

ALL FORMS MUST BE SIGNED FOR AN ATHLETE TO BE ELIGIBLE! SANTA ROSA DISTRICT SCHOOLS

SCHOOL USE ONLY

PRE-PARTICIPATION PHYSICAL EVALUATION FORM 2019-20

This completed form must be kept on file by the school and is valid 365 calendar days from the date of the physical evaluation.

This form is non-transferable; a change of schools during the validity period of this form will require student information and medical history to be re-submitted

Part 1. Student Information: (to be completed by student and parent before a student is allowed to tryout, practice or compete).

Please print legibly in blue or black ink, or type.

Student Name: _____ Gender: _____ Age: _____ Birth Date: _____
High School: _____ Grade for 19-20 school year: _____ Sport(s): _____
Home Address: _____ Home Phone: (_____) _____ - _____
Parent Guardian: _____ Work Phone: (_____) _____ - _____
Contact in Case of Emergency: _____ Contact Home Phone: (_____) _____ - _____
Contact Relationship to Student: _____ Contact Work Phone: (_____) _____ - _____
Personal/Family Physician: _____ City/State: _____ Office Phone: (_____) _____ - _____

Part 2. Verification of Insurance Coverage

FHSAA REQUIRES ALL STUDENT ATHLETES TO PROVIDE PROOF OF HEALTH INSURANCE WITH A MINIMUM OF \$25,000 COVERAGE. INSURANCE MAY EITHER BE PERSONAL OR PURCHASED THROUGH THE SCHOOL. MUST HAVE INSURANCE!

Please check one:

_____ My/Our child/ward is currently covered under our family health insurance plan that has limits of no less than \$25,000 coverage.

Insurance Company Name: _____

Policy Number: _____

_____ I/We have purchased voluntary student accident insurance through my/our child's/ward's school handled through Fowinkle School Insurance Agency and underwritten by AIG Life Insurance Company.

I understand if during the course of the school year my/our child/ward loses coverage through a personal insurance plan, it is my responsibility to immediately notify the school athletic director. Voluntary student accident insurance offered through the school may be purchased at that time if no other personal coverage is available.

I understand that submission to testing for the presence of drugs and alcohol is a condition of participation in interscholastic athletics. I also understand that if I refuse to take the test, or if the test establishes a violation of the drug testing policy, I will face disciplinary action set forth by the drug testing policy. By signing and dating this form, I consent to take a preseason urinalysis if required. I agree to be random tested by draw throughout my sport's season(s). The preseason test, when required, is completed prior to the start of the particular sports season after tryouts are over. The random testing will be done weekly throughout the sports season. The draw for the random testing will be performed by an outside agency with the athletes being notified on the day they are to report for urinalysis. Random testing cost is covered by the School District. I also understand the provisions of reasonable suspicion. However, in the event a random drug screening produces a non-negative result all subsequent drug test costs will become the responsibility of the athlete. Furthermore, I also understand that the cost for the assessment and rehabilitation program, in the event of a violation of the drug testing policy is the responsibility of the athlete. **I consent to allow the designated MRO (Medical Review Officer) to release follow-up drug testing results to school officials.** By signing and dating this form, I attest I have read and understand the District random drug testing policy.

(Student-Athlete's Signature)

(Date)

(Printed Name)

(Parent/Guardian Signature)

(Date)

(Printed Name)

I certify that the information provided herein is true and I consider him/her physically capable of participating in athletics. I hereby give my consent for the above named student to (1) represent his/her school in athletic activities, except those exceptions cited by the examining physician provided that such athletic activities are approved by the State Association and (2) accompany any school team of which he/she is a member on any of its local or out-of-town trips. I authorize the school to obtain, through a physician of its own choice, any emergency medical care that may become reasonably necessary for the student in the course of such athletic activities or such travel. I also agree not to hold the school or anyone acting on behalf of the Florida High School Activities Association responsible for any injury occurring to the above named student in the course of such athletic activities or such travel. I also grant permission to the Santa Rosa County School System to release all athletic injury information that relates to the above named student to the Emergency Health Care Facility involved in treatment.

By my signature below, I acknowledge receipt of the Notice of Privacy Practices Act (Code of Student Conduct), and authorize designated Santa Rosa County School District Personnel, Santa Rosa County Health Department School Health personnel, and any other contracted healthcare agencies that may provide emergency care for my child and/or to exchange medical information, as necessary to support the continuity of care of my child.

Notarized Parent/Guardian Signature: DO NOT SIGN UNLESS YOU ARE IN THE PRESENCE OF A NOTARY!

(Parent-Guardian Signature)

(Printed Name)

Date

State of Florida, County of Santa Rosa

Sworn and subscribed before me this _____ day of _____, 20_____.

Person is: Personally known to me _____ Produced ID _____ Type ID _____ ID# _____

(Notary Signature)

(Commission Expires)

(Notary Seal)

ATTENTION PARENTS: THIS FORM MUST BE SIGNED IN THE PRESENCE OF A NOTARY!!

Part 3. Medical History (to be completed by parent) Explain “yes” answers below. Circle questions you do not know answers.

