department staff at that school;
- A volunteer with that school's athletic program;
- A member of an athletic booster organization of that school;
- A person, business or organization that makes financial or in-kind contributions to the athletic department or that is otherwise involved in promoting the school's interscholastic athletic program.

### What is improper contact with a student who does not attend a school?

Any contact or communication of any kind with a student who does not attend or participate for a particular school, or a member of the student's family, in attempt to pressure, urge or entice the student to change attendance to a different school for athletic reasons is improper. The improper contact can either be in person, through written or electronic means such as letters, flyers, e-mails, text messages, social media or through a third party. Did someone talk you into changing to this school to play athletics? Did someone urge you to change to this school to play athletics? If so, you may have been athletically recruited.



Florida High School Athletic Association

## Affidavit of Compliance with the Policies on Athletic Recruiting & Non-Traditional Student Participation

### What is an impermissible benefit?

An impermissible benefit is any benefit that is promised, offered or given to a student or a member of his/her family but is not offered or generally made available to all students who apply to or attend or participate for the school. Did someone promise, offer or give you anything more than what any other student who attends or participate for this school is generally promised, offered or given that caused you to decide to change to this school? If so, it probably is an impermissible benefit.

### What is a "third party"?

A "third party" is an independent person, business or organization who may or may not be a representative of the school's athletic interests.

### What are the penalties for violations of athletic recruiting rules by a member school?

A member school that violates athletic recruiting rules will be assessed one or more of the following penalties:

- A public reprimand;
- A financial penalty;
- Forfeiture of all contests and awards won in which the student who was athletically recruited or received an impermissible benefit participated or contributed;
- One or more forms of probation (administrative, restrictive or suspension) for one or more years;
- Prohibition against participating or coaching in certain competitions, including state playoffs, for one or more years in the sport(s) in which the violation(s) occurred;
- Prohibition against participating in any competitions for one or more years in the sport(s) in which the violation(s) occurred;
- Restricted membership for one or more years during which some or all of the school's membership privileges are restricted or denied;
- Expulsion from membership in the FHSAA.

### What are the penalties for a student who is found to have been athletically recruited or receives an impermissible benefit?

A student who is found to have accepted an impermissible benefit will be ineligible for athletic competition for one or more years at the school where the violation occurred, and may be declared ineligible for athletic competition at all FHSAA member schools for one or more years.

### What are the regulations regarding the participation of "Non-Traditional" students?

A Non-Traditional student is eligible to participate provided:

- The student meets the same residency requirements as other students in the school at which he/ she participates; and
- The student meets the same standards of acceptance, behavior and performance as required of other students in extracurricular activities; and
- The student registers with the school his/her intent to participate in interscholastic athletic competition as a representative of the school, utilizing the official Association process as approved by the Executive Director, **prior to participation** in the sport(s) in which he/she wishes to participate, as posted on the FHSAA website; and
- The student complies with all FHSAA regulations, including eligibility requirements regarding age and limits of eligibility, and local school regulations during the time of participation; and
- The student provides proof of basic medical insurance coverage and both independently secured catastrophic insurance coverage and liability insurance coverage which names the FHSAA as an insured party in the event the school's insurance provider does not extend coverage to such students; and
- The student provides his/her own transportation to and from the school; and
- The student provides to school authorities all required forms (including, but not limited to, the EL2, EL3 and, where applicable, the EL7, EL7V, EL12, EL12V and EL14) and provisions.

### What are the penalties for violations of regulations regarding "Non-Traditional" student by a member school?

Allowing students to participate without properly registering a non-traditional student will subject the school to a monetary penalty.





Florida High School Athletic Association

## Affidavit of Compliance with the Policies on Athletic Recruiting & Non-Traditional Student Participation

The student/parent must complete, obtain all applicable signatures and submit this form to the school **on or before the first day of practice for the first sport in which the student wishes to participate**, as established on the FHSAA Calendar. Submission of this form **DOES NOT** grant eligibility. The student must be **ELIGIBLE** in all other respects.

We, the undersigned, being sworn, certify that the following statements are true:

1. Student *(full legal name)* \_\_\_\_\_ ("THIS STUDENT"), who was born on *(date)* \_\_\_\_\_, 19/20 \_\_\_\_\_, and who is currently in the *(number)* \_\_\_\_\_ th grade, now attends or wishes to participate for *(school now attending/participating for)* \_\_\_\_\_ ("THIS SCHOOL"), commencing on *(date)* \_\_\_\_\_, 20 \_\_\_\_\_.

