

PHYSICAL EXAMINATION AND PARENT PERMIT FOR ATHLETIC PARTICIPATION - PART I

I hereby certify that I have examinedstudent was found physically fit to engage in high	and school sports (except as listed on back).	that	the		
Student's birth date	Exp. Date (good for 365 days)				
PARENT OR GU WARNING: Although participation in supervised intersor hazardous in which any student will engage in or or INTERSCHOLASTIC ATHLETICS INCLUDES A RISTROM MINOR TO LONG-TERM CATASTROPHIC Is supervised school athletic programs, it is impossible to element of the players must obey all safety rules, report follow a proper conditioning program, and	out of school, BY ITS NATURE, PARTICIP, SK OF INJURY WHICH MAY RANGE IN INJURY. Although serious injuries are not liminate this risk. RT ALL PHYSICAL PROBLEMS TO THEIR	ATION SEVER COMMC	IN RITY on in		
By signing this Permission Form, we acknowledge that we students who do not wish to accept the Residuent of	ve have read and understood this warning. PAI LISKS DESCRIBED IN THIS WARNING SHO Form it allows my students medical informa	RENTS OULD	NOT o be		
I hereby give my consent for High School in Colorado High School Activities Association and understand the general guidelines for eligibility	on approved sports, except as listed on back,	and I	—— have		
Parent or Guardian Signature	Date	*			
I have read, understand and agree to the General Eligibil	ity Guidelines as outlined in the <i>Competitor's Br</i>	ochure.			
Student Signature	Date				
No student shall represent their school in interschool a principal a statement signed by his parent or legal guardi an adequate physical examination within the past year, assistant, nurse practitioner or a certified/registered ch school athletics; and that he/she has the consent of his/h	an and a signed physical certifying that he/she that in the opinion of the examining physician, niropractor, he/she is physically fit to participa	has pa: physici	ssed ian's		
NOTE: It is strongly recommended by the Colorado De events have current tetanus boosters. Tetanulife. Boosters are recommended at the time of booster.	is boosters are recommended every 10 years	through	hout		
f significant intervening illnesses and/or injuries have occurred, a more complete physical examination should be conducted. The physical examination form must be signed by a practicing physician, physician assistant, or nurse practitioner.					

NOTE: The CHSAA urges an adequate physical examination be given when a student athlete changes levels of competition, i.e. Little League to Middle School, Middle School to High School.

received a release from a practicing physician.

If a student athlete has been injured in practice and/or competition, the nature of which required medical attention, the student athlete should not be permitted to return to practice and/or competition until he/she has

PART II -- MEDICAL HISTORY

This form must be completed and signed, prior to the physical examination, for review by examining physician. Explain "Yes" answers below with number of the question. Circle questions you don't know the answers to.

1.	MEDICAL HISTORY OF STUDENT & FAMILY	YES	NO		MEDICAL HISTORY OF STUDENT & FAMILY	YES	NC
	Has a doctor ever denied or restricted your			32.	Do you have any rashes, pressure sores, or other		100
2.	participation in sports for any reason? Do you have an ongoing medical condition			33.	skin problems? Have you ever had herpes skin infection?		
30	(like diabetes or asthma)? Are you currently taking any prescription or non prescription (over the counter) medicines			34.	Have you ever had a head injury or concussion?		
4.	or pills? Do you have allergies to medicines, pollens,			35.	Date of last head injury or concussion:		
	foods or stinging insects?			33.	Date of last flead injury or concussion.		
5.	Do you have prescriptions for use of epinephrine, adrenalin, inhaler, or other allergy medications?	_	_	36.	Have you ever been hit in the head and been confused or lost your memory?	0	
6.	Have you ever passed out or nearly passed out during or after exercise?			37.	Have you ever been knocked unconscious?		
7.	Have you ever passed out or nearly passed out at any other time?	0		38.	Have you ever had a seizure?		
8.	Have you ever had discomfort, pain, or pressure in your chest during exercise?			39.	Do you have headaches with exercise?		
9.	Have you ever had to stop running after ¼ to ½ mile for chest pain or shortness of breath?			40.	Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
10.	Does your heart race or skip beats during exercise?			41.	Have you ever been unable to move your arms or legs after being hit or falling?		
11,	Has a doctor ever told you that you have (check all that apply):			42.	When exercising in heat, do you have severe muscle cramps or become ill?		
	☐ High Blood Pressure ☐ A heart murmur☐ High cholesterol ☐ A heart infection			43.	Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	0	
12.	Has a doctor ever ordered a test for your			44.	Have you had any other blood disorders or amenia?		
13.	heart? Has anyone in your family died suddenly for no apparent reason?		-	45.	Have you had any problems with your eyes or vision?		
14.	Does anyone in your family have a heart problem?			46.	Do you wear glasses or contact lenses?		
15.	Has any family member or relative died of heart problems or sudden death before age 50? (This does not include accidental death.)			47.	Do you wear protective eyewear, such as goggles or a face shield?		
16.	Does anyone in your family have Marfan syndrome?			48.	Are you happy with your weight?		
17.	Have you ever spent the night in a hospital?			49.	Are you trying to gain or lose weight?		
18.	Have you ever had surgery?			50.	Do you limit or carefully control what you eat?		
19.	Have you ever had an injury, like a sprain, muscle or ligament tear, or tendonitis that caused you to miss a practice or game?			51.	Has anyone recommended you change your weight or eating habits?		_ C
20.	Have you had any broken or fractured bones or dislocated joints?			52.	Do you have any concerns that you would like to discuss with a doctor?		
21.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches?			53.	What is the date of your last Tetanus immunization? Date:		
22.	Have you ever had a stress fracture?		1 5		FEMALES ONLY	1	+
23.	Have you ever had an x-ray of your neck for atlanto-axial instability? OR Have you ever			54.	Have you ever had a menstrual period?		_ C
	been told that you have that disorder or any neck/spine problem?			55.	Age when you had your first menstrual period?		T
24.	Do you regularly use a brace or assistive device?			56.	How many periods have you had in the last 12 months?	 	
25.	Have you ever been diagnosed with asthma or other allergic disorders?			57.	Do you take a calcium supplement?		С
26.	Do you cough, wheeze, or have difficulty breathing during or after exercise?		0		Explain "Yes" answers here:		
27.	Is there anyone in your family who has asthma?				1		
28.	Have you ever used an inhaler or taken asthma medicine?						
29.	Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?				1		
30.	Have you had infectious mononucleosis (mono) within the last three months?				1		
	Have you ever had mono or any illness lasting	+	-	-	1		

