

# Athletic Paperwork Information Sheet

1. Paperwork must be completed in full and signed by a parent/guardian in the presence of a notary. There is a notary available at Cape Coral High School for your convenience from 7am-2:00 pm during the regular school year. There is no charge for this service. **IT IS ILLEGAL FOR A FLORIDA NOTARY TO NOTARIZE A PAPER THAT IS NOT COMPLETELY FILLED OUT.**

2. In order to abide by the Florida High School Athletic Association (FHSAA) which regulates interscholastic sports in Florida, **every** student must turn in a **birth certificate** before competing in interscholastic sports for the first time at Cape Coral High School.

3. Every athlete **must** have accident insurance. If you do not have insurance, please come to the Athletic Office to obtain a school insurance application. Please be aware that the school insurance policies, including football insurance are limited. They usually cover less than 50% of the total medical cost.

The athletic office is here to assist you in becoming a Seahawk athlete; however, we cannot do your work. Make sure that all of your paperwork is completely and properly filled out. **If it is not, it will be returned to you!!** Athletes are not permitted to participate, even practice or condition (including summer workouts), unless all paperwork (including physical exam) is turned in.

## HAVE YOU DONE THE FOLLOWING?

- Transferred to Cape Coral after attending another high school? Please contact the Athletic Secretary immediately.**
- Are you a foreign born student athlete? Please contact the Athletic Secretary immediately.**
- Are you are a home school student, charter school student or a foreign exchange student? Please contact the Athletic Secretary immediately.**
- FHSAA Consent and Liability Certificate
  - o Filled in all information for Part 1
  - o Read and understand Part 3 Sections A-F
  - o Filled in Insurance Information for Part 3, Section G
  - o Has Part 4 been signed by both student and Parent/Guardian
  - o Has Parent/Guardian signed bottom of Form in front of Notary
- FHSAA Consent & Release from Liability Certificate for Concussion(**EL3 page 2 of 4**)
  - o Has Parent/Guardian Filled in the space for school and school district at top of page
  - o Has Parent/Guardian & Student read and signed the bottom of EL3 form
- FHSAA Consent & Release from Liability Certificate for Sudden Cardiac Arrest and Heat related Illness(**EL3 page 3 of 4**)
  - o Has Parent/Guardian Filled in the space for school and school district at top of page
  - o Has Parent/Guardian & Student read and signed the Sudden Cardiac Arrest and Heat related Illness Form
- FHSAA Consent and Release from Liability Certificate(**EL3 page 4 of 4**)
  - o Has Parent/Guardian & Student read and signed the FHSAA Consent and Release from Liability Certificate
- FHSAA Preparticipation Physical Evaluation(**EL2 page 1 of 3**)
  - o Filled in the Part 1, Student Information
  - o Filled in part 2, Medical History
  - o Student and parent signature at the bottom of page 1
- FHSAA Preparticipation Physical Evaluation(**EL2 pages 2 and 3**)
  - o Using the form required by the FHSAA provided in this packet undergone a pre-participation physical evaluation and been certified as being physically fit for participation in interscholastic athletics. **The physical evaluation is valid for 365 calendar days from the date that it was administered** after which time you must successfully undergo another physical evaluation to continue your participation.
- Turned in a copy of athlete's Birth Certificate (**if the first** time trying out for a sport at Cape Coral)
- Verified your GPA
- Filled in the Athletic Emergency Card and had Parent sign it
- Taken the NFHS Online Concussion Course
- Turned in the NFHS Online Concussion Course Certificate
- Filled in and signed the Sportsmanship Contract
- Filled in and signed the athletic/activities transportation form



# Florida High School Athletic Association Consent and Release from Liability Certificate (Page 1 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable.

### Part 1. General Information. A change of schools during the validity period of this form will require this form to be re-submitted.

