

Application for Athletic Participation Senior High School

FOR SCHOOL USE ONLY				
Physical Evaluation Date:				
MON	ITH		DAY	YEAR
GPA FALL	GPA	WINTER	Reported	
			To FHSAA	

Name (as it appears on birth certificate)				Student Number			
on birtii certiiicate)				Number			
Street Address			Home		Age	Date	of
			Phone			Birth	
City / State / Zip Code		Parent Work		Parer	Parent Cell		
			Phone		Phon	e	
Sex M F	Date Entered	Schoo	ol				Current Grade
(choose one)	9 th Grade						Level
List all previous high schools attended:							

FHSAA Bylaws, Article 9.8.1:

Student Must Provide School with Signed Consent and Release Form to Participate. A student must have the consent of his/her parent(s) or legal guardian(s) to participate in interscholastic athletic programs at a member school. The student and his/her parent(s) or legal guardian(s) must also release the FHSAA, its member schools and contest officials from all liability for any injury or claim that may result from the student's participation in interscholastic athletics. This consent and release from liability must be provided in writing on a form developed by this Association for that purpose. The form must be signed by the student and his/her parent(s) or legal guardians. The student cannot be allowed to participate in any activity related to interscholastic athletic programs until the fully executed consent form is on file in the school.

Preparticipation Physical – In compliance with Florida Statute 1006.20 –this physician's certificate is valid for one year (365 days) from the date of the physical examination.

Florida Statute s 1006.20(2)(c) The organization (FHSAA) shall adopt bylaws that require all students participating in interscholastic athletic competition or who are candidates for an interscholastic athletic team to satisfactorily pass a medical evaluation each year prior to participating in interscholastic athletic competition or engaging in any practice, tryout, workout, or other physical activity associated with the student's candidacy for an interscholastic athletic team. Such medical evaluation can only be administered by a practitioner licensed under the provisions of chapter 458, chapter 459, chapter 460, or s. 464.012, and in good standing with the practitioner's regulatory board. The bylaws shall establish requirements for eliciting a student's medical history and performing the medical evaluation required under this paragraph, which shall include a physical assessment of the student's physical capabilities to participate in interscholastic athletic competition as contained in a uniform preparticipation physical evaluation and history form. The evaluation form shall incorporate the recommendations of the American Heart Association for participation cardiovascular screening and shall provide a place for the signature of the practitioner performing the evaluation with an attestation that each examination procedure listed on the form was performed by the practitioner or by someone under the direct supervision of the practitioner. The form shall also contain a place for the practitioner to indicate if a referral to another practitioner was made in lieu of completion of a certain examination procedure. The form shall provide a place for the practitioner to whom the student was referred to complete the remaining sections and attest to that portion of the examination. The preparticipation physical evaluation form shall advise students to complete a cardiovascular assessment and shall include information concerning alternative cardiovascular evaluation and diagnostic tests. Results of such medical evaluation must be provided to the school. No student shall be eligible to participate in any interscholastic athletic competition or engage in any practice, tryout, workout, or other physical activity associated with the student's candidacy for an interscholastic athletic team until the results of the medical evaluation have been received and approved by the school.

The following items must **be properly completed and submitted** to the Assistant Principal for Administration **before** the student-athlete is issued equipment or begins participation in any form in accordance with Articles 9.7.1 and 9.8.1 of the FHSAA Bylaws.

Pre-participation/Physical Examination (FHSAA EL2)	Agreement to pay fines for unsportsmanlike conduct
Birth Certificate – initial eligibility	Completed Medical Release cards (2 total)
Completed Application for Athletic Participation (FHSAA EL3 included)	Mandatory insurance coverage
Affidavit of Compliance with Policy on Athletic Recruiting (FHSAA GA4)	Current utility bill or proof of residence
Completion of NFHS Concussion in Sports, Sudden Cardiac Arrest, & Heat Illness Prevention Videos	Positive Coaching Alliance (PCA) Consent Form
Completed Media Release Form	

PERMISSION TO PARTICIPATE AND TRAVEL

		Signature:	
		Signature:Signa	ture of parent or legal guardian
INSURAN	NCE		_
Insurance		I Insurance program In order to partici	student-athletes shall be required to purchase ath pate In the Hillsborough County Interscholastic sp
	Varsity Football (fall) Varsity Football (spring) Junior Varsity Football (fall) Baseball Varsity Basketball Junior Varsity Basketball Soccer Girls Flag Football Lacrosse	Softball Volleyball Junior Varsity Volleyball Varsity Wrestling Junior Varsity Wrestling Varsity Cheerleaders Junior Varsity Cheerleaders Manager Golf	Varsity Cross Country Junior Varsity Cross Country Swimming Tennis Track Student Trainer Other non-sport Participant
Date: _		Signature:	ture of parent or legal guardian
		5.5	and of paront of 108m Sametan
I understar are respons	MS, EQUIPMENT, AND SUPPLI nd that I,sible for uniforms, equipment, and/oy Item that is damaged or lost while	(student-athlete), and or supplies issued to me while participat	I my parents/legal guardians, (parents/legal guardiating in the sport of I agree to repair
		Signature:	
Date: _		Signa	ture of student-athlete
_		G!	
Date:		Signature:Signa	ture of parent or legal guardian
_		Signature:Signa	ture of parent or legal guardian
Date: _	REVIEWED THIS APPLICATIO	Signature: Signa N FOR ATHLETIC PARTICIPATIO	
Date:	REVIEWED THIS APPLICATIO	Signa	
Date:		Signa	ON FORM COMPLETELY.

Signature of Assistant Principal for Administration

Date





$Consent\ and\ Release\ from\ Liability\ Certificate\ (Page\ 1\ of\ 4)$

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.

