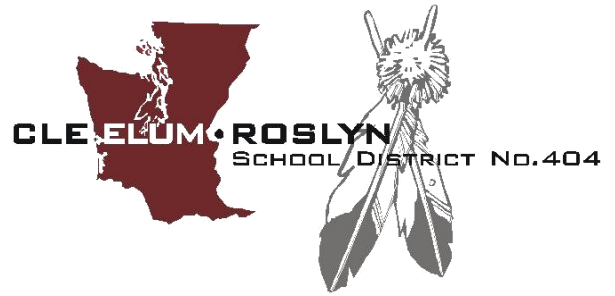


Cle Elum-Roslyn School District

Athletics Registration Checklist



Student-Athlete Name _____ Sport _____ Date _____

- Athletic Registration Form**
- Health History Form**
- Release of Liability, Assumption of Risk, and Acknowledgement of Athletic Code**
- Proof of Medical Insurance**
- Transportation Permission and Permission to Treat**
- Lystedt Law Concussion Release**
- Enrolled in Cle Elum-Roslyn School District**
 - Transfer (Name of district) _____
- Age** (must be less than 20)
- Previous Experience** (played less than 4 seasons)
- ASB Fee** (\$25 – separate check)
- Athletic Support Fee** (\$50 – separate check)
- Fees and Fines** (all must be paid)
- Physical** (physicals acquired since August 1, 2011 are good for 24 months)
- Grade Check**

Please check which school you attend:

- Cle Elum-Roslyn High School**
- Walter Strom Middle School**

Student is eligible for CERSD Athletic Participation _____

School District Personnel

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Cle Elum-Roslyn School District Athletics and Activities Code

Athletics and Activities programs at the Cle Elum-Roslyn School District are a part of our comprehensive education program. They are an extension of the basic education curriculum and are financed by a combination of the school district General Fund, Associated Student Body Fund (ASB), User Fees, and donations from the Booster Club and other community groups. Through the Athletics and Activities programs, emphasis is placed on attitude and character development, sportsmanship, physical fitness, skill development, and academic and social excellence.

MISSION

Cle Elum Roslyn School District Athletics and Activities will enhance the academic and social excellence of our students by providing competitive opportunities that promote commitment, integrity, sportsmanship, and teamwork.

BELIEFS

- **Collaboration** is key to a successful future; thus, teamwork is central to our athletic and activities programs
- **Commitment** and dedication will lead to a strong work ethic in our students
- **Pride** in one's self, team, school, and community will motivate success
- Skills developed through the **courage** to face and overcome adversity last a life time
- **Parent** and **community partnerships** provide effective and sustainable athletic and activity programs
- Winning with **humility** and losing with **grace** are the backbone of **sportsmanship**
- **Clean healthy lifestyle** builds the foundation for athletic and lifelong success

OBJECTIVES

- **Participation:** The amount of involvement a student has participated in a contest.
- **Attitude and Character Development:** Those qualities of a positive self-concept, commitment, determination, a sense of responsibility, sportsmanship, loyalty, and cooperation, associated with teamwork.
- **Skill Development:** The learning and mastery of the skills of the particular sport or activity.
- **Winning:** To gain "victory" in a contest

Although the same objectives are used for each program, **the order in which they rank is different**. The change in emphasis for the programs is necessary to adequately meet the different physical, emotional development, academic, and maturity needs of each group. Winning should not be regarded as the sole justification for participation; however, a primary objective of the high school varsity athletic program is to develop a highly competitive level of performance in relation to league and state competition.

Participation in athletics and activities can be a building block for understanding the benefits of teamwork and the adverse effects of poor choices. Through solid teamwork success can be obtained for both the team and the individual and this can help to build a way of life truly respected in our society. With poor choices (such as quitting on your team or activity, breaking team training rules, or choosing unhealthy living habits), not only is the individual punished by decreased playing time or other consequences, but the whole team or activity group is affected, since the participant is no longer available to participate. Athletics and activities demonstrate the philosophy that dedication, drive and determination bring eventual success.

In keeping with the theory that Athletics and Activity participation is a privilege and a means of learning self-discipline, the following Athletic and Activity Code, with regard to training and conduct, has been adopted. It applies to all students participating in interscholastic athletics and school activities-

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CLE ELUM-ROSLYN HIGH SCHOOL ATHLETICS AND ACTIVITIES TERM OF CONTRACT

The following rules and regulations will be in effect from the date the contract is signed until the end of the current school year, graduation, or withdrawal from the school district.