School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_ Grade: \_\_\_\_\_

Student's Legal Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Student ID#: \_\_\_\_\_

Address: \_\_\_\_\_ Race: \_\_\_\_\_ Date Entered Current School: \_\_\_\_\_

Date Completed 8th Grade: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date Entered 9th Grade: \_\_\_\_/\_\_\_\_/\_\_\_\_ E-Mail address \_\_\_\_\_

### Part 2. Student Acknowledgement and Release (to be signed by student at the bottom)

I have read the (condensed) FHSAA Eligibility Rules printed on page 4 of this "Consent and Release Certificate" and know of no reason why I am not eligible to represent my school in interscholastic athletic competition. If accepted as a representative, I agree to follow the rules of my school and FHSAA and to abide by their decisions. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, including the potential for a concussion, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. Should I be 18 years of age or older, or should I be emancipated from my parent(s)/guardian(s), I hereby release and hold harmless my school, the schools against which it competes, the school district, the contest officials and FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against FHSAA because of any accident or mishap involving my athletic participation. I hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necessary. I hereby grant to FHSAA the right to review all records relevant to my athletic eligibility including, but not limited to, my records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness. I hereby grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my school. By doing so, however, I understand that I will no longer be eligible for participation in interscholastic athletics.

### Part 3. Parental/Guardian Consent, Acknowledgement and Release

(to be completed and signed by a parent(s)/guardian(s) at the bottom; where divorced or separated, parent/guardian with legal custody must sign).

A. I hereby give consent for my child/ward to participate in any FHSAA recognized or sanctioned sport **EXCEPT** for the following sport(s):

#### List sport(s) exceptions here

B. I understand that participation may necessitate an early dismissal from classes.

C. I know of, and acknowledge that my child/ward knows of, the risks involved in interscholastic athletic participation, understand that serious injury, and even death, is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I release and hold harmless my child's/ward's school, the schools against which it competes, the school district, the contest officials and FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against the FHSAA because of any accident or mishap involving the athletic participation of my child/ward. I authorize emergency medical treatment for my child/ward should the need arise for such treatment while my child/ward is under the supervision of the school. I further hereby authorize the use or disclosure of my child's/ward's individually identifiable health information should treatment for illness or injury become necessary. I consent to the disclosure, to the FHSAA, upon its request, of all records relevant to my child/ward's athletic eligibility including, but not limited to, records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness. I grant the released parties the right to photograph and/or videotape my child/ward and further to use said child's/ward's name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein.

D. I am aware of the potential danger of concussions and/or head and neck injuries in interscholastic athletics. I also have knowledge about the risk of continuing to participate once such an injury is sustained without proper medical clearance.

**READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND FHSAA USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND FHSAA IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND FHSAA HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.**

E. I agree that in the event we/I pursue litigation seeking injunctive relief or other legal action impacting my child (individually) or my child's team participation in FHSAA state series contests such actions shall be filed in the Alachua County, Florida, Circuit Court.

F. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my school. By doing so, however, I understand that my child/ward will no longer be eligible for participation in interscholastic athletics.

G. **ALL STUDENTS MUST HAVE INSURANCE TO PARTICIPATE IN SPORTS.** It is the parent's/guardian's responsibility to purchase and maintain insurance while student is participating in sports. The School District of Lee County and the FHSAA does not provide health insurance and is not responsible for medical bills. Please check appropriate boxes.

- My child/ward is covered under our family health insurance plan, which has limits of not less than \$25,000.  
 Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_
- My child/ward is covered by his/her school's activities medical base insurance plan (school time coverage \_\_\_\_ 24 hrs. \_\_\_\_).
- I have purchased supplemental football insurance through my child's/ward's school.

### 4. Residency Statement.

PLEASE READ CAREFULLY. The above-named student has resided with me, and I do hereby certify that I have read this and understand the rules contained herein and that the information supplied is true and correct to the best of my knowledge. I understand that this student must continue to reside with me to maintain athletic eligibility. I accept responsibility to inform the school of any change in this information.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (student must sign)**

Student's Signature (acknowledging parts 2 and 4) \_\_\_\_\_ Date \_\_\_\_\_ School Attended Last Year \_\_\_\_\_

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (only one parent/guardian signature is required)**

Signature of Parent/Guardian (acknowledging parts 3 and 4) \_\_\_\_\_ Date \_\_\_\_\_ Relationship to Student \_\_\_\_\_

Signature of person making Affidavit (Parent/Guardian): \_\_\_\_\_

Produced Identification: \_\_\_\_\_

Affidavit: State of Florida, County of Lee. Before me this day personally appeared, \_\_\_\_\_ who, being duly sworn,

deposes and states that all of the above information is true and correct. Sworn and subscribed before me this \_\_\_\_\_ day of \_\_\_\_\_ A.D. 20 \_\_\_\_\_