rent/Guardian Signature:
nlete's Signature:

PART III -- PHYSICAL EXAMINATION

ME:			SCH	100L:		
IGHT:		WEIGHT:	SEX:	AGE:	DOB:	
nner Stage o	or Maturat	ion Index? (males only	·):		BP:	
					: *(rest) xercise)	
-u.og.u				*FEV	or Peak	
n-1 C	L 4. 0.3	(D)	(D-H-)		w (rest)	
ision: Correc	tea: (L) _	(R)	(Both)		ecovery)	
Uncorrec	ted (L)	(R)	(Both)			j.
	N	Abnormal	6-1-16	N N	Abnormal	
25			Cervical Sp Back	ine/neck		
se			Shoulders			
oat				/wrist/hand		
eth			Knees/hips			
n			Ankle/feet			
nphatic			Marfan Scr	een		
ngs			*Urine	oin or UCT		
art			*Hemoglob and or Iron			
ripheral Ises			^Echocard			
domen			^Neuropsy	c Testing		
nitalia/hernia ale only)	1		^Pelvic Ex	amination		
(These stude before make I have revereed meeting to the comment of	dies may be the dies may be the dies may be the dies of the dies o	pation decision.) The data above, revie for his/her particip WITHOUT RESTRIC TER further evaluatio Limited participation cared for (specific spor	CTIONS	history form and	make the following	
		n(s):				
	NOT CLEA		PATION:			
	Other Reco	mmendations:				
			ng early conditioning be nonitoring of weight los		ess/other	
		Reasons:		a or yain	Company of the second s	
MD/DO, F	PA, NP, D	E-SPC#, Signature:				
Date of Exa	amination:			Date	Signed:	
NAME OF	PHYSICI	AN/PA/NURSE PRA	CTITIONER/CERTIF	IED-REGISTERED	CHIROPRACTOR an	d degree: (pri
Address:						
City				State '	7in	

SAMPLE WARNING TO STUDENTS AND PARENTS

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its very nature, competitive athletics may put students in situations in which <u>SERIOUS</u>, <u>CATASTROPHIC</u> and perhaps, <u>FATAL</u> ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students <u>must</u> adhere to that instruction and utilization and <u>must</u> refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

MONTROSE SCHOOL DISTRICT RE-1J ATHLETIC / ACTIVITIES TRAINING CODE

Name:	
Sport:	
Grade:	
Parents' Name:	
Phone Number:	

Message from the Board of Education

The Board of Education of Montrose County School District RE-IJ recognizes the great benefit to the District and its students, as well as to the community, of a comprehensive and vigorous athletic/activities program firmly focused upon the welfare of its participants. The short term and long term health and life experience advantages to athletic participants are well known. To that end, the Board wishes to make it clearly and widely known that full compliance with the adopted Athletic/Activities Training Code and Procedures Handbook is expected of all participants, their parents and guardians, and their coaches/sponsors. These rules and procedures have been established to insure that interscholastic participants in the Montrose County School District RE-IJ will be conducted primarily for the benefit of the students, that participation will be a worthwhile and healthy learning experience, and that individuals and teams will be well and fairly coached/sponsored. The Board considers the importance of individual and team win-loss records to be secondary to these objectives.

