## PRE-PARTICIPATION PHYSICAL EVALUATION INSTRUCTIONS

| STUDI | ENTS/PARENTS   |
|-------|--|
| 1. [  | Complete the History Form (pages 1 & 2) portion PRIOR to your appointment with your healthcare provider.   |
| 2. [  | Sign the bottom of the History Form (page 2).  |
| 3.    | Sign the bottom of the Medical Eligibility Form (page 4) AFTER the pre-participation evaluation is complete and PRIOR to turning in the completed PPE to the school. |
| 4.    | Review the Student Eligibility Checklist (page 5) AND SIGN the bottom of the page PRIOR to turning in the completed PPI to the school.                               |
| 5.    | Review and sign the Concussion and Head Injury Release Form provided by the school.  |
| HEAL1 | THCARE PROVIDERS   |
| 1. [  | Review the History Form (pages 1 & 2) with the student and his/her parent/guardian as part of the pre-participation physica evaluation.                              |
| 2. [  | Complete the Physical Examination Form (page 3) AND SIGN the bottom of page 3.   |
| 3. [  | Complete the Medical Eligibility Form (page 4) AND SIGN page 4.  |
| NO    | TE: Two signatures are required by the healthcare provider!  |
| SCHO  | OL ADMINISTRATORS  |
| 1.    | Collect the completed PPE forms with the appropriate signatures on pages 2 – 5.  |
| 2. [  | Based on your school's policy, determine who is responsible to review and disseminate the student's medical information provided on the form.*                       |
| 3. [  | Complete the Shared Emergency Information section on the Medical Eligibility Form (page 4).  |
| 4.    | Provide copies of the Medical Eligibility Form to appropriate staff with supervisory responsibility of extracurricular activitie (coaches, sponsors, etc.).          |

 $5. \ \, \square \ \, \text{Collect the required Concussion and Head Injury Release Form signed by the student and parent/guardian}.$ 

\* Schools are encouraged to have policies in place identifying who has access to a student's complete private health information found on the PPE form. The Medical Eligibility Form can be used independently to share with staff who may not need complete access to the private health information found on the PPE.

The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable. The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.



Date of birth

Name

# PRE-PARTICIPATION PHYSICAL EVALUATION

PPE is required annually and shall not be taken earlier than May 1 preceding the school year for which it is applicable.

Sex

**HISTORY FORM** (Pages 1 & 2 should be filled out by the student and **parent/guardian** prior to the physical examination)