\_\_\_\_\_  
My Commission expires \_\_\_\_\_

Notary

THE SCHOOL DISTRICT OF LEE COUNTY



## Consent and Release from Liability Certificate for Concussions (Page 2 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

**School:** \_\_\_\_\_ **School District** (if applicable): \_\_\_\_\_

### Concussion Information

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all 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. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

### Signs and Symptoms of a Concussion:

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- Vacant stare or seeing stars
- Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo (spinning) or loss of equilibrium (being off balance or swimming sensation)
- Decreased coordination, reaction time
- Confusion and inability to focus attention
- Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

### DANGERS if your child continues to play with a concussion or returns too soon:

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

### Steps to take if you suspect your child has suffered a concussion:

Any athlete suspected of suffering a concussion should be removed from the activity 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 written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

### Return to play or practice:

Following physician evaluation, the *return to activity process* requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit <http://www.cdc.gov/concussioninyouthsports/> or <http://www.seeingstarsfoundation.org>

### Statement of Student Athlete Responsibility

Parents and students should be aware of preliminary evidence that suggests repeat concussions, and even hits that do not cause a symptomatic concussion, may lead to abnormal brain changes which can only be seen on autopsy (known as Chronic Traumatic Encephalopathy (CTE)). There have been case reports suggesting the development of Parkinson's-like symptoms, Amyotrophic Lateral Sclerosis (ALS), severe traumatic brain injury, depression, and long term memory issues that may be related to concussion history. Further research on this topic is needed before any conclusions can be drawn.

**I acknowledge the annual requirement for my child/ward to view "Concussion in Sports-What You Need to Know" at [www.nfhslearn.com](http://www.nfhslearn.com). I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.**

Name of Student-Athlete (printed) \_\_\_\_\_

Signature of Student-Athlete \_\_\_\_\_

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Name of Parent/Guardian (printed) \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_



Florida High School Athletic Association  
**Consent and Release from Liability Certificate for  
 Sudden Cardiac Arrest and Heat-Related Illness (Page 3 of 4)**

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

**School:** \_\_\_\_\_ **School District** (if applicable): \_\_\_\_\_

**Sudden Cardiac Arrest Information**

Sudden cardiac arrest is a leading cause of sports-related death. This policy provides procedures for educational requirements of all paid coaches and recommends added training. Sudden cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA can cause death if it's not treated within minutes.

**Symptoms of sudden cardiac arrest include, but not limited to: sudden collapse, no pulse, no breathing.**

**Warning signs associated with sudden cardiac arrest include: fainting during exercise or activity, shortness of breath, racing heart rate, dizziness, chest pains, extreme fatigue.**

It is strongly recommended all coaches, whether paid or volunteer, are regularly trained in CPR and the use of an AED. Training is encouraged through agencies that provide hands-on training and offer certificates that include an expiration date.

Automatic external defibrillators (AEDs) are required at all FHSAA State Series games, tournaments and meets. The FHSAA also strongly recommends that they be available at all preseason and regular season events as well along with coaches/individuals trained in CPR.

**What to do if your student-athlete collapses:**

1. Call 911
2. Send for an AED
3. Begin compressions

**FHSAA Heat-Related Illnesses Information**

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

**Heat Stroke** is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

**Heat Exhaustion** is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

**Heat Cramps** usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

**Who's at Risk?**

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

**By signing this agreement, the undersigned acknowledges that the information on Sudden Cardiac Arrest and Heat-Related Illness have been read and understood. I acknowledge optional educational opportunities in cardiac arrest at [www.nfhslearn.org](http://www.nfhslearn.org). Please go to [www.fhsaa.org/departments/health](http://www.fhsaa.org/departments/health) for further instructions to view the courses. I have been advised of the dangers of participation for myself and that of my child/ward.**

Name of Student-Athlete (printed) \_\_\_\_\_ Signature of Student-Athlete \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name of Parent/Guardian (printed) \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



## Consent and Release from Liability Certificate (Page 4 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

### Attention Student and Parent(s)/Guardian(s)

Your school is a member of the Florida High School Athletic Association (FHSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an FHSAA recognized sport (i.e. bowling, competitive cheerleading, girls flag football, lacrosse, boys volleyball, water polo and girls weightlifting or sanctioned sport (i.e. baseball, basketball, cross country, tackle football, golf, soccer, fast-pitch softball, swimming & diving, tennis, track & field, girls volleyball, boys weightlifting and wrestling), the student:

1. **This form is non-transferable;** a separate form must be completed for each different school at which a student participates.
2. Must be regularly enrolled and in regular attendance at your school. **If the student is a home education student or attends a charter school or Florida Virtual School - Full time Program or a special/alternative school or certain small non-member private schools, the student must declare in writing his/her intention to participate in athletics to the school at which the student is permitted to participate.** Home education students and students attending small non-member private schools must be approved through the use of a separate form prior to any participation. (FHSAA Bylaw 9.2, Policy 16 and Administrative Procedure 1.8)
3. Must attend school within 10 days of the beginning of **each semester** to be eligible during **that semester**. (FHSAA Bylaw 9.2)
4. **Must maintain at least a cumulative 2.0 grade point average on a 4.0 unweighted scale prior to the semester in which the student wishes to participate.** This GPA must include all courses taken since the student entered high school. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester. (FHSAA Bylaw 9.4)
5. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4)
6. **Must not have enrolled in the ninth grade for the first time more than four school years ago.** If the student is a sixth, seventh or eighth grade student, the student must not participate if repeating that grade. (FHSAA Bylaw 9.5)
7. Must have signed permission to participate from the student's parent(s)/legal guardian(s) on a form (EL3) provided the school. (Bylaw 9.8)
8. **Must be less than 19 years 9 months old to participate in high school;** 16 years 9 months old to participate in junior high school; and 15 years 9 months old to participate in middle school, otherwise the student becomes ineligible to participate at that level. **Students entering 9th grade in 2014-15 and thereafter must not turn 19 before September 1st, otherwise the student becomes ineligible to participate.** (FHSAA Bylaw 9.6)
9. **Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics (form EL2).**
10. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating. (FHSAA Bylaw 9.9)
11. Must not participate in an all-star contest in a sport prior to completing his/her high school eligibility in that sport. (FHSAA Policy 26)
12. **Must display good sportsmanship and follow the rules of competition before, during and after every contest in which the student participates. If not, the student may be suspended from participation for a period of time.** (FHSAA Bylaw 7.1)
13. **Must not provide false information to his/her school or to the FHSAA to gain eligibility.** (FHSAA Bylaw 9.1)
14. Youth exchange, other international and immigrant students must be approved by the FHSAA office prior to any participation. Exceptions may apply. See your school's principal/athletic director. (FHSAA Policy 17)
15. **Must refrain from hazing/bullying while a member of an athletic team or while participating in any athletic activities sponsored by or affiliated with a member school.**

If the student is declared or ruled ineligible due to one or more of the FHSAA rules and regulations, the student has the right to request that the school file an appeal on behalf of the student. See the principal or athletic director for information regarding this process.

**By signing this agreement, the undersigned acknowledges that the information on the Consent and Release from Liability Certificate in regards to the FHSAA's established rules and eligibility have been read and understood.**

Name of Student-Athlete (printed)

Signature of Student-Athlete

Date

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Date



# Preparticipation Physical Evaluation (Page 1 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. **This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.**

## Part 1. Student Information (to be completed by student or parent)

Student's Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

School: \_\_\_\_\_ Grade in School: \_\_\_\_\_ Sport(s): \_\_\_\_\_

Home Address: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_ E-mail: \_\_\_\_\_

Person to Contact in Case of Emergency: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Personal/Family Physician: \_\_\_\_\_ City/State: \_\_\_\_\_ Office Phone: (\_\_\_\_) \_\_\_\_\_

## Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	___	___	26. Have you ever become ill from exercising in the heat?	___	___
2. Do you have an ongoing chronic illness?	___	___	27. Do you cough, wheeze or have trouble breathing during or after activity?	___	___
3. Have you ever been hospitalized overnight?	___	___	28. Do you have asthma?	___	___
4. Have you ever had surgery?	___	___	29. Do you have seasonal allergies that require medical treatment?	___	___
5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler?	___	___	30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, shunt, retainer on your teeth or hearing aid)?	___	___
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	___	___	31. Have you had any problems with your eyes or vision?	___	___
7. Do you have any allergies (for example, pollen, latex, medicine, food or stinging insects)?	___	___	32. Do you wear glasses, contacts or protective eyewear?	___	___
8. Have you ever had a rash or hives develop during or after exercise?	___	___	33. Have you ever had a sprain, strain or swelling after injury?	___	___
9. Have you ever passed out during or after exercise?	___	___	34. Have you broken or fractured any bones or dislocated any joints?	___	___
10. Have you ever been dizzy during or after exercise?	___	___	35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?	___	___
11. Have you ever had chest pain during or after exercise?	___	___	<i>If yes, check appropriate blank and explain below:</i>		
12. Do you get tired more quickly than your friends do during exercise?	___	___	___ Head	___ Elbow	___ Hip
13. Have you ever had racing of your heart or skipped heartbeats?	___	___	___ Neck	___ Forearm	___ Thigh
14. Have you had high blood pressure or high cholesterol?	___	___	___ Back	___ Wrist	___ Knee
15. Have you ever been told you have a heart murmur?	___	___	___ Chest	___ Hand	___ Shin/Calf
16. Has any family member or relative died of heart problems or sudden death before age 50?	___	___	___ Shoulder	___ Finger	___ Ankle
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	___	___	___ Upper Arm	___ Foot	
18. Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	36. Do you want to weigh more or less than you do now?	___	___
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)?	___	___	37. Do you lose weight regularly to meet weight requirements for your sport?	___	___
20. Have you ever had a head injury or concussion?	___	___	38. Do you feel stressed out?	___	___
21. Have you ever been knocked out, become unconscious or lost your memory?	___	___	39. Have you ever been diagnosed with sickle cell anemia?	___	___
22. Have you ever had a seizure?	___	___	40. Have you ever been diagnosed with having the sickle cell trait?	___	___
23. Do you have frequent or severe headaches?	___	___	41. Record the dates of your most recent immunizations (shots):		
24. Have you ever had numbness or tingling in your arms, hands, legs or feet?	___	___	Tetanus: _____ Measles: _____		
25. Have you ever had a stinger, burner or pinched nerve?	___	___	Hepatitis B: _____ Chickenpox: _____		

### FEMALES ONLY (optional)

42. When was your first menstrual period? \_\_\_\_\_

43. When was your most recent menstrual period? \_\_\_\_\_

44. How much time do you usually have from the start of one period to the start of another? \_\_\_\_\_

45. How many periods have you had in the last year? \_\_\_\_\_

46. What was the longest time between periods in the last year? \_\_\_\_\_

Explain "Yes" answers here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s.1006.20, Florida Statutes, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_





# Preparticipation Physical Evaluation (Page 3 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.  
**This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.**

Student's Name: \_\_\_\_\_

**ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)**

I hereby certify that the examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s):

\_\_\_ Cleared without limitation

\_\_\_ Disability: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

\_\_\_ Precautions: \_\_\_\_\_

\_\_\_ Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

\_\_\_ Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Name of Physician (print): \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

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

Signature of Physician: \_\_\_\_\_

*Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.*



**ATHLETIC EMERGENCY CARD**

Date \_\_\_\_\_

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

Grade \_\_\_\_\_

**STUDENTS FULL LEGAL NAME:**

\_\_\_\_\_ Last First Middle

Home Phone \_\_\_\_\_

Address \_\_\_\_\_

Street City Zip Code

**STUDENT LIVES WITH:**

**CUSTODY RESTRICTION:**

Please Check

Father: Natural  Step

Foster  Please Check One

Name Home Phone Cell Phone Work Phone

Mother: Natural  Step

Foster  Please Check One

Name Home Phone Cell Phone Work Phone

Guardian (if different From above)

Name Home Phone Cell Phone Work Phone

**INSURANCE**

Primary Carrier: \_\_\_\_\_

Policy # \_\_\_\_\_

School Insurance  Football Insurance

**HEALTH INFORMATION**

Parent's statement: I accept responsibility for notifying the school of any changes to home or buisness address or phone number. In the event of serious illness or accident and I cannot be immediately contacted, I give my permission to have my child moved by ambulance or other conveyance to a doctor's office or hospital for immediate attention. I also assume responsibility for payments of same, in case of an accident or illness where immediate treatment is not needed, but where my child is unable to remain at school. I request the school to contact me. If I am unable to be reached, I request that one of the persons listed below be contacted to care for my child until I can be reached.