THIS STUDENT has previously attended/participated for *(list all previous secondary schools beginning with the most recent and working back in time)* \_\_\_\_\_

2. I have read and understand the definition of athletic recruiting, including the explanation of the terms "representatives of the school's athletic interests", "improper contact" and "impermissible benefit", or I have read and understand the regulations regarding participation as a "Non-Traditional" student.

3. No employee, athletic department staff member, representative of the athletic interests of THIS SCHOOL, any person or organization acting on their behalf or a third party has had communication, directly or indirectly, through intermediaries, or otherwise with THIS STUDENT or any member of his/her family in an attempt to pressure, urge or entice THIS STUDENT to change attendance to or participation for THIS SCHOOL for the purpose of participation in interscholastic athletics.

4. No employee, athletic department staff member, representative of the athletic interests of THIS SCHOOL, any person or organization acting on their behalf or a third party is giving, has given, has offered or promised to give, directly or indirectly, through intermediaries, or otherwise any impermissible benefit to THIS STUDENT or any member of his/her family for the purpose of participation in interscholastic athletics.

5. If THIS STUDENT is a "Non-Traditional" student, THIS STUDENT has submitted to THIS SCHOOL the EL2 and EL3 forms and, where applicable, the EL7, EL7V, EL12, EL12V and EL14 forms **prior to participation in the first sport in which the student wishes to participate**.

6. If THIS STUDENT is a youth exchange (J-1 and F-1 Visas), international or immigrant student, THIS STUDENT has submitted to THIS SCHOOL the EL2 and EL3 forms and, where applicable, the EL4 Form.

**Under penalties of perjury, I declare that I have read the foregoing Affidavit and that the facts stated therein are true and correct and that the punishment for knowingly making a false statement includes fines and/or imprisonment.** I further understand that the penalties for knowingly making a false statement may subject THIS SCHOOL to fines, forfeitures, probations and possible expulsion from membership in the FHSAA, and may subject THIS STUDENT to a loss of athletic eligibility.

### FOR STUDENT/PARENT(S)/LEGAL GUARDIAN(S):

\_\_\_\_\_/\_\_\_\_\_  
Signature of Student / Date

\_\_\_\_\_/\_\_\_\_\_  
Signature of Parent/Legal Guardian / Date

\_\_\_\_\_  
Printed Name of Student

\_\_\_\_\_  
Printed Name of Parent/Legal Guardian

\_\_\_\_\_/\_\_\_\_\_  
Signature of Parent/Legal Guardian / Date

\_\_\_\_\_  
Printed Name of Parent/Legal Guardian



# Field Trip Permission/Release

Permission is requested for your child (student) to go on a field trip. To give permission for your child to attend this field trip complete the information in Section II. Return the completed **Field Trip Permission** to the teacher named below along with payment\* if there is a charge. If this **Field Trip Permission** is not returned, your child will not be permitted to attend. This form must be signed by the parent(s) and student, if over 18 years of age. Both parents should sign if feasible.

## SECTION I - TRIP INFORMATION

NAME OF SCHOOL Olympic Heights High School		SCHOOL CONTACT		TELEPHONE NUMBER 561 852-6900	
TEACHER		GRADE 9-12	TRIP DURATION Number of: Days		Nights <input type="checkbox"/> Overnight trip **
DATE OF DEPARTURE	DEPARTURE TIME <input type="checkbox"/> A.M. <input type="checkbox"/> P.M.	DATE OF RETURN	APPROXIMATE RETURN TIME <input type="checkbox"/> A.M. <input checked="" type="checkbox"/> P.M.		COST PER STUDENT *
DESTINATION Away Athletic Games <input type="checkbox"/> In-county <input type="checkbox"/> out-of-county <input type="checkbox"/> out-of-country				NUMBER OF CHAPERONS Male Female	
METHODS OF TRAVEL (check all that apply) <input type="checkbox"/> School Bus <input type="checkbox"/> Private Charter Bus <input type="checkbox"/> Walking <input type="checkbox"/> Private vehicle*** <input type="checkbox"/> Other (specify) _____					
DRIVER <input type="checkbox"/> Adult <input type="checkbox"/> Student		LODGING (if applicable)			
PURPOSE FOR TRIP Away Athletic Contests					
DESCRIPTION OF SUPERVISION + Coaches					

Attach any additional pages, if needed, including any relevant provisions in the student's IEP or 504 plan.