SECTION I. EXPECTATIONS**1. GENERAL EXPECTATIONS****1.1. Attendance at Parties**

- 1.1.1. Students shall not knowingly attend a function (party) where alcohol is being used by minors or drugs are present. While attending the function, should the use of drugs and/or alcohol consumption by minors become known, the student has the responsibility to leave immediately.

1.2. Committing Act of Larceny

- 1.2.1. Students shall not knowingly possess, sell, or purchase stolen property.

1.3. Personal Appearance

- 1.3.1. Students shall dress according to school dress code.

1.4. School Attendance

- 1.4.1. Students shall be in attendance at school for the entire school day.
- 1.4.2. Absences related to medical appointments or bereavement may be excused with prior approval from the athletic director, activity advisor, or high school principal.
- 1.4.3. Missing any part of the school day, without a pre-approved absence, shall require the student to sit out the next practice, performance, or competition.

1.5. School Conduct

- 1.5.1. Students shall be good citizens at all times. Disruptive behavior, persistent tardiness, truancy, abuse, or damage of school property, and/or other violations of school regulations are unacceptable. A student must realize that his/her primary purpose in attending school is to acquire an education; therefore, any conduct that is detrimental to this purpose is unacceptable.

1.6. Profane and Obscene Language

- 1.6.1. The use of profane or obscene language and/or acts of vulgarity is prohibited. Obscene or profane language is language that would be offensive to a reasonable person under the same or similar circumstances.

1.7. Sportsmanship

- 1.7.1. Students representing Cle Elum-Roslyn School District shall exemplify the highest standards of conduct. Good conduct is defined as those qualities of courteousness, fairness, grace in winning and losing, and respectfulness—to officials, teammates, opponents, teachers, coaches, spectators and all others associated with the sport, performance, or contests.

1.8. Team Conduct

- 1.8.1. No student shall violate rules of team conduct, as established by the head coach or activity advisor, which include but are not limited to:
- 1.8.1.1. Attitude or action which substantially affects the harmony of, or causes substantial ill feelings on the team or activity group.
- 1.8.1.2. Missing scheduled turnouts, practices, activity performance, or competition without prior permission of the coaching staff or activity advisor.

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1.8.1.3. Violation of curfew at overnight functions.

2. DRUG and ALCOHOL EXPECTATIONS**2.1. Alcoholic Beverages**

2.1.1. The promotion, consumption, distribution, purchase, manufacturing, possession, or sale of alcoholic beverages is prohibited.

2.2. Tobacco

2.2.1. The promotion, consumption, distribution, purchase, manufacturing, possession, or sale of Tobacco and/or other nicotine products is prohibited.

2.3. Drugs

2.3.1. The promotion, consumption, distribution, purchase, manufacturing, possession, or sale of drugs, in any form, is prohibited.

2.3.2. A valid prescription must accompany all prescription drug possession and usage.

2.4. Performance Enhancing Drugs

2.4.1. To protect the students' health and safety and to ensure students are not using performance enhancing drugs to gain a competitive advantage; the consumption, distribution, purchase, manufacturing, possession, or sale of performance enhancing drugs is prohibited.

Violations of section 2 (DRUG and ALCOHOL EXPECTATIONS) require a minimum of a short-term suspension consequence (see discipline scale)

3. ACADEMIC and ELIGIBILITY EXPECTATIONS FOR STUDENT ATHLETES**3.1. Eligibility****3.1.1. State Requirements**

The WIAA establishes eligibility criteria for all 7th-12th grade athletes within the state. All Cle Elum Roslyn School District athletes must meet WIAA rules in order to be eligible for interscholastic competitions. A link to the WIAA handbook is on our athletic department web site: <https://sharepoint.cleelum.wednet.edu/Athletics/default.aspx>

3.1.2. Local Requirements

In addition to the WIAA state requirements, our athletes must also meet the following requirements:

- a. Sign the CERHS Athletic Code
- b. Fill out the Athletic Registration Form
- c. Fill out the Health History Form
- d. Sign a concussion release form
- e. Pass a physical examination every 24 months
- f. Purchase an ASB card (\$25/year)
- g. Pay athletic support fee (\$50/sport)
- h. Provide proof medical insurance coverage
- i. Pay all fees and fines, including food service account

3.2. Academics**3.2.1. Prior Semester**

3.2.1.1. Must have passed 5 of the 6 classes

3.2.2. Minimum Credits

3.2.2.1. Starting with the Class of 2014 student athletes must obtain sufficient credits in order to be eligible to participate in any team function.

