

| WINSTON-SALEM/FORSYTH COUNTY SCHOOLS   |        |           | PARENT PERMISSION INTERSCHOLASTIC ATHLETICS         |         |
|--|--------|-----------|---|---------|
| Name of Parent/Guardian:               |        |           | Student Athlete:                                    |         |
| Street Address:                        |        |           | School:   | Grade:  |
| City:                                  | State: | Zip Code: | Year Student Athlete Entered 9 <sup>th</sup> Grade: |         |
| Parent/Guardian Phone – Home:<br>Work: |        |           | Date of Birth:                                      | Gender: |

**Request for Permission:** We, the undersigned student and the student's parent/guardian, apply for permission to participate in interscholastic athletics in the following sports:

|  |                                   |                                     |   |
|--|-----------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Basketball    | <input type="checkbox"/> Golf     | <input type="checkbox"/> Tennis     | <input type="checkbox"/> Cheerleading/Dance |
| <input type="checkbox"/> Baseball      | <input type="checkbox"/> Soccer   | <input type="checkbox"/> Track      | <input type="checkbox"/> Lacrosse           |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Softball | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Field Hockey       |
| <input type="checkbox"/> Football      | <input type="checkbox"/> Swimming | <input type="checkbox"/> Wrestling  |   |

**Athletic Eligibility, Academics.** A student must meet the NCHSAA academic standards and earn a 2.0 Quality Point Average ("QPA") the previous academic quarter (nine week) grading period. A student whose semester QPA is 2.0 or greater but whose 2nd or 4th academic quarter QPA is below 2.0 will be eligible to participate in athletics if the student agrees to attend and attends the Academic Support Program ("ASP") at the student's school during the following academic quarter. A student whose 2nd or 4th academic quarter QPA is 2.0 or greater but whose semester QPA is below 2.0 will be eligible to participate in athletics if the student agrees to attend and attends the ASP during the following academic quarter. A student's grades in summer school shall be considered in determining a student's final QPA for the spring semester. If a student's QPA after summer school is 2.0 or greater, the student will be eligible to participate in athletics if the student agrees to attend and attends the ASP during the following academic quarter. Students must meet all requirements of the tutoring program to continue eligibility. See Policy 6145 for the Academic Support Program requirements and for information regarding Hardship Waivers.

**Athletic Eligibility – Attendance.** A student who is absent more than ten (10) school days in a semester shall be ineligible for participation in any inter-scholastic athletics during the next semester unless granted a hardship waiver. See Policy 6145 for information on Hardship Waivers.

**Athletic Eligibility – Change of Residence or Special Transfer.** A student who changes his/her domicile to or within Forsyth County, as defined by the NCHSAA, or is granted a special transfer, during a sports season shall be ineligible for interscholastic athletics at the new school in the same sport for the remainder of that sport's season. If a student or a student's parent(s) believe application of this rule will create an undue hardship, they may request a waiver for a good and just cause in accordance with the athletic eligibility review procedures in Policy 6145.

**Risk of Injury.** We acknowledge and understand there is a risk of injury involved in athletic participation. We understand the student will be under the supervision and direction of a WS/FCS athletic coach. We agree to follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand neither the coach nor the WS/FCS can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and in some cases may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics.

**Release.** In consideration of the WS/FCS allowing the student to participate in athletics, we agree to release and hold the WS/FCS, its athletic coaches, and other employees free, harmless and indemnified from and against any and all claims, suits or causes of action arising from or out of any injury the student may suffer from participation in athletics other than an injury resulting from gross or willful negligence.

**Insurance.** School Board Policy 6145 requires all students who participate in athletics be adequately covered by medical or accident insurance. We certify we have purchased and will maintain in full force and effect during the student's participation in athletics the following insurance policy:

|   |   |            |
|---|---|------------|
| Check One: <input type="checkbox"/> School Accident Insurance | <input type="checkbox"/> Name of Other Insurance Company: | Policy No: |
| Street Address:   |   | Group No:  |
| City:   | State:  | ZIP        |
| Policy Term, From:  |   | To:        |

# NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION SPORT PREPARTICIPATION EXAMINATION FORM

Patient's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

*This is a screening examination for participation in sports. This does not substitute for a comprehensive examination with your child's regular physician where important preventive health information can be covered.*

**Athlete's Directions:** Please review all questions with your parent or legal custodian and answer them to the best of your knowledge.

**Parent's Directions:** Please assure that all questions are answered to the best of your knowledge. Not disclosing accurate information may put your child at risk during sports activity.