\* No penalty of any type will be imposed against the student based upon a failure to pay for the field trip. No student shall be denied the right to participate for failure to pay for the field trip. The principal may forgo a planned activity or use of a particular item based upon the collection of insufficient funds to cover the cost of the item or activity. This request is for a voluntary payment.

\*\* In the event of an overnight trip, students may not be supervised while in assigned rooms.

\*\*\* Each person transporting the students in a private vehicle must show proof of current automobile liability insurance to the school supervisor and to the parents/ guardians of the student traveling in the vehicle upon request. Volunteer drivers are required to carry minimum insurance requirements as specified by FL Statute 627.736 and complete the **School Volunteer Application** (PBSD 0887).

+ Describe the circumstances or times that the students will NOT be supervised by school staff or parents although adult supervisors will be present. Parents are encouraged to ask any questions about supervision on trip.

## SECTION II - PARENT / LEGAL GUARDIAN APPROVAL

NAME OF STUDENT (last, first, middle initial)		TRIP DESTINATION			
HOME TELEPHONE NUMBER	BUSINESS TELEPHONE NUMBER	CELL NUMBER	EMERGENCY TELEPHONE NUMBER		
PHYSICIAN NAME	TELEPHONE NUMBER	STUDENT SWIMMING SKILL LEVEL (if applicable) <input type="checkbox"/> Non-swimmer <input type="checkbox"/> Beginning <input type="checkbox"/> Skilled			
OTHER STUDENT INFORMATION (allergies, medications, etc., be specific)					MEAL PROVIDED <input type="checkbox"/> By Parent <input type="checkbox"/> By School

I agree and my child agrees to abide by all rules and safety precautions relating to this field trip activity. I am aware that during this trip certain risks are inherent. I understand that this field trip activity may involve certain conditions, hazards and potential dangers, including those associated with traveling in the above chosen method of travel or those associated with the facilities or property where the field trip will occur or whether the dangers are open and obvious or concealed. Any questions which have occurred to me have been answered to my satisfaction. I am participating in these activities of my own free choice. My signature acknowledges that I have been informed of the reasonably expected hazards associated with the field trip in which my child will be participating. The School District recognizes its responsibility for its negligent acts subject to the limits of Section 768.28, Florida Statutes. Based on current Florida Law, the School Board is not responsible for the negligence of volunteer drivers. I further agree to accept responsibility for any negligent, willful, or intentional act of my child and as a result will indemnify and hold harmless the School District for all costs, damages and attorneys fees. In the event of an emergency, reasonable attempts will be made to contact the parent. This would not prevent the emergency health care provider from acting in the best interests of the child. I authorize emergency medical treatment for my child in the event of accident or illness during this field trip.

Check here if the student wears a medical alert

\_\_\_\_\_  
Signature of Emancipated Student Date

\_\_\_\_\_  
Signature of Parent/Guardian Date

## Olympic Heights Athletics Code of Conduct

**The Olympic Heights Athletic Program** priorities are centered on both academic and athletic success. Such success demands **teamwork, scholarship, discipline (TSD)** and a thorough understanding of the **expectations** of our Olympic Heights Athlete's in the classroom, on and off the campus. Understanding that the good of the team comes first is fundamental to being a highly productive member of the Olympic Heights Athletic Program. An Olympic Height's Athlete is expected to have a positive, encouraging attitude, which builds trust and determination. To that end, all players will be asked to discipline themselves and maintain their self-control at all times. **As a Lion Athlete, you are representing our community and our school and must act accordingly on and off campus.** A lot is at stake; athlete's health and academic performance, the team's reputation, scholarship money, even college applications. OH Athletes know the difference between what is right and what is wrong. So when it comes time to make a choice, on the field/mat/court, in school, at the beach, at the party, **DO WHAT IS RIGHT!**

### Expectations in the classroom: **BE Tough, Smart and Dependable! TSD**

#### **All Players are expected to:**

1. Make sure that their cumulative GPA is a **2.0** at the time the sport begins. If it is below a 2.0, that player cannot play until the end of the next semester and a GPA of 2.0 or higher is reached.
2. Show up, give your best, pay attention to detail, and do the little things right!
3. Be in class at all times, (NO Skipping or wondering the halls)
4. **DO NOT STOP THE TEACHER FROM TEACHING AND OTHERS FROM LEARNING!**
5. Be proactive and learn to communicate with Administrators, teachers and coaches.