| Grade School  | Sport(s)   |        |          |
|---|--|--------|----------|
| Home Address  | Phone  |        |          |
| Personal physician  | Parent Email   |        |          |
|   |  |        |          |
| List past and current medical conditions:   |  |        |          |
|   |  |        |          |
| Have you ever had surgery? If yes, list all past surgical procedures:   |  |        |          |
| Medicines and Allergies:  |  |        |          |
|   | ers, and supplements (herbal and nutritional) that you are currently taking:   |        |          |
| Development and allowing TVee TNe If we also identified   | asiG a Illiana i halai   | No Med | ications |
| Do you have any allergies? Yes No If yes, please identify sp  |  |        |          |
| Medicines Pollens F   | <del></del> -  |        |          |
| What was the reaction?  |  |        |          |
|   |  |        |          |
| Explain "Yes" answers at the end of this form. Circle questions if  | you don't know the answer.   |        |          |
| GENERAL QUESTIONS:  |  | YES    | NO       |
| Do you have any concerns that you would like to discuss with your   | provider?  |        |          |
| 2. Has a provider ever denied or restricted your participation in sport                                       | s for any reason?  |        |          |
| 3. Do you have any ongoing medical issues or recent illness?  |  |        |          |
| 4. Have you ever spent the night in the hospital?   |  |        |          |
| HEART HEALTH QUESTIONS ABOUT YOU:   |  | YES    | NO       |
| 5. Have you ever passed out or nearly passed out during or after exe  | rcise?   |        |          |
| 6. Have you ever had discomfort, pain, tightness or pressure in your o  | :hest during exercise?   |        |          |
| 7. Does your heart ever race, flutter in your chest, or skip beats (irreg                                     | ular beats) during exercise?   |        |          |
| 8. Has a doctor ever told you that you have any heart problems?   |  |        |          |
| 9. Has a doctor ever requested a test for your heart? For example, el   | ectrocardiography (ECG) or echocardiography.   |        |          |
| 10. Do you get light-headed or feel shorter of breath than your friends                                       | during exercise?   |        |          |
| 11. Have you ever had a seizure?  |  |        |          |
| HEART HEALTH QUESTIONS ABOUT YOUR FAMILY:   |  | YES    | NO       |
| 12. Has any family member or relative died of heart problems or had a ing drowning or unexplained car crash)? | n unexpected or unexplained sudden death before age 35 years (includ-  |        |          |
|   | nypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic<br>short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic |        |          |
| 14. Has anyone in your family had a pacemaker or an implanted defibr  | illator before age 35?   |        |          |
| BONE AND JOINT QUESTIONS:   |  | YES    | NO       |
| 15. Have you ever had a stress fracture or an injury to a bone, muscle,                                       | ligament, joint, or tendon that caused you to miss a practice or game?   |        |          |
| 16. Have you ever had any broken or fractured bones or dislocated join  | nts?   |        |          |
| 17. Have you ever had an injury that required x-rays, MRI, CT scan, inje                                      | ctions or therapy?   |        |          |
| 18. Have you ever had any injuries or conditions involving your spine (o                                      | ervical, thoracic, lumbar)?  |        |          |
| 19. Do you regularly use, or have you ever had an injury that required  | the use of a brace, crutches, cast, orthotics or other assistive device?   |        |          |
| 20. Do you have a bone, muscle, ligament, or joint injury that bothers y                                      | ou?  |        |          |
| 21. Do you have any history of juvenile arthritis, other autoimmune dis Dwarfism)?                            | ease or other congenital genetic conditions (e.g., Downs Syndrome or   |        |          |

#### KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

| MEDICAL QUESTIONS:   |                |                 | YES                   | NO                  |
|--|----------------|-----------------|-----------------------|---------------------|
| 22. Do you cough, wheeze, or have difficulty breathing during or after exercise?   |                |                 |                       |                     |
| 23. Have you ever used an inhaler or taken asthma medicine?  |                |                 |                       |                     |
| 24. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organs?  |                |                 |                       |                     |
| 25. Do you have groin or testicle pain, a bump, a painful bulge or hernia in the groin area?   |                |                 |                       |                     |
| 26. Have you had infectious mononucleosis (mono)?  |                |                 |                       |                     |
| 27. Do you have any recurring skin rashes or skin infection that come and go, including herpes or methicillin-resistant Staph (MRSA)?  | nylococcus aur | eus             |                       |                     |
| 28. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?  |                |                 |                       |                     |
| If yes, how many?  |                |                 |                       |                     |
| What is the longest time it took for full recovery?  |                |                 |                       |                     |
| When were you last released?   |                |                 |                       |                     |
| 29. Do you have headaches with exercise?   |                |                 |                       |                     |
| 30. Have you ever had numbness, tingling, weakness in your arms (including stingers/burners) or legs, or been unable to m after being hit or falling?                          | ove your arms  | or legs         |                       |                     |
| 31. Have you ever become ill while exercising in the heat?   |                |                 |                       |                     |
| 32. Do you get frequent muscle cramps when exercising?   |                |                 |                       |                     |
| 33. Do you or does someone in your family have sickle cell trait or disease?   |                |                 |                       |                     |
| 34. Have you ever had or do you have any problems with your eyes or vision?  |                |                 |                       |                     |
| 35. Do you wear protective eyewear, such as goggles or a face shield?  |                |                 |                       |                     |
| 36. Do you worry about your weight?  |                |                 |                       |                     |
| 37. Are you trying to or has anyone recommended that you gain or lose weight?  |                |                 |                       |                     |
| 38. Are you on a special diet or do you avoid certain types of foods or food groups?   |                |                 |                       |                     |
| 39. Have you ever had an eating disorder?  |                |                 |                       |                     |
| 40. How do you currently identify your gender?   | □ F □          | Other _         |                       |                     |
| 41. Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box)  | NOT AT ALL     | SEVERAL<br>DAYS | OVER HALF<br>THE DAYS | NEARLY<br>EVERY DAY |
| Feeling nervous, anxious, or on edge   | 0              | 1               | 2                     | 3                   |
| Not being able to stop or control worrying   | 0              | 1               | 2                     | 3                   |
| Little interest or pleasure in doing things  | 0              | 1               | 2                     | 3                   |
| Feeling down, depressed, or hopeless   | 0              | 1               | 2                     | 3                   |
| (A sum of 3 or more is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes) Patient Health Questionnaire Version 4 (PHQ-4) |                |                 |                       |                     |
| FEMALES ONLY:  |                |                 | YES                   | NO                  |
| 42. Have you ever had a menstrual period?  |                |                 |                       |                     |
| 43. If yes, are you experiencing any problems or changes with athletic participation (i.e., irregularity, pain, etc.)?   |                |                 |                       |                     |
| 44. How old were you when you had your first menstrual period?   |                |                 |                       |                     |
| 45. When was your most recent menstrual period?  |                |                 |                       |                     |
| 46. How many menstrual periods have you had in the past 12 months?   |                |                 |                       |                     |

