



**STUDENT ACTIVITIES CONTRACT  
2019 - 2020**

**Participation in athletics and other student activities is a privilege and, as such, requires that students adhere to certain rules. One of those rules states; “the use or possession of tobacco, alcohol or other illegal drugs is prohibited.”**

**A violation of this rule will involve penalties as listed in this contract agreement and requires student and parent/guardian signatures.**

**I understand:**

**If I use or possess alcohol, tobacco products and/or drugs as defined in the Henrico County Public Schools Code of Conduct, on or off school property, the penalty for use or possession will affect my participation in student activities as follows:**

**1<sup>st</sup> offense – mandatory 30 calendar day suspension from all VHSL team participation and extracurricular activities**

**2<sup>nd</sup> offense – mandatory 365 calendar day suspension from all VHSL team participation and extracurricular activities**

**3<sup>rd</sup> offense – mandatory high school career suspension from all VHSL team participation and extracurricular activities**

**I may be required to complete the Alcohol and Drug Awareness Intervention Program.**

\_\_\_\_\_  
**Printed Student’s Name/Grade**

\_\_\_\_\_  
**Student’s Signature/Date**

\_\_\_\_\_  
**School**

\_\_\_\_\_  
**Parent’s/Guardian’s Signature/Date**

**TO: CANDIDATES FOR 2019-2020 ATHLETIC TEAMS & AUXILLIARY GROUPS AT D.S. FREEMAN**

**FROM: H.S. SUZANNE CRISWELL, DIRECTOR OF STUDENT ACTIVITIES**

We are happy that you have chosen to try-out for one of our athletic teams or athletic auxiliary groups. These forms should **not** be separated and **all pages** must be completed and returned to your coach **before** you may be permitted to try-out. **These forms must be signed by your physician, your parent/guardian, and by you.** This form is good for all sports during the 2019-2020 school year.

To participate during the 2019-2020 school year, your physical **must be dated on or after May 1, 2019. The physician must sign this form. Do not attach other physical forms** (camp forms, middle school athletic forms, work permit forms, school enrollment physical forms, etc) as these **cannot** be accepted.

**PLEASE PRINT**

LIST ALL SPORT(S) \_\_\_\_\_

ATHLETE'S NAME \_\_\_\_\_  
LAST NAME FIRST NAME MIDDLE INITIAL

PARENT'S NAME(S) \_\_\_\_\_

WORK PHONE #s \_\_\_\_\_

HOME PHONE NUMBER \_\_\_\_\_ CELL NUMBER \_\_\_\_\_

WHAT SCHOOL DID YOU ATTEND IN 2018-19? \_\_\_\_\_

DO YOU LIVE WITH YOUR PARENT (S)? \_\_\_\_\_ IF NOT, WHO DO YOU LIVE WITH? \_\_\_\_\_

IF YOU DID NOT GO TO DOUGLAS FREEMAN OR TUCKAHOE OR QUIOCCASIN MIDDLE IN 2018-19, PLEASE EXPLAIN YOUR TRANSFER TO DOUGLAS FREEMAN. \_\_\_\_\_

**PLEASE READ THE STATEMENTS BELOW CAREFULLY & SIGN AT THE BOTTOM**

Athletic participation is a privilege and, as such, requires that you adhere to certain rules that may not apply to all students. In addition to Virginia High School League rules, the following rules apply to all athletes and athletic auxiliary groups.

- (1) You are expected to attend school/class every day unless you have an acceptable excuse. If you are absent or leave school early due to illness, you may **not** practice or play that day.
- (2) As an athlete, you represent D.S. Freeman H.S., your team and your parents. You are expected to behave like a responsible and mature young lady or gentleman at all times.
- (3) You are expected to attend all practices, games, and meetings of your team unless a prior excuse is arranged with your coach. **If there is a conflict between practice or games of an outside team and your school team's practice or game, you shall attend the school teams practice or game.**
- (4) You must travel to and from away contests with your team.
- (5) The use of tobacco (any form), alcohol, or other illegal drugs is prohibited. \*\*\*
- (6) Extremes in hairstyles or dress are not permitted. You are expected to dress neatly and be well groomed.
- (7) Other team rules as established and announced by the coach of each sport.
- (8) You are financially responsible for lost, damaged, or stolen school equipment issued to you.

I have read and understand and agree to abide by the above rules. I am aware that a violation of these rules can involve penalties up to and including my being dismissed from the team. **\*\*\*The penalty for use alcohol & other illegal drugs is a mandatory 30 day suspension, 1<sup>st</sup> offense, 365 days suspension 2<sup>nd</sup> offense, & high school career suspension 3<sup>rd</sup> offense.**

DATE \_\_\_\_\_, STUDENT

DATE \_\_\_\_\_, PARENT/GUARDIAN



## Student-Athlete Concussion Policy

The General Assembly amended the *Code of Virginia* requiring each school division to develop policies and procedures regarding identification and handling of suspected concussions in student-athletes in the Commonwealth of Virginia. One part of this requirement is annual review by student-athletes and parents, information on concussions provided by the school division. This information can be provided by handouts, parent meetings, workshops and other methods individual schools deem appropriate. Included below is basic information on concussions and a Statement of Acknowledgement. This form must be signed and returned to the student-athlete's school in order to participate in any extracurricular athletic activity.