### Expectations ON THE FIELD/MAT/COURT: **BE Tough, Smart and Dependable! TSD**

1. **We expect players to take part in ALL practices.**
2. Players are expected to be on time, **dressed and ready**. If not, you will be considered late.
3. Late for practices and/or meetings: coach's discretion - Opportunities and/or possible loss of playing time.
4. All field equipment must be brought out to the field and set up prior to the start of games & practice.
5. All players will dress for practices. Head coach and trainer are the only people to determine if a player may not dress for practice.
6. If the athletic trainer is not available before the start of practice, taping will be done **AT the field/mat/court**. Being late to practice because of the trainer is not an excuse.
7. Death in family or family emergency (with note) or Athletics-related doctor's appointments, approved by trainer, are the only excused absences from practice.
8. Unexcused missed practices will result in missed game time/Opportunities coach's discretion.
9. ALL MISSED PRACTICES MUST BE **PRE-APPROVED** BY THE HEAD COACH ONLY! YOU MUST SEE OR CALL FOR APPROVAL PRIOR TO MISSING PRACTICE contact the Head coach.
9. **Tryouts** – A Player tryouts and makes the team and that player quits, that player cannot play another sport until that sport is complete.

**Athletic Expectations & Standards will be handled in a firm, fair, and consistent manner**

- **If a teacher contacts the coaching staff** about a discipline problem or poor grades, that player will have consequences and it will be up to the head coach's discretion.
- **If a player is given ISS or OSS**, the consequences will be steeper. If the problem persists or is egregious, it will be judged on a case-by-case basis by the head coach and loss of playing time.
- **DISRESPECT TO A COACH, teacher, official, or administrator**
  - 1<sup>st</sup> offense: judged on a case-by-case basis by the head coach opportunities and a possibility of loss of playing time.
  - 2<sup>nd</sup> offense: judged on a case-by-case basis by the head coach with a possibility of a suspension and/or dismissal from team.
- **Cigarettes/Tobacco/Vapes/Alcohol** – Opportunities, game time or suspension, judged on a case-by-case basis by head coach with suspensions lasting up to one year.
- **Drugs** – Immediate suspension from the Olympic Heights Athletics Program and individuals are judged on a case-by-case basis by head coach with suspensions lasting up to one year. (Including illegal drugs and improper use of prescription drugs.)
- **Arrests/Convictions**- Arrests and/or convictions are judged on a case-by-case basis by head coach and can lead to dismissal from the team.

**INFRACTION OF STUDENT-ATHLETE – Any fine occurred by an athlete must be paid by the Athlete**

***\*FHSAA Fines start at \$100\****

**Level I - MINOR (PROFANITY, INSUBORDINATION, VIOLATION OF TEAM/SCHOOL RULES...)**

**1st Offense:** Athletic Director Conference and/or Administrator Conference; counseling / online sportsmanship course; ineligible to compete for a minimum of the next two (2) contests in all sports except football. Football, the student will be ineligible for one contest. If the unsportsmanlike or flagrant foul occurs in the last contest of the season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates.

**2nd Offense:** Athletic Director Conference and/or Administrator Conference; counseling / online sportsmanship course; ineligible to compete for a minimum of the next four contests in all sports except football. Football, the student will be ineligible for two contests. If the unsportsmanlike or flagrant foul occurs in the last contest of the season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates.

**3rd Offense:** Athletic Director Conference and/or Administrator Conference; counseling / online sportsmanship course indefinite suspension from competition with suspension from practice in any interscholastic athletic contest in any sport for a period of up to one (1) year.

**Level II - Infraction(s) – Major (FIGHTING, ALCOHOL, DRUGS, BULLYING...)**

**1st Offense:** Athletic Director Conference and/or Administrator Conference; counseling / online sportsmanship course indefinite suspension from competition with suspension from practice in any interscholastic athletic contest in any sport for a period of up to one (1) year.