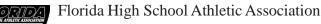
		•	riod of this form will require this form to be re-submitted.
School:		School Dis	strict (if applicable): Hillsborough County Public Schools
I have read the (con my school in inters know that athletic p sion, and even deat participating in athl hereby release and liability for any inju- athletic participation any injury or clain Florida, because o treatment for illness my records relating to photograph and/cand commercial ma authorizations and a	idensed) FHSAA Eligibility Rules pricholastic athletic competition. If according participation is a privilege. I know oh, is possible in such participation, ar letics, with full understanding of the hold harmless my school, the schoolary or claim resulting from such athlen. I further release and hold harmler mesulting from THEIR OWN NI fany incident involving athletic per sor injury become necessary. I here to enrollment and attendance, acade or videotape me and further to use materials without reservation or limitarights granted herein are voluntary a	epted as a representative, I agree to follo f the risks involved in athletic participati and choose to accept such risks. I voluntari risks involved. Should I be 18 years of as against which it competes, the school ditic participation and agree to take no legaless my school/School Board of Hillsbo EGLIGENCE and agree to take no legarticipation. I hereby authorize the use by grant to FHSAA the right to review al mic standing, age, discipline, finances, re up name, face, likeness, voice and appeartion. The released parties, however, are	ase Certificate" and know of no reason why I am not eligible to represent we the rules of my school and FHSAA and to abide by their decisions. It ion, understand that serious injury, including the potential for a concusity accept any and all responsibility for my own safety and welfare while ge or older, or should I be emancipated from my parent(s)/guardian(s), I istrict, the contest officials and FHSAA of any and all responsibility and I action against FHSAA because of any accident or mishap involving my arough County, Florida, of any and all responsibility and liability for all action against the school/School Board of Hillsborough County, or disclosure of my individually identifiable health information should I records relevant to my athletic eligibility including, but not limited to, sidence and physical fitness. I hereby grant the released parties the right rance in connection with exhibitions, publicity, advertising, promotional under no obligation to exercise said rights herein. I understand that the at any time by submitting said revocation in writing to my school. By
tom; where divorce	ed or separated, parent/guardian w	ith legal custody must sign.)	e (to be completed and signed by a parent(s)/guardian(s) at the bot- ed sport <u>EXCEPT</u> for the following sport(s):
List sport((s) exceptions here		
C. I know of, and spossible in such place is possible in such place in a pla	participation and choose to accept an I release and hold harmless my child ibility and liability for any injury or a hishap involving the athletic participate, Florida of any and all responsions the school/School Board of Hincy medical treatment for my child for ize the use or disclosure of my child soure to the FHSAA, upon its requested and further to use said child material without reservation the potential danger of concussions than injury is sustained without proper or material without proper or material without proper or material sustained without proper or material without proper or material sustained without proper or materials without proper or ma	ows of, the risks involved in interscholast y and all responsibility for his/her safety 's'ward's school, the schools against whi claim resulting from such athletic participation of my child/ward. I/we further bility and liability for any injury or clailisborough County, Florida because of 'ward should the need arise for such tree d's/ward's individually identifiable health st, of all records relevant to my child/war scipline, finances, residence and physica on or limitation. The released parties, how and/or head and neck injuries in interscher medical clearance. D CAREFULLY, YOU ARE AGIVITY, YOU ARE AGIVITY, YOU ARE AGIVITY, YOU ARE AGIVITY, THE SCHOOL DISTANDING THIS ACTIVITY, THE TICIPATING IN THIS ACTIVITY CANNOT BE AVOIDED OR END YOUR RIGHT TO RECOVETES, THE SCHOOL DISTANDING THIS ACTIVITY, INCLUDING DEATH, TARE A NATURAL PART OCHILD'S/WARD'S SCHOOL, TEST OFFICIALS AND FHSA. SIGN THIS FORM. eking injunctive relief or other legal active.	TER FROM MY CHILD'S/WARD'S SCHOOL, THE ICT, THE CONTEST OFFICIALS AND FHSAA IN TO YOUR CHILD OR ANY PROPERTY DAMAGE IS THE ACTIVITY, YOU HAVE THE RIGHT TO RETHE SCHOOLS AGAINST WHICH IT COMPETES, A HAS THE RIGHT TO REFUSE TO LET YOUR ion impacting my child (individually) or my child's team participa-
F. I understand to writing to my school G. Please check to	hat the authorizations and rights grands. By doing so, however, I understand the appropriate box(es):		revoke any or all of them at any time by submitting said revocation in gible for participation in interscholastic athletics.
Company:	d is covered by his/her sehool's estimi	Police medical base insurance plan	cy Number:
XX I have purchas	sed supplemental insurance through n	ny child's/ward's school.	ASE (Only one parent/guardian signature is required)
Name of Parent/Gua	ardian (printed)	Signature of Parent/Guardian	Date

Date

Date

Signature of Parent/Guardian

Name of Parent/Guardian (printed)







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): Hillsborough County Public Schools

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, Amyotropic 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

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): Hillsborough County Public Schools

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.

What to do if these symptoms develop:

Any student who develops any of the above symptoms understands and agrees to stop all physical activity and seek immediate medical attention.

By signing this agreement, I acknowledge the annual requirement for my child/ward to view both the "Sudden Cardiac Arrest" and "Heat Illness Prevention" courses at www.nfhslearn.com. I acknowledge that the information on Sudden Cardiac Arrest and Heat-Related Illness have been read and understood. 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



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 not turn 19 before September 1st to participate at the high school level; must not turn 16 prior to September 1st to participate at the junior high level; and must not turn 15 prior to September 1st to participate at the middle school level, otherwise the student becomes permanently ineligible. (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