Explain all Yes answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

| Signature of student-athlete Signature of parent/guardian Date |  |
|--|--|
|--|--|

#### ■ KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

#### PHYSICAL EXAMINATION FORM

| Name                          |    |      |       |           | Date of birth |               |
|-------------------------------|----|------|-------|-----------|---------------|---------------|
| Date of recent immunizations: | Td | Tdap | Нер В | Varicella | HPV           | Meningococcal |

#### **PHYSICIAN REMINDERS**

- 1. Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet and adhere to safe sex practices?
- 2. Consider reviewing questions on cardiovascular symptoms (questions 5-14 of History Form).
- 3. Per Kansas statute, any school athlete who has sustained a concussion shall not return to competition or practice until the athlete is evaluated by a healthcare provider and the healthcare provider (MD or DO only) provides such athlete a written clearance to return to play or practice.

| Height Weight Male ☐ Female ☐ BP (reference gender/height/age chart)**** /  | ( /                       | ) Pulse                                    |
|---|---------------------------|--|
| /ision R 20/ L 20/ Corrected: Yes \( \sigma\) No \( \)  |                           |  |
| MEDICAL STATE OF THE PROPERTY | NORMAL                    | ABNORMAL FINDINGS                          |
| Appearance - Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)   |                           |  |
| Eyes/ears/nose/throat<br>- Pupils equal, Gross Hearing  |                           |  |
| ymph nodes  |                           |  |
| Heart * - Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)   |                           |  |
| Pulses - Simultaneous femoral and radial pulses   |                           |  |
| Lungs   |                           |  |
| Abdomen   |                           |  |
| Skin - Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus</i> aureus (MRSA), or tinea corporis   |                           |  |
| Neurological***   |                           |  |
| Genitourinary (optional-males only)**   |                           |  |
| MUSCULOSKELETAL   | NORMAL                    | ABNORMAL FINDINGS                          |
| Neck  |                           |  |
| Back  |                           |  |
| Shoulder/arm  |                           |  |
| Elbow/forearm   |                           |  |
| Wrist/hand/fingers  |                           |  |
| Hip/thigh   |                           |  |
| Knee  |                           |  |
| Leg/ankle   |                           |  |
| Foot/toes   |                           |  |
| Functional - e.g. double-leg squat test, single-leg squat test, and box drop or step drop test  |                           |  |
| onsider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examinatior<br>opriate medical setting. Having third party present is recommended. ***Consider cognitive evaluation or baseline neurops<br>elber DC, Baker-Smith CM, et al. Clinical Practice Guideline for Screening and Management of High Blood Pressure in Childre  | sychiatric testing if a s | ignificant history of concussion. ****Flyn |
| cknowledge I have reviewed the preceding patient history pages and have performed the above physical e  | examination on the        | student named on this form.                |
| nme of healthcare provider (print/type)   |                           | _ Date                                     |
|   |                           | , MD, DO, DC, PA-C, AP                     |
| gnature of healthcare provider  |                           | (please circle one)                        |