**2nd Offense:** Dismissal from team

**Level I** – Director SDPBC and/or Principal Conference; counseling / online sportsmanship course; ineligible to coach for a minimum of the next contest of participation in the sport of the suspension and in any interscholastic athletic contest in any sport, at any level, during the period of suspension, in all sports. If the unsportsmanlike act occurs in the last occurs in the last contest of a season, the coach or other representative of the school’s athletic interest will be ineligible for the same period of time as stated above in the next sport in which the coach participates.

**Level II** – SDPBC Athletic Director and/or Principal Conference; counseling / online sportsmanship course; ineligible to coach for a minimum of the next six (6) contests of participation in the sport of the suspension and in any interscholastic athletic contest in any sport, at any level, during the period of suspension, in all sports. If the unsportsmanlike act occurs in the last contest of a season, the coach or other representative of the school’s athletic interest will be ineligible for the same period of time as stated above in the next sport in which the coach participates.

**Level III** – SDPBC Athletic Director and/or Principal Conference; counseling / online sportsmanship course; indefinite suspension from competition with suspension from practice in any interscholastic athletic contest in any sport for a period of up to one (1) year.

Parent sign: \_\_\_\_\_ Date: \_\_\_\_\_

Player sign: \_\_\_\_\_ Date: \_\_\_\_\_

Coach sign: \_\_\_\_\_ Date: \_\_\_\_\_



# Student Medical Consent for Athletics

Print Student Name \_\_\_\_\_ Birth Date \_\_\_\_\_

The student, hereby known as patient, and parent(s) or legal guardian(s) whose signatures are attached below do hereby consent to any and all emergency medical and/or surgical treatment including anesthesia and operations which may be advisable by the patient's physicians and/or surgeons. The intention hereof being to grant authority to administer and perform all and singularly examinations, treatments, anesthetics, operations and diagnostic procedures which may be deemed advisable or necessary. We also agree that the patient, when admitted, is to remain in the hospital until his or her physician recommends that the patient is discharged.(Attach any additional pages, if needed, including any relevant provisions in student's IEP or 504 plan.) In the event of an emergency, reasonable attempts will be made to contact the parent. This would not prevent the emergency health care provider from acting in the best interests of the child.

In witness of our consent and agreement to the matters stated in the preceding sentences, we have subscribed our signatures below:

\_\_\_\_\_  
*Signature of Student* \_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature of Parent/Guardian* \_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature of Parent/Guardian* \_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Telephone or cell number to call in case of emergency*

---

## NOTARY OF PARENT'S/LEGAL GUARDIAN'S OR ADULT/EMANCIPATED STUDENT'S SIGNATURE

STATE OF FLORIDA

COUNTY OF \_\_\_\_\_

Sworn to or affirmed and subscribed before me this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.

by \_\_\_\_\_

\_\_\_\_\_  
*(parent/guardian or adult/emancipated student)*

\_\_\_\_\_  
*Signature of Notary Public - State of Florida*

Personally Known \_\_\_\_\_ OR Produced Identification \_\_\_\_\_

Type of Identification Produced \_\_\_\_\_



**PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)**  
*This medical history form should be retained by the healthcare provider and/or parent.*  
*This form is valid for 365 calendar days from the date signed below.*

**EL2**  
 Revised 3/23

**MEDICAL HISTORY FORM**

**Student Information** (to be completed by student and parent) *print legibly*

Student's Full Name: \_\_\_\_\_ Sex Assigned at Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 School: \_\_\_\_\_ Grade in School: \_\_\_\_\_ Sport(s): \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_  
 Name of Parent/Guardian: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Person to Contact in Case of Emergency: \_\_\_\_\_ Relationship to Student: \_\_\_\_\_  
 Emergency Contact Cell Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Other Phone: (\_\_\_\_) \_\_\_\_\_  
 Family Healthcare Provider: \_\_\_\_\_ City/State: \_\_\_\_\_ Office Phone: (\_\_\_\_) \_\_\_\_\_

List past and current medical conditions:

Have you ever had surgery? If yes, please list all surgical procedures and dates:

Medicines and supplements (please list all current prescription medications, over-the-counter medicines, and supplements (herbal and nutritional):

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

**Patient Health Questionnaire version 4 (PHQ-4)**

*Over the past two weeks, how often have you been bothered by any of the following problems? (Circle response)*

