

2016-2017 CCPS and MPSSAA REQUIRED PAPERWORK TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS

TABLE OF CONTENTS

- 1. STUDENT ATHLETE INFORMATION FORM
- 2. <u>PRE-PARTICIPATION/PHYSICAL EXAMINATION FORM</u> CHECK
- 3. PHYSICAL FORM- HISTORY
- 4. PHYSICAL FORM- EXAMINATION
- 5. PARENTAL PERMISSION TO PARTICIPATE FOOTBALL ONLY
- 6. <u>AUTHORIZATION FOR PARTICIPATION IN</u>
 INTERSCHOLASTIC/COROLLARY ATHLETICS
- 7. EMERGENCY MEDICAL & FIELD TRIP FORM/MEDICAL STATUS CHANGE (2)

CONTENTS AVAILABLE AT WWW.CARROLLK12.ORG - ATHLETICS - OR AT YOUR HIGH SCHOOL'S MAIN OFFICE



STUDENT-ATHLETE'S NAME:

STUDENT ATHLETE INFORMATION FORM

2016-17 STARTING DATES

FALL SEASON – WEDNESDAY, AUGUST 10, 2016 WINTER SEASON – TUESDAY, NOVEMBER 15, 2016 SPRING SEASON – WEDNESDAY, MARCH 1, 2017

(THIS ENTIRE PACKET MUST BE TURNED IN TO THE HEAD COACH PRIOR TO OR ON THE FIRST DAY OF TRY OUTS)

SPORT TRYING	OUT FOR:					
STUDENT-ATHLETE'S GRADE IN SCHOOL:		9 th	10 th	11 th	12 th	(Circle One)
STUDENT-ATHI	ETE'S BIRTH DATE:					
		MONTH		DAY		YEAR
	PATED IN <u>THIS</u> HIGH (NOT INCLUDING THIS YEAR)	MONTH 1	2	DAY 3		(Circle One)



PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM FOR EXTRACURRICULAR ACTIVITIES

This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the Athletic Director, or official designated by the school, prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student Information Has student ever experienced a traumatic head injury (a blow to the head)? Yes _____ No ____ If yes, when? Dates (month/year): ______ Has student ever received medical attention for a head injury? Yes _____ No ____ If yes, when? Dates (month/year): _____ If yes, please describe the circumstances: Was student diagnosed with a concussion? Yes _____ No ____ If yes, when? Dates (month/year): _____ Duration of symptoms (such as headaches, difficulty concentrating, fatigue) for most recent concussion: PHYSICAL EXAMINATION FORM CHECK *This form is to be completed for student-athletes who have already played or tried out for a sport. Physical Examinations are valid for 13 months. I _______, participated in (list student-athlete's name here) , during the FALL, WINTER or SPRING season.

(list sport here)

CARROLL COUNTY PUBLIC SCHOOLS

PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Name _

(Note: This form is to be filled out by the patient and the parent prior to seeing the physician. The physician may keep this history form, or it may remain attached to provide additional information for the athletic trainer at the school. If you do not wish the school to have access to this information, detach it prior to submission of the physical form.)

Date of birth ___

Sex	Age	_ Grade	School			Sport(s)		
Medicines a	and Allergies:	Please list	all of the prescription	on and ov	er-the-	counter medicines and supplements (herbal and nutritional) the	at vou	\neg
Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking								
								_
	any allergies			ase identi	y spec	ific allergy below.		
☐ Medicine	es .	L] Pollens			□ Food □ Stinging Insects		
		elow. Circle	questions you don				Vaa	N-
GENERAL QUE			cipation in sports for any	Yes	No	MEDICAL QUESTIONS	Yes	No
reason?	ever denied or rest	ricted your partic	cipation in sports for any			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
	any ongoing medic	al conditions? If	so, please identify below	<i>r</i> :		27. Have you ever used an inhaler or taken asthma medicine?		
□Asthma □Anemia						28. Is there anyone in your family who has asthma?		
□Diabetes						29. Were you born without or are you missing a kidney, an eye, a testicle		
☐Infections Other:						(males), your spleen, or any other organ? 30. Do you have groin pain or a painful bulge or hernia in the groin area?	+	+
	r spent the night in	the hospital?				31. Have you had infectious mononucleosis (mono) within the last month?	+	
4. Have you eve	r had surgery?					32. Do you have any rashes, pressure sores, or other skin problems?		
	H QUESTIONS AE			Yes	No	33. Have you had a herpes or MRSA skin infection?		
Have you eve exercise?	r passed out or nea	arly passed out I	DURING or AFTER			34. Have you ever had a head injury or concussion?	├ ──	+
	r had discomfort, p	ain, tightness, o	r pressure in your chest			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
during exer		, ag, a	. ,			36. Do you have a history of seizure disorder?		
			r beats) during exercise?			37. Do you have headaches with exercise?		
8. Has a doctor of all that appl		ou have any hea	art problems? If so, chec	k		38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
□High blood pre	essure					39. Have you ever been unable to move your arms or legs after being hit or	+	+
□A heart murmu □High cholester						falling?		
□A heart infection	on					40. Have you ever become ill while exercising in the heat?		
□Kawasaki dise Other:	ease					41. Do you get frequent muscle cramps when exercising? 42. Do you or someone in your family have sickle cell trait or disease?	 	-
		for your heart?	(For example, ECG/EKG	i,		43. Have you had any problems with your eyes or vision?	+	+
echocardio						44. Have you had any eye injuries?		1
exercise?	gntneaded or feel i	more snort of bre	eath than expected durin	g		45. Do you wear glasses or contact lenses?	└	
	er had an unexplai	ned seizure?				46. Do you wear protective eyewear, such as goggles or a face shield? 47. Do you worry about your weight?	+	+
		of breath more q	uickly than your friends			48. Are you trying to or has anyone recommended that you gain or lose	+	+
during exer		OUT VOUR EA	MILV	Yes	No	weight?		
	H QUESTIONS AE		t problems or had an	163	NO	49. Are you on a special diet or do you avoid certain types of foods?	<u> </u>	
			re age 50 (including			50. Have you ever had an eating disorder? 51. Do you have any concerns that you would like to discuss with a doctor?	+	+
drowning, u	inexplained car acc	ident, or sudder	n infant death syndrome)	?		FEMALES ONLY	Yes	No
			cardiomyopathy, Marfan rdiomyopathy, long QT			52. Have you ever had a menstrual period?		
syndrome, s	short QT syndrome	, Brugada syndr	rome, or			53. How old were you when you had your first menstrual period?		
	inergic polymorphi		<u> </u>			54. How many periods have you had in the last 12 months?		
 Does anyone implanted d 	e in your family hav lefibrillator?	e a heart proble	m, pacemaker, or			Explain "yes" answers here		
	in your family had	unexplained fain	nting, unexplained					
	r near drowning? NT QUESTIONS			Yes	No			
17. Have you ev	er had an injury to		ligament, or tendon that					
	to miss a practice							
•	er nad any broken er had an injury tha		es or dislocated joints?					
	herapy, a brace, a							
•	er had a stress fra							
			you had an x-ray for neo	ck				
	larly use a brace, o							
23. Do you have	a bone, muscle, o	r joint injury that	bothers you?					
_ , ,			eel warm, or look red?					
25. Do you have	any history of juve	enile arthritis or c	connective tissue disease	97	L			
I hereby st	tate that, to the	e best of my	knowledge, my an	swers to	the abo	ove questions are complete and correct. INITIAL		

