

PETALUMA HIGH SCHOOL
ATHLETIC PARTICIPATION CLEARANCE FORM
2012-2013 SCHOOL YEAR

There is a **\$125** athletic donation per sport, per student.

Please make check payable to: **PETALUMA HIGH ATHLETICS.**

Please complete **ONE** athletic packet per sport.

Athletic Director: Kathryn Teeter kteeter@pet.k12.ca.us

Student Name _____ **Sport** _____

2012-2013 Grade Level _____ **School Attended Last Year** _____

Student Agreement:

- Show respect for teammates, coaches, opponents, officials, and myself.
- Use no foul language, trash talk, negative gestures, or actions to provoke a negative response or fighting.
- Be in attendance at school a minimum of two (2) periods each day before I will be allowed to practice or play in a contest.
- Maintain a minimum of 2.0 GPA and pass four (4) classes according to the policies of the Petaluma City School District and the Governing Board of the North Coast Section.

Student Signature

Date

Parent/Legal Guardian Agreement:

- The above named student resides in the Petaluma City School District, **or** has an approved inter-district transfer and will abide by the policies of the Petaluma City School District for residency.
- I permit the above named student to compete in interscholastic athletics and travel to away competitions. If the above named student is injured, the coach and/or school official is authorized to have him/her treated.

Parent/Legal Guardian Signature

Parent/Guardian Email

Date

In case of emergency please contact:

1. **Name:** _____ **Phone:** _____

2. **Name:** _____ **Phone:** _____

Insurance Certification: This certifies that the above named student is covered with a minimum of \$1,500 medical and hospital insurance by personal accident insurance in case of injury while participating in interscholastic athletics during the coming 2012/2013 school year.

Insurance Carrier _____ **Policy** _____

Medical Certification: This certifies that the above named student is physically able to participate in all interscholastic athletics during the coming school year, **(physical must be dated after July 1, 2012).**

Exceptions: _____

Physician Name (please print) _____

Physician Signature

Date

Health Concerns/Allergies : _____

Concussion Signature

Your signature below indicates that you have your copy of the Concussion Information Sheet, and with your parents have read and understand the "signs and symptoms". These signs and symptoms can but are not limited to occur when a concussion presents itself.

Student-Athlete Signature

Parent Signature

Date

Voluntary Activities Acknowledgement and Assumption of Risk

The below-named student wishes to participate in the District-sponsored athletic program. We understand and acknowledge that these activities by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

- We understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include but are not limited to the following: sprains/strains, fractured bones, unconsciousness, head and/or back injury, paralysis, loss of eyesight, communicable diseases, and death.
- We understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the School.
- We understand and acknowledge that in order to participate in these activities the parent/legal guardian agrees to assume liability and responsibility for any and all potential risks that may be associated with participation in such activities.
- We understand, acknowledge and agree that the School, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by the student athlete which is incident to and/or in association with preparing for and/or participating in this activity.

NCS/Ejection Policy

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest, non-league, league, invitational tournament, post season league, section or state playoff.
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct for a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest non-league, league, invitational tournament, post season league, section or state playoff.
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid sanctions by the Ejection Policy should a student who is in violation of the Ejection Policy play in a subsequent contest the contest will be forfeited.

Androgenic/Anabolic Steroids Policy

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524). By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. It is recognized that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. It is also understood that the Petaluma High School policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Notice regarding eligibility to participate in interscholastic athletics

Transferring from one school to another may affect your athletic eligibility under the North Coast Section, and/or C.I.F. rules. It is your responsibility to see the Principal or Athletic Director for a copy of these rules.

All athletes are expected to purchase an ASB card to receive athletic awards.

Any student/parent giving false information during the Medical Certification process cannot hold any Doctor liable. We have read and understand all the terms and conditions listed on this Athletic Participation Clearance form. (Athletes may not participate in any contest until this document is on file with the school.)

Student Signature

Date

Parent/Legal Guardian Signature

Date

Refund requests must be submitted to the Petaluma accounting office within the first 15 days of practice.

PLEASE KEEP FOR YOUR REFERENCE

Petaluma High School

Concussion Information Sheet

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 is uncoordinated• 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 |
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PLEASE KEEP FOR YOUR REFERENCE

What can happen if my child keeps on playing with a concussion or returns too 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 CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-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 for the remainder of the day.”

and

“A student-athlete who has been removed 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/>

PLEASE KEEP FOR YOUR REFERENCE.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Document created 5/20/2010