

**INTERVAL HEALTH HISTORY FOR SPORTS PARTICPATION
MEDICAL ELIGIBILITY FORM & PARENT CONSENT FORM**

MEDICAL ELIGIBILITY FORM | PAGE 1

Prior to the start of tryouts and practices for each sport season, state regulations mandate that a health history review for each athlete be conducted unless the student received a full medical examination within 30 days of the start of the season. If Lima Christian School has received a full physical form from the student's physician within 30 days of the start of the season, the student and parent/guardian need to complete student name below and page 2 of this form.

NAME OF STUDENT (print) _____ GRADE _____ M or F (circle)

If the answer to any of the following questions is "Yes," please describe the condition or situation that prompted your answer. Circle either "Yes" or "No" for each question.

1. Has your child experienced any type of head injury or concussion requiring medical attention?
YES NO
2. Has your child received any injury requiring medical attention? YES NO
3. Has your child had any surgical operations, joint injuries, or fractured bones? YES NO
4. Has your child been treated in a hospital or emergency room? YES NO
5. Has your child been diagnosed with any condition requiring medical attention? YES NO
6. Has your child experienced swelling or pain requiring medical attention? YES NO
7. Has your child missed any practices and or games due to illness or injury? YES NO
8. Has your child been absent from school for five (5) or more consecutive days (or an equivalent) YES NO
Period during the summer) due to an accident or illness requiring medical care? YES NO
9. Has injury or illness prevented your child from exercise or other athletic activities? YES NO
10. Is your child taking medicine or under a physician's care at this time? YES NO
11. Has your child experienced any feelings of faintness, dizziness, or fatigue after exercise or exertion? YES NO
12. Has there been any change in vision, such as wearing glasses or contact lenses? YES NO
13. Has your child developed any allergies, is allergic to any medications, insect bites or insect stings? YES NO
14. Have any close relatives (brothers, sisters, parents, grandparents, aunts, uncles, first cousins) died under age 50? YES NO
15. Has your child ever been diagnosed with asthma or developed excessive shortness of breath or severe cough during or shortly after exercise? Does your child have a regular nighttime cough and/or wheezing on exposure to cold air? YES NO
16. Has your child ever had heat related illness such as heat exhaustion or heat stroke? YES NO
17. Has your child lost the use of any paired organ such as an eye, kidney, testicle, or a limb, or Have any other disability? YES NO
18. Females only: When was your last menstrual period? _____

Describe the condition or situation that caused any questions listed above to be answered, "Yes."

Note: "Yes" to any of these questions does not mean automatic disqualification from an interscholastic activity. However, it will require a review and approval by the school physician before the student can report to practice and tryout

**INTERVAL HEALTH HISTORY FOR SPORTS PARTICIPATION
MEDICAL ELIGIBILITY FORM & PARENT CONSENT FORM**

PARENTAL CONSENT | PAGE 2

I, the undersigned, clearly understand these questions are asked in order to decide if my child can safely participate in the interscholastic athletic activity listed below. All answers are correct as of this date. I, hereby, give my consent for _____ (student name) to participate in _____ (name of sport) practices and contests.

Name of Parent or Guardian: _____ (please print)

Parent/Guardian Signature: _____ Date: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____ (father)

Work Phone: _____ (mother)

Email Address(es) for Parent: _____

Health Insurance Company: _____

Subscriber #: _____

Do not write below this line: (to be completed by School Nurse)

Date of last approved physical: _____

History Since Last Health Appraisal (previous page) completed? Yes No

Student approved to play: Yes No

Nurse: _____

Restrictions:

Risk of Injury Statement

I am aware that competing or practicing in any athletic activity can be a dangerous activity involving risk of injury. I understand that the dangers and risks of competing or practicing in the activity include, but are not limited to, death, neck, spinal injury which may result in complete or partial paralysis, brain damage, injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular-skeletal system and injury or impairment of future abilities to earn a living, to engage in business, social and recreational activities and generally to enjoy life. If I am a participant in basketball or soccer, I specifically acknowledge that it is a contact sport involving even greater risk of injury than other sports. Because of the possible dangers of participating in the activities, I recognize the importance of following the coaches' instructions regarding playing techniques, training and other team rules and agree to obey such instructions. In consideration of Lima Christian School permitting me to try-out for and engage in all activities related to the team including, but not limited to, trying-out, practicing, or participating in that activity, I hereby assume all risks associated with participation. Should an injury result while participating in the sporting event I will assume all financial responsibilities associated with the injury (LCS does not carry student insurance).