Date \_\_\_\_\_ Signature of Parent or Guardian \_\_\_\_\_

Person(s) who will care for student in case a parent cannot be reached:

Name Relationship Phone (Home) Phone (work)

Name Relationship Phone (Home) Phone (work)

Please check if athlete has had problems with any of the following:

Diabetes Medication \_\_\_\_\_

Speech  
 Glasses/Contacts  
 Hearing Aid  
 Concussions  
 Followed up by Physician

Severe Allergies Specify \_\_\_\_\_

Asthma Medication \_\_\_\_\_

Kidney Disease

Heart Disease

Epilepsy

Seizures Medication \_\_\_\_\_

Ears Specify \_\_\_\_\_

Family Physician \_\_\_\_\_

Phone \_\_\_\_\_

Family Dentist \_\_\_\_\_

Phone \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Medications:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# Cape Coral High School

## Athletic / Activities Office-Transportation Permission Form

To: Parent/Guardian

From: Athletic / Activities Directors

Subject: Transportation to Athletic / Activities Events

From time to time, it is necessary to transport athletes to and from practice, games, or athletic activities via private vehicles. We need to have on file permission for your child to travel to Athletic Events by a private vehicle. Please initial the appropriate choice(s) of travel for your child. Student, coach, and parent/guardian must sign and date form.

1. \_\_\_\_\_ Student may ride with parent or coach.
2. \_\_\_\_\_ Student will drive his/her own car with no other students in the vehicle.

Coach's signature \_\_\_\_\_ Sport/Activity \_\_\_\_\_

Name of Student (Printed) \_\_\_\_\_ Student signature \_\_\_\_\_

Parent signature \_\_\_\_\_ Date \_\_\_\_\_

### Student Driver Information

(ONLY IF STUDENT WILL BE DRIVING THEMSELVES)

Necessary information for all drivers will need to be on file in the Cape Coral High School Athletic Office for the duration of the year and includes the following:

1. Driver's Name \_\_\_\_\_
2. Driver License # \_\_\_\_\_
3. Car Registration Number \_\_\_\_\_
4. Make and Model of Car \_\_\_\_\_
5. Insurance Company Name \_\_\_\_\_ Policy# \_\_\_\_\_
6. License Plate Number of Car \_\_\_\_\_ State \_\_\_\_\_

## **Parent and Student Sportsmanship Contract:**

Athletics are an extension of the classroom and it is important that students and parents alike conduct themselves with sportsmanship and class when attending events at Cape Coral High School. Below is the code of conduct for spectators and student athletes.

### **Student – Athletes' Code of Conduct:**

- Win and lose graciously
- Understand that you are an ambassador for your school. Others will base their impressions of your school on your behavior and attitude
- Treat opponents as you would like to be treated
- Refrain from disrespectful behavior, such as taunting, trash talking and other forms of intimidation
- Wish opponents good luck and greet them graciously. Shake hands with opponents and congratulate them after the game.
- Only the coach should communicate with the official regarding the clarification of a ruling
- Avoid the use of profanity
- Play with you best effort
- Be a team player
- Do not argue with officials or complain about calls
- Control your temper and do not retaliate when you feel wronged
- Accept accountability for your actions

### **Spectators Code of Conduct:**

- Treat all players, coaches, officials and opposing fans as you would like to be treated
- Understand that you are an ambassador of the school
- Understand that a ticket to a sporting event is a privilege and not a license to verbally or physically attack others
- Use discretion in cheering
- Respect the game and learn the rules
- Cheer your team and do not jeer the opponents
- Keep things in perspective. These are high school students playing a game, not professionals. This is supposed to be a fun learning experience for them and you.
- Do not applaud errors by opponents or penalties inflicted on them
- Do not heckle, jeer or distract members of the opposing team
- Respect the judgment and strategy of the coach – you disagree, set up an appointment with the coach, athletic director and principal at a later date.
- Avoid profanity, obnoxious behavior, smoking or drinking alcohol

### **Please read and sign this contract.**

**Those student athletes and/or spectators that choose to not to follow the code of conduct are subject to removal from the event and/or removal from all future events. Also, if a student athlete and/or spectator is ejected from a game by an official, they are subject to and responsible for paying any fines assessed by the Florida High School Athletic Association.**

I have read and understand the student athlete and spectator code of conduct.

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Student Signature

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Mother's Signature

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Father's Signature