Furthermore, the Board takes very seriously its' responsibility to the District's students and coaches/sponsors to insure that all policies, procedures and rules will be enforced fairly and uniformly. To that end, it holds the school district and building administrators, the coaches/sponsors, the students and the student's parents and guardians individually and collectively accountable for observing and enforcing those policies, procedures and rules. In return, it pledges, without reservation, to firmly support any and all reasonable efforts by school district personnel, students and parents and guardians to enforce those policies, procedures and rules.

Montrose School District RE-IJ Athletic/Activities Training Code

Philosophy

The athletic/activities code is built and can work only within each individual participant's sense of integrity and honesty, the unwavering support of parents in helping the participant to hold firmly to the code, and the consistency of coaches/sponsors and administrators in dealing with violations.

• This code should be viewed, first and foremost, as a promise to oneself. Further, it is a promise to one's teammates, parents and coaches/sponsors to abstain from all illegal activities, and to maintain a standard of excellence in academics and citizenship.

Students who choose to participate in athletics/activities also assume the responsibility of representing our schools and keeping their commitment to follow the athletic/activity code.

- Students, in order to participate to the best of their ability, must be physically fit.
- Students must maintain academic standards to establish their privilege to participate.
- Students in extra-curricular activities are "looked up to" and receive public recognition. They have the responsibility of maintaining acceptable behavior standards in school and in the community.

Coaches/Sponsors will follow the athletic/activities policy handbook as established by the District. Violations of these policies will not be taken on hearsay or rumor; however, an investigation will be initiated by the head coach and/or athletic director when reliable information comes to their attention. A valid case for action would include eye-witness testimony, law enforcement records or an admission of guilt.

The Athletic/Activities Training Code shall be in force from the beginning of the participant's first sport season through the last official day of the participant's academic career. (7-8, 9-12) Violations shall be cumulative during that period. A Montrose County School District RE-IJ Athletic/Activities Training Code Contract must be signed by the student and his/her parent or guardian before the student will be considered a member of a team.

Citizenship Violations:

Any flagrant disregard of appropriate behavior that is counter to established school policies and/or governmental law will be considered a citizenship violation and will be dealt with accordingly. The appropriate school administrator of the student violator's school will take appropriate disciplinary action, ranging from school sanctions to temporary or permanent suspension from participation.

Violations: Substance Abuse.

- The use or possession of tobacco in any form
- The use or possession of alcohol
- The use or possession of illegal drugs or misuse of any form of legal drug or medication

Penalties:

The above behaviors or activities will be considered a violation of the Athletic/Activities Training Code and will result in disciplinary action as follows:

First Offense: The participant will be suspended immediately from the current sport season for a minimum of twenty percent (20%) of the allowable contests as established by the Colorado High School Activities Association (including playoffs) or according to the carry-over rule. If the participant is not currently involved in an activity; he/she will be suspended for twenty percent (20%) of the next season in which he/she is a bona fide team member.

Second Offense: The participant will be suspended immediately from the current sport season for a minimum of thirty percent (30%) of the allowable contests as established by the Colorado High School Activities Association (including playoffs) or according to the carry-over rule. If the participant is not currently involved in an activity, he/she will be suspended for thirty percent (30%) of the next season in which he/she is a bona fide team member. If the participant has not served any of the first violation suspension, then the participant will be suspended for fifty percent (50%) of the allowable contests of the next season in which he/she is a bona fide team member.

Third Offense: The participant will be suspended immediately from the current sport season for the remainder of that season and from fifty percent (50%) of the allowable contests from the next sports season in which he/she is a bona fide team member. If a participant has not served any of the first violation suspension or the second violation suspension, then the participant will be suspended from the entire next season in which he/she is a bona fide team member and for fifty percent (50%) of the allowable contests for the next season in which he/she is a bona fide team member.

Fourth Offense: The participant will be suspended for one calendar year from participation in all athletic activities. Upon completion of the calendar year, a student/athlete may file for reinstatement of his/her eligibility with the building administrative team. The building administrative team retains the right to deny this request for reinstatement, to approve the reinstatement with stipulations, or to approve reinstatement without stipulations.