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Athletic Eligibility Year	Credits Required
Freshman – 1 st Semester	0
Freshman - 2 nd Semester	2.5
Sophomore – 1 st Semester	5.0
Sophomore – 2 nd Semester	7.5
Junior – 1 st Semester	10.0
Junior – 2 nd Semester	12.5
Senior – 1 st Semester	15.0
Senior – 2 nd Semester	17.5

**** Meeting minimum requirements in the table above will NOT lead to on-time graduation ****

3.2.3. Current Semester

3.2.3.1. Student athletes must be passing **all** current semester classes and have a GPA of at least **2.0**.

3.2.3.2. Grades will be checked with progress reports or when report cards are written or otherwise available. If, upon grade check, the student athlete is below this level, he or she will have one (1) week from notification to raise their grade to minimum level. If, after the one (1) week probation grades have not improved, the student athlete can continue practicing but cannot participate in contests or travel with the team for ONE week from the time of suspension. **After a participant has been notified that he/she is not eligible, it then becomes his/her responsibility to prove academic eligibility.** A student gains eligibility by turning in a signed grade check from his/her teacher to the athletic director. This form must indicate passing grades in every class and a GPA that is at least 2.0. The athletic director will then notify the coach that the student may participate. **The coach will not allow the student to participate in events until notified by the athletic director.**

3.2.3.3. As per WIAA and league regulations, if the academic eligibility criteria are not met and the procedures above are not followed, not only will the student athlete become ineligible – **forfeiture of games for the entire team may result.**

3.2.3.4. Students qualifying for Special Education will be assessed based upon goal attainment as defined in their current IEP.

SECTION II. CONSEQUENCES

4. PROGRESSIVE DISCIPLINE

The intent of the following discipline scale is to provide students who have violated the **Cle Elum-Roslyn School District Athletics and Activities Code** an opportunity to reflect and adjust behavior in accordance to the expectations documented above. Naturally, not all violations will result in the student receiving probation. The severity of the violation will match the severity of the consequence. Additionally, past violations will be a significant factor in determining future consequences. The student violation record will be in effect for their entire career.

4.1. **Parent/Guardian Contact**

4.1.1. Contact with the student athlete's parent or guardian will be made immediately following any discussion with a student regarding a code violation, regardless of the severity and/or discipline.

4.2. **Probation**

4.2.1. A period of trial behavior of, up to four weeks, in which a student's behavior shall be observed to determine if that student is attempting to

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correct unacceptable behavior, of which he or she has been notified. Probation shall be for first offenders or minor violations. Violation of probation shall be cause for discipline to be re-issued higher on the progressive discipline scale. Students will continue to practice, participate in activities groups, and participate in competitions and performances while on probation. Drug and alcohol offenses are not minor offenses.

4.3. First Offense

- 4.3.1. Suspension from participation in any athletic/ activity competitions or performances for 30% of contests or performances, or as determined by the Athletics Director or Activities Advisor, an equivalent consequence. The student may not participate in competition or performances until the suspension term has been completed, but is required to participate in all practices and non-performance team functions for the duration of the suspension. Suspensions may carry into the following sports season. Student consequences may include community service hours. Community service is defined as an amount of work, measured in hours, performed on or off campus, as determined by the school district. Students may practice, if practice does not conflict with community service requirements. Students may NOT participate in competition, contests or performances until community service has been completed and accepted by the athletic director or activity advisor.
- 4.3.2. For drug and/or alcohol violations, a short-term suspension may be reduced by 50% upon completion of a licensed drug and alcohol assessment and successful follow through of assessment recommendations.

4.4. Second Offense

- 4.4.1 Suspension from participation in any athletic/ extra-curricular activity competition or performance for 365 days. The student may not participate in competition or performances. Student consequences may include community service hours. Community Service is defined as an amount of work, measured in hours, performed on or off campus, as determined by the school district. Students may practice, if practice does not conflict with community service requirements. Students may NOT participate in competition, contests or performances until community service has been completed and accepted by the athletic director or activity advisor.
- 4.4.2 Students who have been suspended who register for a subsequent athletic sport or student activity must complete the entire season of the activity, even if injury prevents the student from participating in competition or performances.