Healthcare Providers: You must complete the Medical Eligibility Form on the following page

Kansas State High School Activities Association, 601 SW Commerce Place | PO Box 495 | Topeka, KS 66601 | 785-273-5329

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#### KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

#### MEDICAL FLIGIBILITY FORM

| Name   | Date of birth  |
|--|--|
| Medically eligible for all sports without restriction                            |  |
| Medically eligible for all sports without restriction with recommendations       | for further evaluation or treatment of   |
| Medically eligible for certain sports  |  |
|  |  |
| Not medically eligible pending further evaluation                                |  |
| Not medically eligible for any sports  |  |
| Recommendations:   |  |
| practice and can participate in the sport(s) as outlined on this form, except as | icipation physical evaluation. The athlete does not have apparent clinical contraindications to sindicated above. If conditions arise after the athlete has been cleared for participation, the I the potential consequences are completely explained to the athlete (and parents or guardians). |
| Name of healthcare provider (print or type):                                     | Date:  |
| Signature of healthcare provider:  | , MD, DO, DC, or PA-C, APRN  |
| Address:   | Phone:   |
| SHARED EMERGENCY INFORMATION   |  |
| Allergies:   |  |
| Medications:   |  |
| Other information:   |  |
| Emergency contacts:  |  |
| Parent or Cuardian Consent   |  |

#### Parent or Guardian Consent

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical exami-nation and is physically fit to participate (See KSHSAA Handbook, Rule 7). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading.

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the HISTORY part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer (whether employee or independent contractor of the school), school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury. I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

| Le                           |      |
|------------------------------|------|
| Signature of parent/guardian | Date |

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.