**What is a concussion?** A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

### SIGNS AND SYMPTOMS OF A CONCUSSION:

SIGNS OBSERVED BY PARENTS/GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD		
<ul style="list-style-type: none"> <li>Appears dazed or stunned</li> <li>Is confused about events</li> <li>Answers questions slowly</li> <li>Repeats questions</li> <li>Can't recall events prior to the hit, bump, or fall</li> <li>Can't recall events after the hit, bump, or fall</li> <li>Loses consciousness (even briefly)</li> <li>Shows behavior or personality changes</li> <li>Forgets class schedule or assignments</li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <p><b>Thinking/Remembering</b></p> <ul style="list-style-type: none"> <li>Difficulty thinking clearly</li> <li>Difficulty concentrating or remembering</li> <li>Feeling more slowed down</li> <li>Feeling sluggish, hazy, foggy, or groggy</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>Headache or "pressure" in head</li> <li>Nausea or vomiting</li> <li>Balance problems or dizziness</li> <li>Fatigue or feeling tired</li> <li>Blurry or double vision</li> <li>Sensitivity to light or noise</li> <li>Numbness or tingling</li> <li>Does not "feel right"</li> </ul> </td> <td style="width: 50%; border: none; vertical-align: top;"> <p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>Irritable</li> <li>Sad</li> <li>More emotional than usual</li> <li>Nervous</li> </ul> <p><b>Sleep</b></p> <ul style="list-style-type: none"> <li>Sleeps less than usual</li> <li>Sleeps more than usual</li> <li>Has trouble falling asleep</li> <li><i>Only ask about symptoms if the injury occurred on a prior day</i></li> </ul> </td> </tr> </table>	<p><b>Thinking/Remembering</b></p> <ul style="list-style-type: none"> <li>Difficulty thinking clearly</li> <li>Difficulty concentrating or remembering</li> <li>Feeling more slowed down</li> <li>Feeling sluggish, hazy, foggy, or groggy</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>Headache or "pressure" in head</li> <li>Nausea or vomiting</li> <li>Balance problems or dizziness</li> <li>Fatigue or feeling tired</li> <li>Blurry or double vision</li> <li>Sensitivity to light or noise</li> <li>Numbness or tingling</li> <li>Does not "feel right"</li> </ul>	<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>Irritable</li> <li>Sad</li> <li>More emotional than usual</li> <li>Nervous</li> </ul> <p><b>Sleep</b></p> <ul style="list-style-type: none"> <li>Sleeps less than usual</li> <li>Sleeps more than usual</li> <li>Has trouble falling asleep</li> <li><i>Only ask about symptoms if the injury occurred on a prior day</i></li> </ul>
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*Information provided by U.S. Department of Health and Human Services Centers for Disease Control and Prevention (CDC)*

We acknowledge we have received and reviewed information provided by our school on the risk and recognition of concussions in student-athletes. We also understand review of current information on concussions shall take place annually in order to participate in Henrico County Public Schools athletic activities.

\_\_\_\_\_  
Printed Student's Name/Grade

\_\_\_\_\_  
Student's Signature/Date

\_\_\_\_\_  
Printed Parent/Guardian Name

\_\_\_\_\_  
Printed Parent/Guardian Signature/Date

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

VIRGINIA HIGH SCHOOL LEAGUE, INC.  
1642 State Farm Blvd., Charlottesville, Va. 22911



# Athletic Participation/Parental Consent/Physical Examination Form

Separate signed form is required for each school year **May 1** of the current year through **June 30** of the succeeding year.

For School Year \_\_\_\_\_

## PART I - ATHLETIC PARTICIPATION

Male \_\_\_\_\_

(To be filled in and signed by the student)

Female \_\_\_\_\_

PRINT CLEARLY

Name \_\_\_\_\_ Student ID # \_\_\_\_\_  
(Last) (First) (Middle Initial)

Home Address \_\_\_\_\_

City/Zip Code \_\_\_\_\_

Home Address of Parents \_\_\_\_\_

City/Zip Code \_\_\_\_\_

Date of Birth \_\_\_\_\_ Place of Birth \_\_\_\_\_

This is my \_\_\_\_\_ semester in \_\_\_\_\_ High School, and my \_\_\_\_\_ semester since first entering the ninth grade. Last semester I attended \_\_\_\_\_ School and passed \_\_\_\_\_ credit subjects, and I am taking \_\_\_\_\_ credit subjects this semester. I have read the condensed individual eligibility rules of the Virginia High School League that appear below and believe I am eligible to represent my present high school in athletics.