4.5 Third Offense

- 4.5.1 Suspension from participation in any athletic/extra-curricular activity competition or performance for the remainder of the student's career. Student consequences may include community service hours. Community Service is defined as an amount of work, measured in hours, performed on or off campus, as determined by the school district.

4.6 Reinstatement

- 4.6.1 If the student has been suspended for a second or third offense, the student has an opportunity to apply for reinstatement. The burden of proof is on the student to demonstrate that significant maturation has occurred and the likelihood of future violations is minimal. Successful reinstatement candidates must exhibit significant and sustainable lifestyle adjustments prior to application. The reinstatement board shall be made up of the athletic director/activity advisor, high school principal, and superintendent. A student may be allowed to participate in all practices and non-performance team activities functions for the duration of the appeals process.

SECTION III. COMPLIANCE

5. **Due Process and Investigative Approach:**

- 5.1. Athletic Director, activity advisor, or designee, will conduct investigations.
- 5.2. Rumors will NOT be used as fact; however, may be grounds to initiate an investigation.
- 5.3. Findings will be based upon
 - 5.3.1. Physical evidence
 - 5.3.2. Witness statements, accounting for the creditability of the witness.
 - 5.3.3. Consistency of multiple witness statements may resolve conflicting statements.
 - 5.3.4. Law enforcement reports

5.4. Violations will be based upon the civil threshold of preponderance of evidence; not the criminal threshold of reasonable doubt.

5.5. Parents of students that are the subject of an investigation will be notified immediately.

5.6. Investigations will cooperate with law enforcement as necessary.

5.7. Enforcement of the **Cle Elum-Roslyn School District Athletics and Activities Code** shall include a written explanation of the facts and identify relevant section(s) of code violated.

5.8. Students being investigated may be placed on temporary suspension until the investigation completes.

6. **Decisions:** Upon investigation completion and after consulting the head coach and/or building principal, the athletic director or activities advisor shall be responsible for decisions relating to disciplinary action resulting from violations.

7. **Self-Report:** Students are encouraged to self-report any potential violations of this code to the athletic director or activities advisor. To the extent the student is honest, contrite, and has a limited history of violations, a reduction in the standard penalty is likely, but remains at the discretion of the athletic director or activities advisor.

8. **Notification upon completion of investigation:** All students charged with a violation of this code that could result in disciplinary action shall be notified in person of the accusations, followed by written notice. Athletic Director or Activities Advisor will contact the parents by phone (leaving a message if not reached), sending an email when possible, followed by written notice.

9. **Appeal Process:** Students who are dissatisfied with discipline decision shall use the following protocol. The original discipline shall be in effect until the due process protocol has concluded.

9.1. Informal Conference: Students have the right to request an informal conference with the principal for the purpose of discussing concerns. Discipline could be reduced as result of this conference. Students must request an informal conference by giving notice within three (3) school days after the receipt of the decision. Such notice must be in writing and directed to the athletic director or activities advisor. Within five (5) school days of receipt of the notice the informal conference shall occur.

9.2. Hearing Board: If a student remains dissatisfied after an informal conference, he/she has a right to request a hearing board. This request for a hearing board must come within three (3) school days after the receipt of the informal conference decision. Such notice must be in writing and directed to the athletic director or appropriate Activities Advisor. Within five (5) school days of receipt of the notice appeal the hearing board shall convene.

The hearing board will consist of a school district administrator acting as chair of the committee (excluding any administrator directly involved with the imposition of the discipline giving rise to the hearing), one district staff member, and one athletic or activities advisory committee member. The purpose of the hearing board shall be to review the findings of facts and consider the basis of the sanction to determine if there was a preponderance of evidence to support the disciplinary action and if due process was followed.

- 1) The following people may be present at hearings:
 - a. Student (required);
 - b. High School Principal or Athletic Director/Activities Advisor; (required)

- c. Coaching staff of the sport involved (if applicable);
- d. Student's parent; and
- e. Student's counsel /representative

9.3. **Appeals:** Upon receipt of the Hearing Board's decision, the student or athletic/activity department may appeal the decision by giving notice of such an appeal within three (3) school days after the receipt of the decision. Such appeals must be in writing and directed to the Athletic Director/Activity Advisor. Within five (5) school days of receipt of the notice appeal, an informal hearing shall be held before the superintendent and two (2) representative of the Board of Directors. From which, a final decision will be issued.