| ATTE                             | NTION PARENTS AND STUDENTS: KSHSAA I   | ELIGIBILITY CHECKLIST  |
|----------------------------------|--|--|
|                                  | Student's Name   | (PLEASE PRINT CLEARLY)   |
| NOTE: Tran                       | sfer Rule 18 states in part, a student is eligible trans   | fer-wise if:   |
|                                  | EVENTH GRADER—A seventh grader, at the beginning of his or end. In addition, age and academic eligibility requirements must                | her seventh grade year, is eligible under the Transfer Rule at any school he or she may also be met.   |
| senior high so<br>unior high sc  | hool, a student who has successfully completed the eighth grad<br>hool at the beginning of the school year and be eligible immedia         | ninth graders of a three-year junior high are treated equally to ninth graders of a four-year<br>e of a two-year junior high/middle school, may transfer to the ninth grade of a three-year<br>tely under the Transfer Rule. Such a ninth grader must then, as a tenth grader, attend the<br>nt school as a tenth grader, they would be ineligible for eighteen weeks. |
|                                  |  | eligible under the Transfer Rule at any senior high school he or she may choose to attencear. In addition, age and academic eligibility requirements must also be met.   |
| For Midd                         | le/Junior High and Senior High School Stud   | lents to Retain Eligibility  |
|                                  | <b>have stricter rules</b> than those pertaining to the questions aborticipate in interscholastic activities must be certified by the scho | ove or listed below. Contact the principal or coach on any matter of eligibility. A student<br>ol principal as meeting all eligibility standards.  |
| All KSHSAA ru                    | les and regulations are published in the official KSHSAA Handboo   | k which is distributed annually to schools and is available at www.kshsaa.org.   |
|                                  | ef Summaries Of Selected Rules. Please See Your Principal For (  | • •  |
| Rule 7                           | Physical Evaluation - Parental Consent—Students shall have<br>guardian.  | passed the <b>attached evaluation</b> and have the written consent of their parents or legal   |
| Rule 14                          | Bona Fide Student—Eligible students shall be a bona fide un  | dergraduate member of his/her school in good standing.   |
| Rule 15                          | <b>Enrollment/Attendance</b> —Students must be regularly <b>enrolle</b> they participate.  | d and in attendance not later than Monday of the fourth week of the semester in which  |
| Rule 16                          | student shall not have more than eight consecutive semesters is included in junior high or in a senior high school.                        | n two semesters of possible eligibility in grade seven and two semesters in grade eight. A of possible eligibility in grades nine through twelve, regardless of whether the ninth grade  |
| Rule 17                          |  | ship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.<br>ears of <b>age</b> (16, 15 or 14 for junior high or middle school student) on or before August 1 of  |
| Rule 19                          | ,  | n to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it  |
| Rules 20/21                      |  | e not <b>competed under a false name</b> or for money or merchandise of intrinsic value, and<br>Rules.   |
| Rule 22                          |  | <b>empetition</b> in the same sport during a season in which they are representing their school icipating individually or on a team in any game, training session, contest, or tryout conducted  |
| Rule 25                          | ,  | s of any <b>fraternity</b> or other organization prohibited by law or by the rules of the KSHSAA.  |
| Rule 26                          | agencies or organizations in the same sport while a member o   |  |
| Rule 30                          | <b>Seasons of Sport</b> —Students are not eligible for more than <b>four</b> or two seasons in a two-year high school.                     | <b>seasons</b> in one sport in a four-year high school, three seasons in a three-year high school  |
| Faw Maid                         | dia/lunian liink and Canian liink Cakaal Ch  | doute to Determine Flightlite Miles & Formalline   |
|                                  | 5  | Idents to Determine Eligibility When Enrolling se should contact his/her administrator in charge of evaluating eligibility. This should be   |
| done before                      |  | e first activity practice. If questions still exist, the school administrator should telephone   |
| . — -                            |  |  |
| 1                                | Did you pass at least five new subjects (those not previ   | nere is a question, your principal will make that determination.)  ously passed) last semester? (The KSHSAA has a minimum regulation which requires you  |
| 3. 🗆 🗆                           | to pass at least five subjects of unit weight in your last semest  Are you planning to <b>enroll in at least five new subjects (tho</b>    | er of attendance.) se not previously passed) of unit weight this coming semester?  |
|                                  | (The KSHSAA has a minimum regulation which requires you to en  | roll and be in attendance in at least five subjects of unit weight.)   |
| 4                                |  | last semester? (If the answer is "no" to this question, please answer Sections a and b.)   |
|                                  | a. Do you reside with your parents? b. If you reside with your parents, have they made a perm  | anent and bona fide move into your school's attendance center?   |
| authorizes the<br>ligibility. Th | ne school to release to the KSHSAA student records and ot  | st and how to retain eligibility information listed in this form. The student/parent<br>ner pertinent documents and information for the purpose of determining student<br>to publish the name and picture of student as a result of participating in or attending<br>i.  |
| Signature of                     | parent/guardian  | Date   |
| Signature of                     | student  | Birth Date Grade Date  |

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.

# KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM

This form must be signed by all student athletes and parent/guardians before the student participates in any athletic or spirit practice or contest <u>each school year</u>. Return signed form to school office.

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:

- 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

- 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:

- 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 (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling 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 written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. When in doubt, the athlete sits out!

#### **Return to Practice and Competition**

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:

http://www.cdc.gov/concussion/HeadsUp/youth.html

For concussion information and educational resources collected by the KSHSAA, go to:

http://www.kshsaa.org/Public/General/ConcussionGuidelines.cfm

| Student/Athlete Name Printed     | Student/Athlete Signature          | Date |
|----------------------------------|------------------------------------|------|
|                                  |                                    |      |
| Parent or Legal Guardian Printed | Parent or Legal Guardian Signature | Date |