**Physician's Directions:** We recommend carefully reviewing these questions and clarifying any positive answers.

| Explain "Yes" answers below  | Yes                      | No                       | Don't know               |
|--|--------------------------|--------------------------|--------------------------|
| 1. Has the athlete ever been hospitalized or had surgery?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is the athlete presently taking any medications or pills?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does the athlete have any allergies (medicine, bees or other stinging insects, latex)?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Has the athlete ever passed out or nearly passed out DURING exercise, emotion or startle?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Has the athlete ever fainted or passed out AFTER exercise?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Has the athlete had extreme fatigue associated with exercise (different from other children)?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Has the athlete ever had trouble breathing during exercise, or a cough with exercise?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Has the athlete ever been diagnosed with exercise-induced asthma?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has a doctor ever told the athlete that they have high blood pressure?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Has a doctor ever told the athlete that they have a heart infection?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Has a doctor ever ordered an EKG or other test for the athlete's heart, or has the athlete ever been told they have a murmur?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Has the athlete ever had discomfort, pain, or pressure in his chest during or after exercise or complained of their heart "racing" or "skipping beats"?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has the athlete ever had a head injury, been knocked out, or had a concussion?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Has the athlete ever had a seizure or been diagnosed with an unexplained seizure problem?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Has the athlete ever had a stinger, burner or pinched nerve?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Has the athlete ever had a heat injury (heat stroke) or severe muscle cramps with activities?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Has the athlete ever had any problems with their eyes or vision?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Has the athlete ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injury of any bones or joints?<br><input type="checkbox"/> Head <input type="checkbox"/> Shoulder <input type="checkbox"/> Thigh <input type="checkbox"/> Neck <input type="checkbox"/> Elbow <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hip<br><input type="checkbox"/> Forearm <input type="checkbox"/> Shin/calf <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Ankle <input type="checkbox"/> Hand <input type="checkbox"/> Foot | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Has the athlete ever had an eating disorder, or do you have any concerns about your eating habits or weight?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Does the athlete have any chronic medical illnesses (diabetes, asthma, kidney problems, etc.)?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Has the athlete had a medical problem or injury since their last evaluation?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Does the athlete have the sickle cell trait?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>FAMILY HISTORY</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Has any family member had a sudden, unexpected death before age 50 (including from sudden infant death syndrome [SIDS], car accident, drowning)?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Has any family member had unexplained heart attacks, fainting or seizures?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Does the athlete have a father, mother or brother with sickle cell disease?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Elaborate on any positive (yes) answers: \_\_\_\_\_

*I have reviewed and answered each question above, and assure that all are accurate responses. Furthermore, I give permission for my child to participate in sports.*

Signature of parent/legal custodian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Athlete: \_\_\_\_\_ Date: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Physical Examination (Must be Completed by a Licensed Physician, Nurse Practitioner or Physician's Assistant)**

Athlete's Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ BP \_\_\_\_\_ ( \_\_\_\_\_ % ile) / \_\_\_\_\_ ( \_\_\_\_\_ % ile) Pulse \_\_\_\_\_

Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N

**These are required elements for all examinations**

|                           | NORMAL | ABNORMAL | ABNORMAL FINDINGS |
|---------------------------|--------|----------|-------------------|
| PULSES                    |        |          |                   |
| HEART                     |        |          |                   |
| LUNGS                     |        |          |                   |
| SKIN                      |        |          |                   |
| NECK/BACK                 |        |          |                   |
| SHOULDER                  |        |          |                   |
| KNEE                      |        |          |                   |
| ANKLE/FOOT                |        |          |                   |
| Other Orthopedic Problems |        |          |                   |

**Optional Examination Elements – Should be done if history indicates**

|                   |  |  |  |
|-------------------|--|--|--|
| HEENT             |  |  |  |
| ABDOMINAL         |  |  |  |
| GENITALIA (MALES) |  |  |  |
| HERNIA (MALES)    |  |  |  |

**Clearance\*\*:**

- A. Cleared  
 B. Cleared after completing evaluation/rehabilitation for : \_\_\_\_\_  
 C. Not cleared for:      Collision                    Contact  
     Non-contact     \_\_\_\_\_ Strenuous     \_\_\_\_\_ Moderately strenuous     \_\_\_\_\_ Non-strenuous

Due to: \_\_\_\_\_

Additional Recommendations/Rehab Instructions: \_\_\_\_\_

Name of Physician/Extender: \_\_\_\_\_

Signature of Physician/Extender \_\_\_\_\_ MD DO PA NP

(Signature and circle of designated degree required)

Date of exam: \_\_\_\_\_

Address: \_\_\_\_\_

Phone \_\_\_\_\_

|                                       |
|---------------------------------------|
| <p><b>Physician Office Stamp:</b></p> |
|---------------------------------------|

(\*\* The following are considered disqualifying until appropriate medical and parental releases are obtained: post-operative clearance, acute infections, obvious growth retardation, diabetes, jaundice, severe visual or auditory impairment, pulmonary insufficiency, organic heart disease or hypertension, enlarged liver or spleen, a chronic musculoskeletal condition that limits ability for safe exercise/sport (i.e. Klippel-Feil anomaly, Sprengel's deformity), history of convulsions or concussions, absence of/ or one kidney, eye, testicle or ovary, etc.)