WALTER STROM MIDDLE SCHOOL ATHLETICS and ACTIVITIES CODE

An athlete who has been in regular attendance for the grading period previous to a sport season must have maintained a "C" grade or above in all subjects to be eligible to participate in games. Those students who are earning below a "C" in any subject are placed on academic probation for one week. The student will be allowed to participate in practices and contests during the one week probationary period, but will need to attend after school opportunity time prior going to practice. If the student is not earning a "C" grade in all subjects at the end of the one week probationary period, he/she will be unable to participate in contests for the following week and until the weekly eligibility check show that the grade has improved to meet the "C" standard.

Interscholastic sports teams are those teams that play other schools in our area. Prior to the first turnout in any sport, the student must have purchased an A.S.B. card, paid the Pay-to-Participate fee and have completed and turned in the following:

- 1) Medical Examination form 2) Athletic Code contract 3) Athletic Permission form 4) Insurance form
- **These forms are available in the file outside the middle school office or coach.

STANDARD OF BEHAVIOR

The Athletic Director and Coaches will receive reports of all discipline involving athletes. Any behavior which requires discipline will result in the athlete being ineligible for competition for five (5) school days. To be eligible for competition, the student athlete must receive a satisfactory evaluation (academics and behavior) from each teacher. Any "unsatisfactory" mark will result in the athlete being on probation for five (5) school days. Further "unsatisfactory" marks, will result in the athlete being ineligible for competition for five (5) school days.

All students who participate in our school's co-curricular activities program are required to have medical insurance. This may be purchased through the student accident insurance offered by Myers-Stevens and Toohey and Company. However, parents should be aware that this insurance covers only a portion of the major medical bill and sometimes less than 50%. Please refer to the brochure you receive to have adequate coverage for your athlete. School insurance should not be used as primary coverage.

Section 1. Rules and Regulations

In addition to the rules outlined in our Student Handbook, the following rules and regulations apply to participants of a co-curricular activity.

A. Use of Alcoholic Beverages

The consumption, possession or sale of alcoholic beverages is prohibited at all times whether in or out of school. (Procedure #3)

B. Use of Tobacco

The use of tobacco, in any form, is forbidden at all times whether in or out of school. (Procedure #3)

C. Attendance at Parties

No student shall knowingly attend a function (party) where alcohol and/or other drugs are being used by minors or drugs are present. The student athlete will be expected to immediately leaving any function where alcohol and/or drugs are being used after the function is in progress or be held accountable for deciding to remain. (Procedure #2)

D. Use of Drugs and Narcotics

The use of drugs or narcotics not prescribed by a doctor is prohibited, as is the possession or sale of drugs and narcotics. (Procedure #3)

E. Committing Act of Larceny

No student shall take or appropriate the property of another with intent to keep or make use of wrongfully. No student shall sell or purchase stolen property. (Procedure #3)

F. Personal Appearance

Each student shall be reasonably neat, clean, well-groomed and clean shaven. Clothing and attire shall be appropriate for the occasion and not unduly distracting. (Procedure #1 and #2)

G. School Attendance

Student participants shall be in attendance at school for the entire school day to be eligible to participate in their activity that day, unless prior approval for the absence was granted from the coach/advisor or building principal.

Attendance at school for the entire day is required on the day of an event, or the day preceding a weekend event, unless prior approval for the absence was granted from the coach/advisor or building principal. (Procedure #1 and #2)

H. School Conduct

Co-curricular participants shall be good citizens at all times. Disruptive behavior, persistent tardiness, truancy, abuse or damage of school property, and/or other violations of school regulations are unacceptable.

All participants of co-curricular activities must complete an Academic/Behavior Eligibility Report form weekly to participate.

Student participants must receive a satisfactory evaluation (academics and behavior) from each teacher. (Procedure #1 and #2)

I. Profane and Obscene Language

The uses of profane or obscene language and/or acts of vulgarity are prohibited during activities, turnouts or competition. (Procedure #1 and #2)

I. Sportsmanship

Students representing Walter Strom Middle School shall exemplify the highest standards of good sportsmanship. Sportsmanship is defined as those qualities of courteousness, fairness and respectfulness – to officials, teammates, opponents, coaches, spectators and all others associated with the sport or contests. (Procedure #1 and #2)

J. General Team Conduct

No Participant shall violate rules of general conduct which include:

1. Attitude or action which affects the harmony of , or causes ill feelings on the team/squad/group.
2. Missing scheduled practices or competitions without permission of the coach/advisor. (Procedure #1 and #2)

SECTION II ENFORCEMENT OF THE TRAINING RULES

The building principal, the athletic director and the coach/advisor of the activity concerned shall be responsible for all decisions relating to disciplinary action resulting from violation of training rules.