| <ul> <li>□ Olathe East High School</li> <li>□ Olathe North High School</li> <li>□ Olathe Northwest High School</li> <li>□ Olathe South High School</li> <li>□ Olathe West High School</li> </ul>                          | <ul> <li>□ California Trail Middle School</li> <li>□ Chisholm Trail Middle School</li> <li>□ Frontier Trail Middle School</li> <li>□ Indian Trail Middle School</li> <li>□ Mission Trail Middle School</li> </ul> | <ul> <li>□ Oregon Trail Middle School</li> <li>□ Pioneer Trail Middle School</li> <li>□ Prairie Trail Middle School</li> <li>□ Santa Fe Trail Middle School</li> <li>□ Summit Trail Middle School</li> </ul> |
|---|---|--|
| ATHLETIC/   | Olathe Public Schools USD #2<br>ACTIVITIES (CO/EXTRA-C<br>UBSTANCE ABUSE AGREEM   | URRICULAR)   |
| Students participating in athletics and/or substances that are dangerous to a student to the health and welfare of any student a is illegal for adolescents in the state of K believe that the use or possession of the a | at's health. Because the use of alcohol, il<br>and because the use of alcohol and illegal<br>ansas, Olathe school district administrate   | llegal drugs, and tobacco is detrimental l drugs and the purchase of tobacco   |
| The use, distribution or possession of tob<br>on or off school property, will be conside<br>Olathe district athletic team and/or KSHS   | ered a violation of published policy durin  | I vaping devices), illegal drugs and alcoholog the time the student is a member of an  |
| Violation of this regulation may be report school, the police, or upon verification by co-curricular student.   | •   |  |
| back) about "no use" or possession dangerous to my health. I understa   | plementation Procedures and Minion of tobacco, alcohol, illegal drugs, on that I may be subject to the cons   | imum Consequences" (printed on the r substances that are harmful or  |
| Student's Name: (Please Print)  |   |  |
| Student's ID Number:  |   |  |
| Student's Signature:  |   |  |
| Date:   |   |  |

Note: Consequences for violations (in or out of season) of this policy shall carry over from sport to sport, activity to activity, and season to season. If a second offense takes place after 365 days from the first, a 'clean slate' is granted with first offense consequences implemented. However, if a second or third violation takes place a 'clean slate' is not granted for the remainder of the students' high school career.

I have read and support the above agreement and understand the consequences listed in the

Parent / Guardian Signature:

"Implementation Procedures" received by my student.

### **Olathe Public Schools USD # 233**

# Implementation Procedures and Minimum Consequences Athletic/Activity (Co-Curricular and Extra Curricular) Procedure Concerning Substance Abuse

#### **First Offense:**

After confirmation by school officials of the first violation, the student will be placed on initial probation from his/her athletic team, co-curricular or extra-curricular activity.

- For athletics, the period of initial probation shall be for not less the 14 calendar days. The student will not be allowed to compete within the 14-day probation period and will be required to miss a minimum of one competition. The student will also be required to attend a substance abuse program. However, if the student shows proof of enrollment and attendance in an approved substance abuse program, the student may be allowed to attend practice sessions with the approval by the coach and school administration.
- For non-athletic, co-curricular or extra-curricular activities, the period of initial probation and severity shall be determined by the activity sponsor and school administration. The length of probation will be based upon the duration of the activity in which the student is participating and the nature and frequency of the scheduled upcoming performances or activities. An attempt will be made to assign disciplinary consequences in a timely manner. The student will also be required to attend a substance abuse program. However, if the student shows proof of enrollment and attendance in an approve substance abuse program, the student may be allowed to attend practice sessions or meetings with approval by the sponsor and school administration. In regard to in-class participation for those students in co-curricular activity classes (i.e. band, vocal music, cheerleading, drill-team, etc.) this policy is not intended to have an effect on a student's grade for the course.

#### **Second Offense:**

After confirmation by school officials of a second violation (less than 365 days of the first offense for the student regardless of activity/season), the student will be placed on a final probation from his/her athletic team, extra/co-curricular activity.

- For athletics, the period of final probation shall be for not less than 28 calendar days. The student will not be allowed to compete within the 28-day probation period and will be required to miss a minimum of 3 competitions. The student will also be required to enroll in an intervention program for substance abuse, which is approved by the school administration. The student will be required to show proof of participation in the substance abuse program.
- For non-athletic co-curricular or extra-curricular activities, the period of final probation and severity shall be determined by the activity sponsor and school administration. The length of probation will be based upon the duration of the activity in which the student is participating and the nature and frequency of scheduled upcoming performances or activities.
  - In all cases, the consequences assigned shall be greater than the consequences for the first offense. An attempt will be made to assign disciplinary consequences in a timely manner. The student will also be required to enroll in an intervention program for substance abuse, which is approved by the school administration. The student will be required to show proof on participation in the substance program. In regard to in-class participation for those students in co-curricular activity classes (i.e. band, vocal music, cheerleading, drill-team, etc.) this policy in not intended to have an effect on a student's grade for the course.