Student Signature: _____ Date: _____

The undersigned parent or guardian of the individual, who has signed the Risk of Injury Statement, hereby acknowledges receipt of the Risk of Injury Statement and acknowledges awareness of the various risks set forth in the statement and considering such risk, gives permission for the student to participate in an extracurricular athletic activity. If I withdraw my permission, I understand that the withdrawal must be in writing and given to the Athletic Director as well as to the coach of the particular athletic activity.

Parent/Guardian Signature: _____ Date: _____

I give my son/daughter permission to participate in the following sports at Lima Christian School (please check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Modified Baseball | <input type="checkbox"/> Varsity/JV Cross Country |
| <input type="checkbox"/> Modified Cross Country | <input type="checkbox"/> Varsity Soccer |
| <input type="checkbox"/> Modified Soccer | <input type="checkbox"/> Varsity/JV Basketball |
| <input type="checkbox"/> Modified Basketball | <input type="checkbox"/> Varsity/JV Baseball |
| <input type="checkbox"/> Modified Softball | <input type="checkbox"/> Varsity/JV Softball |

Parent/Guardian Signature: _____ Date: _____

Athletic Code of Conduct Agreement

- I have submitted a current physical examination report to the LCS main office.
- I have completed, understood, and submitted the athletic packet including:
 - Interval Health History for Sports Participation/Medical Eligibility Consent Form
 - Risk of Injury Statement
 - Driving/Rider's Permit Form
 - Athletic Code of Conduct Agreement
- I have read and understood the Athletic Participation Rules and Policies including:
 - Level of Participation
 - Athletic Code of Conduct
 - Training Rules and Violation of Training Rules
 - Warning-Ineligible Lists
 - Due Process
 - Meal Stops
 - Attendance Policy
 - Physical Examination Policy
 - New York State Protection Plan
 - Conflict Resolution Procedure
 - Equipment and Uniforms
 - Competing on non-school teams
 - Quitting a team
- I agree to recognize the authority figures (coaches and officials) and treat them with Christ-like respect .
- I understand that athletic participation provides an opportunity to reinforce discipline and commitment in a person's life.
- I agree that the LCS athletic program serves as a mission field. I will, therefore, conduct myself accordingly including:
 - Gently admonishing other brothers and sisters in Christ for contrary and overly critical behavior at sporting events
 - Conducting myself as a player or fan in a manner to avoid any appearance of impropriety that could negatively reflect upon LCS or myself
 - Exhibiting the love of Christ to others by being respectful, kind, and helpful
 - Resolving conflict according to Biblical principles
 - Understanding that failure to meet these standards may result in disciplinary measures determined by the principal, athletic director, or school board.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Athletic Participation Rules and Policies

Specific Levels of Competition:

Varsity

1. The best athletes in a sport, which LCS has to offer. Those whose physical and mental abilities are mature enough for keen varsity competition.
2. Athletes who evidence commitment and are willing to practice often enough to develop their skills.
3. Athletes who represent their school well
4. Preparing and striving to win each contest while trying to reach the teams and individual's maximum potential.

Junior Varsity

1. Athletes who are learning to play the game and still developing into varsity players.
2. Emphasis on development above winning

Modified

1. Emphasis on participation, development and enjoyment of the sport – above winning.

Athletic Code of Conduct

Athletic participation is a privilege that carries with it responsibilities to the school, to the team and to the Lord. When an athlete accepts this privilege, they must also live up to the student code of conduct on and off school grounds, during the season and the off-season. The code is in effect until Graduation Day. Student athletes will avoid any activities, which may give an appearance of impropriety, which will reflect negatively upon himself, herself or Lima Christian School. Failure to do so could result in suspension or dismissal from the team, as well as be subject to other discipline measures determined by the Principal and Athletic Director.

Training Rules

All students must abide by the following minimum rules, which apply to all sports. Coaches may have additional rules, which will be presented to the athletes and will become a part of the code for that season.

- a. Abstain from use of alcoholic beverages
- b. Abstain from the use of illegal drugs
- c. Abstain from the use of tobacco, including smokeless tobacco

Violation of Training Rules

Violation of the Training Rules will result in suspension for 25% of the scheduled contests in a consecutive fashion

Lying concerning the violation of the training rules will result in dismissal for the remainder of the sport season.

Suspension means the student may not compete in a contest. At the coach's discretion he/she may be present with the team during all games, and may be in uniform; participate in all practices, team meetings and scrimmages. Suspensions may include post-season competition.