Student participants who are dissatisfied with actions taken in accordance with outlined procedure may request a hearing as outlined under “Due Process.”

PROCEDURE

A Student who does not abide by the rules and regulation shall be placed on probation, suspended for a portion of the season, dismissed from the team or a combination of the above.

#1 Probation

A period of trial behavior, up to 4 weeks, in which a student’s behavior shall be observed to determine if that student is attempting to correct unacceptable behavior, which he or she has been notified of.

Probation shall be for first offenders only. Violation of probation shall be cause for suspension or dismissal.

#2 Suspension

Suspension shall consist of a participant being withheld from participation as determined by the coach and building principal.

#3 Dismissal

Dismissal shall terminate participation for the remainder of the activity; in all activities in which the student is then participating. Second offenses that result in dismissal within that year shall result in terminating participation in activities for the remainder of the school year. In the event a violation occurs two weeks or less prior to the end of the current season the dismissal shall continue as the participation in any other activity for an additional 2 week period.

SECTION III - ELIGIBILITY**State Requirements:**

- To Participate in Athletics you **must**:
- Be less than 15 years old prior to June 1 of the previous school year for 7th and 8th grade athletics.
- Have been in school last trimester.
- Be enrolled and in regular attendance within the first 15 school days of the current trimester in order to participate in the current semester.
- Have passed a physical examination from a licensed medical authority during the 12 month period prior to first participations in middle school.
- Have athletic injury insurance approved by your school.

To Participate in Athletics You Cannot:

- Compete in a sport for more than 2 years in the 7th and 8th grade.
- Participate concurrently in more than one interscholastic sport per season.

Walter Strom Middle School Requirements

In addition to above listed State requirements, student participants must also meet the following requirements:

- Passed all subjects the previous semester
- ASB card and Pay to participate
- Medical insurance
- Parent/Guardian permission
- Meet weekly academic and behavior expectations

Special Rules

Eligibility is subject to special rules if the following circumstances exist:

- Participation is non-school athletic activities.
- Parent/Guardians do not reside in the Cle Elum-Roslyn School District.
- Student transfer from one school to another.

If any of the above listed circumstances apply to you, notify your coach or advisor.

DUE PROCESS

All activity participants charged with a violation of rules and regulations that could result in suspension or dismissal shall be notified of the accusations in writing and have the right to a hearing within two (2) days, if requested.

Hearing Board

The Hearing Board will consist of a district administrator (excluding any administrator directly involved with the imposition of the discipline giving rise to the appeal), who will act as Chairperson, and two staff members. The following people may be present at the hearings:

- Participant
- Middle School Principal
- Athletic Director
- Coach/Advisor of participant
- Participant's Parents/Guardian
- Participant counsel and/or student representative

Witnesses may be called by the Hearing Board.

Final decisions are the responsibility of the Hearing Board. Participants will be bound by the decisions(s) of the Hearing Board until such time that an Appelas Hearing reverses the decision.

APPEALS

Upon receipt of the Hearing Board's decision, the activity participant and/or parent/guardian may appeal the decision by giving notice of such appeal within three (3) days after receipt of the decision. Such appeals must be directed to the principal or hearing officer.

Within five (5) days of receipt of the notice of appeal, an appellate hearing shall be held before the Superintendent of Schools and a representative of the Board of Directors. **The decision of the Superintendent and the representative of the Board of Directors shall be final.**

CERSD ATHLETIC REGISTRATION FORM

Athlete's Name _____ Birthdate _____ Grade ____ Circle - M F

Athlete is enrolled at: Cle Elum-Roslyn High School Walter Strom Middle School

If not, school attending? _____

Different residence from last year? YES NO

Parent/Guardian Name

Address

Home Phone Cell Phone(s) Business Phone(s)

E-mail Address

(If parent cannot be reached)
Emergency Contact Person _____ Phone _____

HEALTH HISTORY

(To be filled out and signed by Parent/Guardian for extended extracurricular activities)