**Code of Sportsmanship.** We recognize interscholastic athletic events should be conducted in such a manner ensuring good sportsmanship prevails at all times. Every effort should be made to promote a climate of wholesome competition. Unsportsmanlike acts will not be tolerated. A student shall be under the coach's supervision and control at all times the student is participating in an athletic event. In the event a student is ejected from an athletic contest, the WS/FCS and its schools will adhere to any and all penalties listed in the North Carolina High School Athletic Association Handbook and WS/FCS AR 6145.2, Section V, Sportsmanship/Ejection Regulations.

**Protect Your Eligibility; Know the Rules: To represent your school in athletics, YOU:**

1. **Must** be a properly enrolled student at the time you participate, must be enrolled no later than the 15th day of the present semester, and must be in regular attendance at that school.
2. **Must not** be absent more than ten (10) school days in a semester or term to be eligible for participation in interscholastic athletic activities during the next semester.
3. **Must** have not exceeded eight (8) consecutive semesters of attendance or have participated more than four (4) seasons in any sport since first entering grade nine (9).
4. **Must** be under nineteen (19) years of age on or before August 31.
5. **Must** live with your parents or legal custodian within the school administrative unit (exceptions must be approved by your principal and the NCHSAA). A student is eligible if he has attended school within that unit the previous two (2) semesters (if eligible in all other respects).
6. **Must** be present for a minimum of fifty percent (50)% of the student day on the day of an athletic contest in order to participate in the event.
7. **Must** have passed 3 out of 4 (or 6 out of 8) classes during the previous term and earned a 2.0 Quality Point Average (QPA) during the previous nine-week grading period or term.
8. **Must** have received a medical examination by a licensed physician (or physician's assistant) within the past 365 days; if you miss five (5) or more days of practice due to illness or injury, you must receive a medical release before practicing or playing.
9. **Must not** accept prizes, merchandise, money, or anything that can be exchanged for money as a result of athletic participation. This includes being on a free list or loan list for equipment.
10. **Must not** have signed a professional contract, have played on a junior college team or be enrolled and attending a class in college.
11. **Must not** participate in unsanctioned all-star or bowl games.
12. **May not** receive team instructions from your school's coaching staff during the school year outside your sports season (from first practice through final games). Instruction is limited to coach and one or multiple participants in small group settings.
13. **May not**, as an individual or a team, practice or play during the school day (from first practice through conference tournament). Exception: golf and tennis players may play during the school day with prior permission from the Superintendent.
14. **May not** play, practice, or assemble as a team with your coach on Sunday.
15. **May not** dress for a contest, sit on the bench, or practice if you are not eligible to participate.
16. **Must not** play more than three (3) games in one sport per week (exceptions: Basketball, Baseball, Softball, and Volleyball); and not more than one (1) contest per day in the same sport (exceptions: Baseball, Softball, and Volleyball).
17. **May attend only** those summer camps to which you or your parents paid the fees.
18. **Must** submit to random drug testing.
19. **Must not** have been convicted of a crime classified as a felony under North Carolina or federal law or have been adjudicated delinquent for an offense that would be a felony if committed by an adult.

**Medical Authorization.** By signing below, I (the Student Athlete's parent or legal guardian) give consent for the student to receive a medical screening and examination prior to participation in athletics. If the Student Athlete is injured while participating in athletics and the WS/FCS is unable to contact me, I grant the WS/FCS permission and authority to obtain the necessary medical care and treatment for the Student Athlete, including but not limited to: first aid; medical treatment or surgical treatment recommended by a physician; and medical treatment recommended by a WS/FCS-authorized athletic trainer. I further accept financial responsibility for such medical care or treatment on behalf of myself and my spouse.

**Alcohol/Drugs.** To be eligible to participate in athletics, the student, with consent of his/her parents, must agree in writing to submit to random alcohol and drug testing. The student shall be tested for alcohol, marijuana, cocaine, amphetamines, and any other controlled substances the Superintendent deems appropriate. Information about the alcohol/drug testing policy, program and procedures is provided in a separate brochure which all athletes and their parents are expected to read.

**Consequences of a positive test.** The student shall not be suspended from school as a result of a positive test.

a. **FIRST OFFENSE.** In the event a student fails or refuses to participate in the alcohol/drug test when selected at random or tests positive for alcohol or drugs, the student shall be ineligible to participate in athletics for 365 days. However, if the student agrees to be assessed and to enroll in and successfully complete an alcohol and/or drug abuse education and/or intervention program, the student shall regain eligibility to participate in athletics immediately.

b. **SECOND OFFENSE.** In the event a student tests positive a second time or fails or refuses to participate in the second alcohol/drug test when selected at random, the student shall be ineligible to participate in athletics for 365 days.