1. Have you had a medical illness or injury since your last Check up or sports physical?	YES	NO	21. Do you have any allergies (i.e., to pollen, food, medicine or stinging insects)?	YES	NO
2. Do you have an ongoing chronic illness?			22. Have you ever had a head injury or concussion?		
3. Have you ever been hospitalized overnight?			23. Have you ever had a rash or hives develop after exercise?		
4. Have you ever had surgery?			24. Do you have seasonal allergies that require medical treatment?		
5. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?			25. Do you have any current skin problems (for ex: itching, rashes, acne, warts fungus or blisters)?		
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?			26. Have you ever had a severe viral infection (for ex.: Myocarditis, or mononucleosis)?		
7. Do you want to weigh more or less than you do now?			27. Have you had high blood pressure or high cholesterol?		
8. Do you feel stressed out?			28. Do you get tired more quickly than your friends during exercise?		
9. Do you lose weight regularly to meet weight requirements?			29. Have you ever been dizzy during or after exercise?		
10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for ex.: knee brace, special neckroll, foot orthotics retainer on your teeth, hearing aid)?			30. Have you ever become ill from exercising in the heat?		
			31. Have you ever passed out during/after exercise?		
			32. Have you ever had a sprain, strain or swelling after an injury?		
11. Have you had any problems with your eyes or vision?			33. Have you ever been told you have a heart murmur?		
12. Do you wear glasses, contacts or protective eyewear?			34. Have you ever had chest pain during/after exercise?		
13. Have you ever had racing of your heart or skipped heartbeats?			35. Has a physician ever denied or restricted your participation in sports for any heart problems?		
14. Have you broken or fractured any bones or dislocated any joints?			36. Has any family member/relative died of heart problems or sudden death before age 50?		
15. Have you had any other problems with pain/swelling in muscles, tendons, bones or joints? If yes, check all that apply and explain below: ____ Head ____ Elbow ____ Hip ____ Shoulder ____ Neck ____ Knee ____ Forearm ____ Thigh ____ Back ____ Wrist ____ Chest ____ Hand ____ Finger ____ Ankle ____ Shin/Calf ____ Upper Arm ____ Foot			37. Do you cough, wheeze or have trouble breathing during/after an activity?		
			38. Record the dates of your most recent immunizations for: Tetanus: _____ Measles _____ HepatitisB: _____ Chickenpox: _____		
			39. Have you ever been diagnosed with sickle cell anemia?		
16. Have you ever had numbness or tingling in your arms, hands, leg or feet?			40. Have you ever been diagnosed with having the sickle cell trait?		
			41. Have you ever had a stinger, burner, or pinched nerve?		
17. Do you have frequent or severe headaches?			FEMALES ONLY (optional) 42. When was your first menstrual period? _____ 43. When was your most recent menstrual period? _____ 44. How many periods have you had in the last year? _____ 45. What was the longest time between periods in the last year? _____ 46. How much time do you usually have from the start of one period to the start of another? _____		
18. Have you ever had a seizure?					
19. Do you have asthma?					
20. Have you ever been knocked out, become unconscious or lost your memory?					

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 such as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Signature of Student: _____ Date: ____ / ____ / ____ Signature of Parent: _____ Date: ____ / ____ / ____

Part 4. Physical Examination (to be completed by physician).

Student's Name: _____ DOB: _____ Height _____ Wt. _____ % Body Fat (optional) _____

Pulse: _____ Blood Pressure _____ / _____ Visual Acuity: Right 20/____ Left 20/____ Corrected: Yes No Pupils: Equal ____ Unequal ____

FINDINGS	NORMAL	ABNORMAL FINDINGS	INITIALS		NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL				MUSCULOSKELETAL			
1. Appearance				10. Neck			
2. Eyes/Ears/Nose/Throat				11. Back			
3. Lymph Nodes				12. Shoulder/Arm			
4. Heart				13. Elbow/Forearm			
5. Pulses				14. Wrist/Hand			
6. Lungs				15. Hip/Thigh			
7. Abdomen				16. Knee			
8. Genitals (males only)				17. Leg/Ankle			
9. Skin				18. Foot			

*Station-based Examination Only.

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 conclusions:

RECOMMENDATIONS: 1. ____ Cleared without limitation. Student may participate in any competitive athletic event.

2. ____ Not cleared for _____ Reason: _____

3. ____ Cleared after completing evaluation/rehabilitation for _____

4. This student should not participate in any competitive athletic event.

Name of Physician/Nurse Practitioner/Licensed Physician Assistant: _____ Address: _____

Physician's Signature: _____ Phone: _____ Date: _____

Physical MUST BE DATED! Invalid unless physician dates the physical!



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; a change of schools during the validity period of this form will require this form to be re-submitted.

School: _____ School District (if applicable): _____

Part 1. 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 2. 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 action 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. Please check the appropriate box(es):

____ 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.

____ I have purchased supplemental football insurance through my child's/ward's school.

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

Name of Parent/Guardian (printed) _____ Signature of Parent/Guardian _____ Date _____

Name of Parent/Guardian (printed) _____ Signature of Parent/Guardian _____ Date _____

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

Name of Student (printed) _____ Signature of Student _____ Date _____



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. 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

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Date



Florida High School Athletic Association

Revised 03/18

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. Please go to 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

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

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Date