Student Name _____ DOB/Age _____

School _____ Grade _____ Teacher/Advisor/Coach _____

Parent/Guardian Name _____ Phone H) _____ W) _____ C) _____

Parent/Guardian Name _____ Phone H) _____ (W) _____ C) _____

Address _____ City _____ Zip _____

Licensed Health Care Provider _____ Phone _____

In an emergency, if unable to reach parent/guardian, please contact:

Name _____ Relationship _____ Phone H) _____ W) _____ C) _____

Name _____ Relationship _____ Phone H) _____ W) _____ C) _____

Medical Concerns

	Yes	No	
Asthma	<input type="radio"/>	<input type="radio"/>	
Diabetes	<input type="radio"/>	<input type="radio"/>	
Seizure Disorder	<input type="radio"/>	<input type="radio"/>	Date of last seizure _____
Latex Allergy	<input type="radio"/>	<input type="radio"/>	

Allergic Reactions (plant, insect, food, meds) o Type/emergency medication _____

Recent exposure to contagious disease o Disease _____

Safety Concerns/Sleepwalking/Fainting o If yes, explain _____

Special Dietary Needs o If yes, explain _____

Other o If yes, explain _____

Is student currently taking medication? o If yes, list medications needed for this activity

Other information or direction from parent: _____

If your child is injured or has a serious illness during this activity, we will:

1. Call 911 if injury or illness warrants.
2. Contact parent or emergency contact person if at all possible. Document attempts.
3. Transport to hospital as needed based on advice of medics on the scene and obtain necessary treatment.
4. Follow parent/guardian instruction as noted on this form as closely as possible; our primary responsibility is student safety.

Any directions to the contrary should be specified on the reverse side of this form and signed.

Parent/Guardian Signature _____ Date _____

**Release of Liability, Assumption of Risk,
& Acknowledgement of Interscholastic Athletic Code**

1. The undersigned acknowledges that participating in competitive athletics is strenuous with certain inherent risks, some of which can be very serious ranging from minor strains and bruises to broken bones and catastrophic injury such as complete paralysis or even death. I freely and voluntarily accept full responsibility for all risks involved, including risks inherent in the competitive athletic environment. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment, or training can eliminate all vestiges of danger. I am informed the District does not assume the responsibility for the medical services required for these risks.
2. Because of the dangers of competitive athletics, I recognize the importance of following coaches' instructions regarding techniques, training, and other team or sport specific rules.
3. I agree that I have read the Interscholastic Athletic Code and will abide by the rules and regulations of the Cle Elum Roslyn School District Athletic Program. A violation of these rules may result in the loss of privileges and removal from the team - without a refund.
4. I agree to RELEASE, HOLD HARMLESS and INDEMNIFY the Cle Elum Roslyn School District, and any of their employees, volunteers, agents, contractors, subsidiaries, officers or owners, from all claims for any injury or damage resulting from any cause, including negligence, which arises out of student's participation in or travel to and from the Cle Elum Roslyn School District Athletic Program. This release is also binding as to any other persons, including all family members, heirs, and executors.
5. If I am signing on behalf of a minor, I recognize that I may not release any claims the minor may have. However, I accept full responsibility for all medical expenses incurred as a result of the minor's participation in or travel to and from Cle Elum Roslyn School District Athletic Program. I also agree to RELEASE, HOLD HARMLESS, AND INDEMNIFY the Cle Elum Roslyn School and any of their employees, volunteers, agents, contractors, subsidiaries, officers or owners, from any claims brought by the minor.

STUDENT SIGNATURE: _____ DATE: _____

PRINTED STUDENT NAME: _____

PARENT SIGNATURE: _____ DATE: _____

PRINTED PARENT NAME: _____

Proof of Medical Insurance

Insurance Provider: _____

Group/Policy #: _____

Primary Care Physician: _____

I, the undersigned, accept full responsibility for all medical expenses incurred as a result of the minor's participation in, or travel to and from, Cle Elum Roslyn School District Athletic Program.

Private Vehicle Transportation Permission

In the event of non life threatening injury, I the undersigned, grant permission to the Cle Elum Roslyn School District, its agents, employees, and parent volunteers to transport my child to the nearest hospital in a private vehicle.

Permission to Treat

I, the undersigned, grant the Cle Elum Roslyn School District, its coaches, employees, parent volunteers, or emergency medical personnel permission to treat when immediate medical care is essential.

PARENT SIGNATURE: _____ **DATE:** _____

The Lystedt Law

Concussion Information and Release

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports 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. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

- | |
|--|
| <ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness |
|--|

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice 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 medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed Student-athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