	Not at all	Several days	Over half of the days	Nearly everyday
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

GENERAL QUESTIONS		Yes	No	HEART HEALTH QUESTIONS ABOUT YOU		Yes	No
Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.				<i>(continued)</i>			
1	Do you have any concerns that you would like to discuss with your provider?			8	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography (ECHO)?		
2	Has a provider ever denied or restricted your participation in sports for any reason?			9	Do you get light-headed or feel shorter of breath than your friends during exercise?		
3	Do you have any ongoing medical issues or recent illnesses?			10	Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
4	Have you ever passed out or nearly passed out during or after exercise?			11	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35? (Including drowning or unexplained car crash)		
5	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			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)?		
6	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			13	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
7	Has a doctor ever told you that you have any heart problems?						

**This form is not considered valid unless all sections are complete.**



**PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)**  
*This medical history form should be retained by the healthcare provider and/or parent.  
 This form is valid for 365 calendar days from the date signed below.*

**EL2**

Revised 3/23

Student's Full Name: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ School: \_\_\_\_\_

BONE AND JOINT QUESTIONS		Yes	No	MEDICAL QUESTIONS (continued)		Yes	No
14	Have you ever had a stress fracture?			26	Do you worry about your weight?		
15	Did you ever injure a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			27	Are you trying to or has anyone recommended that you gain or lose weight?		
16	Do you have a bone, muscle, ligament, or joint injury that currently bothers you?			28	Are you on a special diet or do you avoid certain types of foods or food groups?		
MEDICAL QUESTIONS		Yes	No	29	Have you ever had an eating disorder?		
17	Do you cough, wheeze, or have difficulty breathing during or after exercise or has a provider ever diagnosed you with asthma?			Explain "Yes" answers here: _____ _____ _____ _____ _____ _____ _____ _____ _____ _____			
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?						
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?						
20	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)?						
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 ever had or do you have any problems with your eyes or vision?						

**This form is not considered valid unless all sections are complete.**

Participation in high school sports is not without risk. The student-athlete and parent/guardian acknowledge truthful answers to the above questions allows for a trained clinician to assess the individual student-athlete against risk factors associated with sports-related injuries and death. Florida Statute 1006.20 requires a student candidate for an interscholastic athletic team to successfully complete a preparticipation physical evaluation as the first step of injury prevention. This preparticipation physical evaluation shall be completed each year before participating in interscholastic athletic competition or engaging in any practice, tryout, workout, conditioning, or other physical activity, including activities that occur outside of the school year.

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine physical evaluation required by Florida Statute 1006.20, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test. The FHSAA Sports Medicine Advisory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include the special tests listed above.

Student-Athlete Name: \_\_\_\_\_ (printed) Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Parent/Guardian Name: \_\_\_\_\_ (printed) Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Parent/Guardian Name: \_\_\_\_\_ (printed) Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

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**PREPARTICIPATION PHYSICAL EVALUATION (Page 3 of 4)**  
*This medical history form should be retained by the healthcare provider and/or parent.*  
*This form is valid for 365 calendar days from the date signed below.*

**EL2**  
 Revised 3/23

**PHYSICAL EXAMINATION FORM**

Student's Full Name: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ School: \_\_\_\_\_

**PHYSICIAN REMINDERS:**

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?	• 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?	

Verify completion of FHSAA EL2 Medical History (pages 1 and 2), review these medical history responses as part of your assessment. Cardiovascular history/symptom questions include Q4-Q13 of Medical History form. (check box if complete)

EXAMINATION		
Height:	Weight:	
BP: / ( / )	Pulse:	Vision: R 20/ L 20/ Corrected: Yes No
MEDICAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyl, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, Ears, Nose, and Throat • Pupils equal • Hearing		
Lymph Nodes		
Heart • Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)		
Lungs		
Abdomen		
Skin • Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphylococcus Aureus (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and Arm		
Elbow and Forearm		
Wrist, Hand, and Fingers		
Hip and Thigh		
Knee		
Leg and Ankle		
Foot and Toes		
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test		

**This form is not considered valid unless all sections are complete.**

\*Consider electrocardiography (ECG), echocardiography (ECHO), referral to a cardiologist for abnormal cardiac history or examination findings, or any combination thereof. The FHSAA Sports Medicine Advisory Committee strongly recommends to a student-athlete (parent), a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include an electrocardiogram.