*Stipulations must be agreed upon prior to reinstatement

*Stipulations must be adhered to by the athlete or eligibility will be revoked immediately

CARRY OVER RULE: A suspension will be carried over and enforced, on a percentage basis unless otherwise stipulated, into the athlete's next sport season if the suspension has not been completed. (The next sport season being the next sport the athlete participates in and is a bona fide team member as determined by the building administrator.)

BONA FIDE - School administrators will determine if a student/athlete qualifies as a bona fide team member. i.e. incurring training code violations and going out for a sport one would not normally participate in order to serve suspension time.

Incidents that warrant education on anger management, drug, alcohol, and/or tobacco use must be completed before returning from the first, second and third offenses and must be approved by a school administrator.

Due Process

- A thorough investigation of a suspected violation will be conducted before action is taken.
- The school building administrator will arrange for a conference with the head coach/sponsor and the student and will notify the student's parents or guardian of that conference. (NOTE: If the conference with the student is to be one involving questioning of the student, the student has the right to have an adult present.)
- The administrator will determine if a violation has occurred, and if so, will take the indicated disciplinary action.
- After a decision has been reached, the parents or guardian, the student, the coach/sponsor and the central office will be informed of the decision, in writing. The parent or guardian, or the student may appeal the school level decision to the principal, if the principal has not been involved in the original action.
- An appeal may be made to the superintendent of schools and if the disagreement is not resolved by the superintendent, an appeal can be directed to the School Board in executive session.

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- An appeal may be made to the superintendent of schools and if the disagreement is not resolved by the superintendent, an appeal can be directed to the School Board in executive session.

^{*}Stipulations must be adhered to by the athlete or eligibility will be revoked immediately

• At the beginning of each athletic/activities session, schools are required to provide information to students about the Training Code, and each participant and his/her parent/guardian must have signed the code. Coaches/Sponsors must conduct the meetings with participants so that all will understand the Training Code.

WARNING

By their very nature, competitive athletic/activities can put students in situations where SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur.

ATHLETIC/ACTIVITY TRAINING CODE CONTRACT

I have read the Montrose County School District RE-IJ Training Code and the Montrose School District Athletic/Activities Procedures Handbook. I understand that I will be governed by these training rules as a participant in all District Athletic/Activities. I have reviewed the training rules and my signature acknowledges an understanding of the rules and the consequences of a violation.

are consequences of a violation.	
Student Signature	Date
I have read the Montrose County School District RE-IJ Training C Procedures Handbook. I understand that my son/daughter will be acknowledges an understanding of the rules and the consequences	governed by these training rules and my signature
Parent's/Guardian's Signature	Date

Montrose County School District RE-11

126 South 5th Street PO Box 10,000 Montrose, CO 81402-9701 (970) 249-7726 - phone (970) 240-7173 - fax www.mcsd.org



MONTROSE COUNTY SCHOOL DISTRICT RE-1J INSURANCE FORM

CHSAA and Montrose County School District RE-1J suggest any student who participates in activities/athletics in the State of Colorado to be covered by insurance.

The undersigned student and parent(s)/guardians(s) understand that the District does not purchase or have any medical, dental, or hospitalization insurance to cover injuries to or loss of life of students or to indemnify parents or guardians for expenses in connection therewith, and that such insurance, must be purchased by the student or parents/guardians.

If the undersigned student has medical, dental, and/or hospitalization insurance, please provide the following information:

PROVIDER	
POLICY/GROUP NO	
STUDENT SIGNATURE	DATE
PARENT/GUARDIAN	DATE
employees, and authorized voluntee	nereby exempt and release the School District, its ers from all claims arising from the student's nless caused by actions for which the School District lorado law.
DATE	_PARENT/GUARDIAN

COLUMBINE MIDDLE SCHOOL

600 South 12TH Street

Phone Number 249-2581

Ben Stephenson

Steve Gaber

Principal

Assistant Principal

COLUMBINE MEDICAL CONSENT FORM

Student Name:		Date of Birth:			
Permission is hereby granted to the attending physicians and hospital to proceed with any medical or minor surgical treatment, x-ray examinations, and immunizations for the above named student. In the event of a serious illness, the need of major surgery or significant accidental injury, I understand that an attempt will be made by that attending physician or hospital to communicate with me. In the event they are not able to reach me, the treatment necessary for the best interest of the above named student may be given. Ambulance personnel are requested to transport the above named student to an appropriate hospital or emergency care facility if such action is deemed necessary by the school official.					
Parent/Guardian Signature:		Date:			
Emergency Contact Person:					
Home Phone:	Work Phone:	Cell Phone:			
Please list any chronic illness and/or any routine medications for this student:					
Insurance Carrier:		Phone:			
Family Physician:		Phone:			
raniny i mysician.		i none:			