**Possession, Use, Sale or Distribution.** If a student possesses or is under the influence (to any degree) of alcohol or illegal drugs at school or any school activity, or if a student sells or distributes alcohol or a controlled substance, the athlete shall be ineligible for athletics for a minimum of thirty (30) school days in addition to being subject to suspension or expulsion from school as provided in Policy 5131.6 and AR 5131, Guidelines for Student Discipline.

By signing the form below I, the student, and I, the student's parent, acknowledge we have read the information provided to us by the WS/FCS explaining WS/FCS policy and procedures for random alcohol and drug testing. I, the student, agree to participate in random alcohol/drug testing and I authorize WS/FCS, its agents or employees to release the results of my alcohol/drug test to me, my parent and appropriate school officials. I, the student's parent, give my consent for my child to participate in WS/FCS's random alcohol/drug testing program.

**NCHSAA REGULATIONS - STUDENT ATHLETE PLEDGE.** As a student athlete, I am a role model. Using inappropriate language; taunting; baiting; or the use of unwarranted physical contact directed at opposing players, coaches, and fans are contrary to the spirit of fair play and the good sportsmanship my school, my conference, and the NCHSAA expects of its members. I accept my responsibility to model good sportsmanship that comes with being a student athlete.

**PARENT PLEDGE.** As a parent, I am a role model. I will remember school athletics are an extension of the classroom, offering learning experiences for the students. I will show respect for the opposing players, coaches, spectators and support groups. I will participate in cheers supporting and uplifting the teams involved. Using inappropriate language and taunting are contrary to the spirit of fair play and the good sportsmanship our school, our conference and the NCHSAA expects of its members. I accept my responsibility to model good sportsmanship that comes with being the parent of a student athlete.

I certify that the home address as parents shown in this document is my sole bona fide residence and I will notify the school principal immediately of any change in residence, since such a move may alter the eligibility status of my student-athlete. I further acknowledge I must not falsify any official eligibility information relating to my residence, and acknowledge that doing so may result in a loss of eligibility for 365 days.

#### **NCHSAA SPORTSMANSHIP/EJECTION POLICY**

We, the student and parent/guardian, acknowledge we have read and understand the NCHSAA and the WS/FCS Sportsmanship/Ejection Policy. We understand the following types of behavior will result in an ejection from an athletic contest: fighting, taunting or baiting, profanity directed toward an official or an opponent, obscene gestures, disrespectfully addressing or contacting an official.

- 1st ejection: 4 games suspension in all sports *except* 2 games for football
- 2nd ejection: Suspended for remainder of sport season
- 3rd ejection: Suspended from all athletic competition for 365 days from date of 3rd ejection

**General Requirements.** We, the student and parent/guardian, have read and discussed the general requirements for high school athletic eligibility. We understand any additional questions or specific circumstances should be directed to my student's coach, athletic director or principal. We certify that all the information provided on this form is accurate and current.

**I, the undersigned student and parent, have read this document, agree to its contents, and understand all of the expectations for athletic participation at my high school.**

**Student:**

**Date:**

**Parent/Guardian**

**Date:**

# Parental Permission

(To be completed by the parent or guardian)

I have read and reviewed the general requirements for high school athletic eligibility and I have discussed these requirements with my student-athlete. I understand that additional questions or specific circumstances should be directed to my student's principal, athletic director, or coach.

I certify that the home address as parents shown below is my sole bona fide residence and I will notify the school principal immediately of any change in residence, since such a move may alter the eligibility status of my student-athlete. All other information contained on this form is accurate and current.

I also acknowledge that there is a certain risk of injury involved with athletic participation; even with the best coaching, use of the most advanced protective equipment, and strict observance of the rules, injuries are still a possibility and on rare occasions these can be so severe as to result in total disability, paralysis, or even death. It is impossible to eliminate this risk

In accordance with the rules of the NCHSAA, I hereby give my consent for the participation of my student-athlete named below for the following activities **circled below**:

|               |               |            |
|---------------|---------------|------------|
| Baseball      | Golf          | Swimming   |
| Basketball    | Indoor Track  | Tennis     |
| Cross Country | Outdoor Track | Volleyball |
| Football      | Soccer        | Wrestling  |
| Softball      | Cheerleading  |            |

Others (School may list): \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian's Signature: \_\_\_\_\_

Name of Student-Athlete: (please print) \_\_\_\_\_

Name of Parent/Guardian: (please print) \_\_\_\_\_

Address of Parent/Guardian: \_\_\_\_\_

NOTE: This statement should be on file in the principal's office and is valid for one school year only.