Name of Healthcare Professional (print or type): \_\_\_\_\_ Date of Exam: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Healthcare Professional: \_\_\_\_\_ Credentials: \_\_\_\_\_ License #: \_\_\_\_\_

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**PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)**  
 SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL  
 This form is valid for 365 calendar days from the date signed below.

**EL2**  
 Revised 3/23

**MEDICAL ELIGIBILITY FORM**

**Student Information** (to be completed by student and parent) *print legibly*

Student's Full Name: \_\_\_\_\_ Sex Assigned at Birth: \_\_\_\_ Age: \_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 School: \_\_\_\_\_ Grade in School: \_\_\_\_ Sport(s): \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_  
 Name of Parent/Guardian: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Person to Contact in Case of Emergency: \_\_\_\_\_ Relationship to Student: \_\_\_\_\_  
 Emergency Contact Cell Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Other Phone: (\_\_\_\_) \_\_\_\_\_  
 Family Healthcare Provider: \_\_\_\_\_ City/State: \_\_\_\_\_ Office Phone: (\_\_\_\_) \_\_\_\_\_

- Medically eligible for all sports without restriction  
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of: *(use additional sheet, if necessary)*

Medically eligible for only certain sports as listed below:

Not medically eligible for any sports

Recommendations: *(use additional sheet, if necessary)*

I hereby certify that I have examined the above-named student-athlete using the FHSAA EL2 Preparticipation Physical Evaluation and have provided the conclusion(s) listed above. A copy of the exam has been retained and can be accessed by the parent as requested. Any injury or other medical conditions that arise after the date of this medical clearance should be properly evaluated, diagnosed, and treated by an appropriate healthcare professional prior to participation in activities.

Name of Healthcare Professional (print or type): \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 Signature of Healthcare Professional: \_\_\_\_\_ Credentials: \_\_\_\_\_ License #: \_\_\_\_\_

**SHARED EMERGENCY INFORMATION - completed at the time of assessment by practitioner and parent**

Check this box if there is no relevant medical history to share related to participation in competitive sports.

Provider Stamp *(if required by school)*

Medications: *(use additional sheet, if necessary)*

List: \_\_\_\_\_

Relevant medical history to be reviewed by athletic trainer/team physician: *(explain below, use additional sheet, if necessary)*

- Allergies  Asthma  Cardiac/Heart  Concussion  Diabetes  Heat Illness  Orthopedic  Surgical History  Sickle Cell Trait  Other

Explain: \_\_\_\_\_

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

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct. We understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test.

**This form is not considered valid unless all sections are complete.**

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**PREPARTICIPATION PHYSICAL EVALUATION (Supplement)**  
 SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL  
 This form is valid for 365 calendar days from the date signed below.

**EL2**

Revised 3/23

*This form is only used, or requested, if a student-athlete has been referred for additional evaluation, prior to full medical clearance.*

**MEDICAL ELIGIBILITY FORM - Referred Provider Form**

**Student Information** (to be completed by student and parent) *print legibly*

Student's Full Name: \_\_\_\_\_ Sex Assigned at Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 School: \_\_\_\_\_ Grade in School: \_\_\_\_\_ Sport(s): \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_  
 Name of Parent/Guardian: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Person to Contact in Case of Emergency: \_\_\_\_\_ Relationship to Student: \_\_\_\_\_  
 Emergency Contact Cell Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Other Phone: (\_\_\_\_) \_\_\_\_\_  
 Family Healthcare Provider: \_\_\_\_\_ City/State: \_\_\_\_\_ Office Phone: (\_\_\_\_) \_\_\_\_\_

Referred for: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

*I hereby certify the evaluation and assessment for which this student-athlete was referred has been conducted by myself or a clinician under my direct supervision with the conclusions documented below:*

- Medically eligible for all sports without restriction as of the date signed below
- Medically eligible for all sports without restriction after completion of the following treatment plan: *(use additional sheet, if necessary)*

Medically eligible for only certain sports as listed below:

Not medically eligible for any sports

Further Recommendations: *(use additional sheet, if necessary)*

Name of Healthcare Professional (print or type): \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 Signature of Healthcare Professional: \_\_\_\_\_ Credentials: \_\_\_\_\_ License #: \_\_\_\_\_

Provider Stamp *(if required by school)*