### INDIVIDUAL ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic athletic contest, you--

- must be a regular bona fide student in good standing of the school you represent.
- must be enrolled in the last four years of high school. (Eighth-grade students may be eligible for junior varsity.)
- must have enrolled not later than the fifteenth day of the current semester.
- for the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. (Check with your principal for equivalent requirements). **May not repeat courses for eligibility purposes for which credit has been previously awarded.**
- for the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester. (Check with your principal for equivalent requirements.)
- must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with your principal for exceptions.)
- must not have reached your nineteenth birthday on or before the first day of August of the current school year.
- must not, after entering the ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters.
- must have submitted to your principal before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parental Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found to be physically fit for athletic competition and that your parents consent to your participation.
- must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. (Check with your principal for clarification in regard to cheerleading.)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your principal for interpretations and exceptions provided under League rules.** Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any high school or VHSL athletic program, publication or video.

LOCAL SCHOOL DIVISIONS AND VHSL DISTRICTS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Providing false information will result in ineligibility for one year.**



The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician

PART II - - MEDICAL HISTORY- Explain "Yes" answers below

This form must be completed and signed, prior to the physical examination, for review by examining practitioner.

Explain "Yes" answers below with number of the question. Circle questions you don't know the answers to.

Form with columns for 'Yes' and 'No' and rows for 'GENERAL MEDICAL HISTORY', 'HEART HEALTH QUESTIONS ABOUT YOU', 'HEART HEALTH QUESTIONS ABOUT YOUR FAMILY', 'BONE AND JOINT QUESTIONS', and 'MEDICAL QUESTIONS'. Includes a section for 'FEMALES ONLY' and 'EXPLAIN "YES" ANSWERS BELOW'.

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



### PART III – PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30<sup>th</sup> of the current school year)\*\*

NAME \_\_\_\_\_ Date of Birth \_\_\_\_\_ School \_\_\_\_\_

Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP /	Resting Pulse	Vision R 20/	L 20/
		Corrected	<input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/ears/nose/throat		
Lymph nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitourinary (males only)		
Skin		
Neurologic		

MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional		

**Medical Practitioner to School Staff (please indicate any instructions or recommendations here)**

Emergency medications required on-site  Inhaler  Epinephrine  Glucagon  Other: \_\_\_\_\_

Comments: \_\_\_\_\_

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics.

- CLEARED WITHOUT RESTRICTIONS**
- CLEARED WITH FOLLOWING NOTATION:** \_\_\_\_\_
- Cleared **AFTER** documented further evaluation or treatment for: \_\_\_\_\_
- Cleared for **Limited participation** (check and explain "reason" for all that apply): "*Limited Until Date*" when appropriate
  - Not cleared for (specific sports) \_\_\_\_\_ Until Date: \_\_\_\_\_
  - Reason(s): \_\_\_\_\_
- NOT CLEARED FOR PARTICIPATION Reason** \_\_\_\_\_

*By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II – Medical History.*

Physician Signature: \_\_\_\_\_ (+MD, DO, LNP, PA) . Date\*\* \_\_\_\_\_  
Circle one

Examiner's Name and degree (print): \_\_\_\_\_ Phone Number \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**+ Only signatures of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.**

Rule 28B-3-1 (3) Physical Examination Rule/Transfer Student (10-90) – When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League's Form #2, the student is in compliance with physical examination requirements.

## PART IV -- ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT

(To be completed and signed by parent/guardian)

I give permission for \_\_\_\_\_ (name of child/ward) to participate in any of the following sports that are not crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swimming/diving, tennis, track, volleyball, wrestling, other (identify sports). \_\_\_\_\_

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts, or some other means. He/she has student medical/accident insurance available through the school (yes\_\_ no\_\_); has athletic participation insurance coverage through the school (yes\_\_ no\_\_); is insured by our family policy with:

Name of Medical Insurance Company: \_\_\_\_\_  
 Policy Number: \_\_\_\_\_ Name of Policy Holder: \_\_\_\_\_

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to [www.coverva.org](http://www.coverva.org) or calling 855.242.8282

## PART V - EMERGENCY PERMISSION FORM

(To be completed and signed by parent/guardian)

STUDENT'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_

HIGH SCHOOL \_\_\_\_\_ CITY \_\_\_\_\_

Please list any significant health problems that might be significant to a physician evaluating your child in case of an emergency

Please list any allergies to medications, etc. \_\_\_\_\_

Is the student currently prescribed an inhaler or Epi-Pen? \_\_\_\_\_ List the emergency medication: \_\_\_\_\_

Is student presently taking any other medication? \_\_\_\_\_ If so, what type? \_\_\_\_\_

Does student wear contact lenses? \_\_\_\_\_ Date of last Tdap or Td (tetanus) shot \_\_\_\_\_

**EMERGENCY AUTHORIZATION:** In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of \_\_\_\_\_ High School to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.

Daytime phone number (where to reach you in emergency) \_\_\_\_\_

Evening time phone number (where to reach you in emergency) \_\_\_\_\_

Cell phone \_\_\_\_\_

☀▶▶ Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

Relationship to student \_\_\_\_\_  
 \*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment if needed.

I certify all the above information is correct \_\_\_\_\_

☀▶▶ Parent/Guardian Signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.