#### **Third Offense:**

After confirmation of a third violation by school officials, the student shall be suspended from all on his/her athletic or extra/co-curricular activity for 365 days. Prior to participation in any athletic or extra/co-curricular activities the subsequent year, the student must have enrolled in a substance abuse program administered by licensed drug/alcohol agency. The agency must verify adherence by the student to the recommended care program.

Notice of Non-discrimination: The Olathe Public Schools prohibit discrimination on the basis of race, color, national origin, sex, age, religion or disability in its programs, activities or employment, and provides equal access to the Boy Scouts and other designated youth groups to its facilities as required by: Title IX of the Education Amendments of 1972, Title VI and Title VII of the Civil Rights Act of 1964, the Age Discrimination Act of 1975, the Americans with Disabilities Act (ADA), the Individuals with Disabilities Education Act, Section 504 of the Rehabilitation Act of 1973 and other relevant state and federal laws. Inquiries regarding compliance with applicable civil rights statutes related to ethnicity, gender, age discrimination or equal access may be directed to Staff Counsel, 14160 S. Black Bob Road, Olathe, KS 66063-2000, phone 913-780-7000. All inquiries regarding compliance with applicable statutes regarding Section 504 of the Rehabilitation Act and the Individuals with Disabilities Education Act and the Americans with Disabilities Act may be directed to the Assistant Superintendent General Administration at the Americans with Disabilities Act may be directed to the Assistant Superintendent General Administration at the existence and location of services, activities and facilities that are accessible to and usable by disabled persons by calling the Assistant Superintendent General Administration. (07/17)

# STUDENT TRANSPORTATION CONSENT FORM 2021-22

### STUDENT TRANSPORTATION CONSENT AND RELEASE

| Public<br>option<br>form   | There are times during the school year when activities, events and practices will be held away from the school. Olathe Public Schools provides transportation, but there are times when students can benefit from other transportation options. Please review the transportation options listed below, check any that are acceptable for your student, sign the form and have your student return the form to the appropriate teacher/sponsor/coach.  I/We hereby give my/our student, |  |                                  |                     |  |  |
|--|--|--|----------------------------------|---------------------|--|--|
| perm   | ission to  | c: (Please check all appropriate spaces)             |                                  |                     |  |  |
| No   | Yes  |  |                                  |                     |  |  |
|  |  | ride to and from activities, events and practices    | on school authorized vehicles,   |                     |  |  |
|  |  | ride with his/her parent,                            |                                  |                     |  |  |
|  |  | ride with an adult licensed driver,                  |                                  |                     |  |  |
|  |  | ride with a sibling who is at least 16 years of age  | and a licensed driver,           |                     |  |  |
|  |  | ride with another participant who is a licensed d    | river and at least 16 years of a | ge, or              |  |  |
|  |  | my student is at least 16 years of age, is a license | ed driver, and can drive himsel  | f/herself.          |  |  |
|  | Note: Students can only drive within school district boundaries.   |  |                                  |                     |  |  |
| I/we understand that Olathe Public Schools employees cannot supervise activity participants except when they travel to and from events and practices on school authorized vehicles. For valuable consideration, the receipt of which is hereby acknowledged, I/we knowingly and voluntarily release and forever discharge Olathe Public Schools USD #233 and the members of its Board of Education, its employees and agents from any and all liability, actions, lawsuits, claims, demands and expenses resulting, directly or indirectly, from loss of life, personal injuries, property damage, or other damage suffered by my/our student while traveling to or from activities, events or practices by transportation other than a school authorized vehicle. |  |  |                                  |                     |  |  |
| Pare   | ent/Gua  | rdian Signature Date                                 | Student Signature                | Date                |  |  |
|  |  | responsibility to ensure their student uses the m    | •                                | ized by the parent. |  |  |
| This C   | This Consent Form may be revoked or modified in writing at any time.  Updated 4/10/2019  |  |                                  |                     |  |  |
|  |  |  |                                  |                     |  |  |