Warning-Ineligible List

The warning/ineligible list is just one of the discipline tools available for the school administration to correct student behavior. It is issued at the discretion of the school principal and/or vice-principal. Generally the warning/ineligible list is used as a consequence for a lack of academic performance, but it may be used as a consequence for other offenses such as tardiness, disrespect of authority etc.

The “warning” list gives a student a probationary period to improve their academic performance or make amends for their violation of school rules. A student is placed on the warning list at the discretion of the school principal and vice principal, and the length of the probationary period (usually one week) is determined by the administration. Athletes are still permitted to participate in all school activities while on the warning list.

Placing a student on the ineligible list is the administrations response to a persistent and/or serious violation of school rules. Like the warning list, the ineligible list is used at the discretion of the school principal and vice principal. Students who are ineligible are prohibited from taking part in team activities. This means they may not attend practices, games, scrimmages, or team meetings. The duration of the ineligibility will be determined by the school administration. It may correspond to a specific time (a set number of days) or to a specific action (for example, Johnny is ineligible until he completes his senior English Paper).

Students will automatically begin the warning/ineligible process if they become part of the school’s Academic Intervention Plan (AIP). The AIP has been established to monitor the behavior and performance of students who are at risk academically. Students become part of the AIP when they (1) drop below a 70% average in any one of their classes or (2) drop 10% on their average for a class in a 2-week period. A student who meets these conditions will initially be placed on the warning list and given instructions on the teacher’s expectations for improving their average. If students meet these expectations, they will be taken off the warning list. If students do not meet the teacher’s expectations for academic intervention, the student will move to the ineligible list. The student will remain on the ineligible list until they meet the requirements established by the school administration and classroom teacher.

Due Process

A student has the right to a hearing before the LCS Principal or his/her designee prior to the disciplinary measures going into effect. The Principal must receive a formal written request for such a hearing within 5 school days from the time the suspension is to begin

Meal Stops

Student, parent, and coach drivers will occasionally stop for meals on the way back to LCS from away games. Please use discretion in the planning and timing of these stops. Be sure to announce meal stops in advance to parents and students. Students have the choice to not eat at all meal stops. It is not mandatory.

Attendance Policy

Participating in athletics is an “extra” responsibility for the students. All members of our athletics teams are expected to be in school for the full day. Getting home late the night before does **not** excuse a person from school or homework. If a student is going to be late, they need a **legal** excuse (for example, illness or appointment). Students must arrive by noon in order to participate in a practice or game on that day.

Each student will be expected to be **consistently** present at practices. The coach must approve any absence other than an illness. Absences may result in loss of playing time, dismissal or suspension from the team. When parents and student-athletes choose to take family vacations

during the sport seasons, it must be understood that the player's absence can affect team chemistry and personal conditioning. Since we do not usually have an over abundance of players on a roster and a player's absence can have serious implications for the team on game days. A student-athlete who miss practices or competition for any reason may have their position or playing time adjusted.

Physical Examinations

Before the start of each season, each athlete must be approved by the school health official (our nurse). To be eligible for the season each athlete must have a physical dated within the last calendar year and **turn that into our school health official (our nurse)**. DO NOT give your physical form to your coach.

If the school health official does not have your form you WILL NOT be allowed to practice or play in any games.

New York State Protection Plan

New York State High School Athletic Association does sponsor an insurance plan entitled Pupils Benefits Plan, Inc. **This plan is designed as a *supplemental* Plan and is not complete coverage.** The Plan will assist in coverage for the balance of what is not covered by the parent's own insurance. The Plan provides for the entire school year, not one sport's season.

Conflict Resolution Procedure

1. Student/Athlete is to contact the coach first in an attempt to resolve the situation
2. If no resolution is reached, the parent is to contact the coach to set-up a meeting. *A discussion after a game or practice is ill advised. A meeting at this time would be most likely too emotional and would not promote resolution.
3. If no resolution is met, a meeting with the coach, student-athlete, parent and athletic director will be scheduled.

Equipment and Uniforms

Equipment and uniforms are issued by the coach and are due **2 weeks** after the conclusion of the season. Failure to comply will result in a \$25.00 late fee for each week it is late. If the equipment or uniform is not returned, the athlete will be charged for its replacement.

Competing on non-school teams while in-season

Opportunities exist for LCS students to play on other youth sport teams in the area. If there is a conflict with a LCS athletic team and the outside organization, the LCS team must come first.

Quitting a Team

Any student who quits a team after his/her first 5 days of practice (8 days for modified sports) will not be permitted to be a member of any other athletic team during that sport season. The policy will also be in effect for students dismissed or suspended from that team.