Adapted from -- ©2010 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgment. HE0503 9-2681/0410

CARROLL COUNTY PUBLIC SCHOOLS

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name					Date of Birth	
EXAMIN	ATION					
Height		Weight		□Mal	e Female	
BP /) Pulse	Vision R 20		ABNO	Corrected DY DN
MEDICA				NORMAL	ABNU	RMAL FINDINGS
Appeara		oscoliosis, high-arched pala	to nectus			
		actyly, arm span > height, hy				
	aortic insufficien		periaxity, myopia,			
	rs/nose/throat	<u> </u>				
• Pupils						
Hearing						
Lymph n						
Heart a						
• Murmu	rs (auscultation	standing, supine, +/- Valsalv	/a)			
 Locatio 	n of point of ma	ximal impulse (PMI)	·			
Pulses						
 Simulta 	neous femoral	and radial pulses				
Lungs						
Abdome						
	inary (males on	ly)b				
Skin						
		ve of MRSA, tinea corporis				
Neurolog						
	LOSKELETAL					
Neck						
Back	,					
Shoulder						
Elbow/fo						
	nd/fingers					
Hip/thigh	1					
Knee	_					
Leg/ankl						
Foot/toes						
		hon				
I* Duck-v	valk, single leg	ПОР				
		liogram, and referral to cardi			m.	
		private setting. Having third p				
Consider	cognitive evalu	ation or baseline neuropsych	natric testing if a history	of significant con	cussion.	
☐ Cleared fo	or all sports with	out restriction				
		out restriction with recomme	endations for further eva	luation or treatme	nt for	
	·					
☐ Not cleare	ed					
□Pend	ling further eval	uation				
	ny sports					
	•					
Reasor	j					
Recommend	dations					
		e-named student and comp				
		dications to practice and p				
		in be made available to the he physician may rescind				
		ne physician may rescind ne athlete (and parents/gua		e problem is reso	ived and the pote	ntial consequences are
	-	, ,	•			
lame of phy	/sician (print/typ	e)			Date of Exam	
\ . .						Diverse
ladress						_ Pnone
Signature of	physician					, MD or DO
agriculturo Or	p. 17 0101011					



FOR FOOTBALL ONLY

125 North Court Street – Westminster, MD 21157

<u>Parental Permission to Participate in Interscholastic Football</u>

TO: Athletic Director of	High School
I hereby give my child,, perm	ission to participate in the
interscholastic football program at	
$\it the~$ 2016-2017 season. I further give permission to the Board of E	Education to transport my
child to games by appropriate means.	
Exposure to Injury	
I understand that, in the engagement of contact sports such as inters	scholastic football, despite the
best efforts of the staff in training the students and selection of mod	ern equipment, it is possible to
suffer injury to participants in such sports. I further understand that	such injuries can be severe. I
have certified in the separate Football Medical Insurance Certificatio	n Form that I have some form
of medical insurance coverage (either personal or the football insura	nce program offered by CCPS)
to provide some financial protection against the medical costs which	could result from injuries
which are sustained by my child.	
Equipment Responsibility	
I understand that it is the responsibility of my child to maintain and r	eturn all equipment and
uniforms issued to him. I understand that I will be financially respons	sible for any equipment or
uniforms which are lost, stolen, or misplaced while my child is respon	nsible for them. The price of
replacing these items will be the actual cost to the school for purchase	sing new replacement items.
Until any charges for lost equipment have been paid, my child will no	ot be eligible to participate on
any other high school athletic team.	
I have read, understand and agree to these statements and responsi	bilities.
Parent's Signature	Date:
Student's Signature	Date:

FOR FOOTBALL ONLY

AUTHORIZATION FOR PARTICIPATION IN INTERSCHOLASTIC/COROLLARY ATHLETICS

As parents or legal guardians of _____

(Name	of Student)
	in interscholastic/corollary athletics and sports. We understand the sport in
	physical injuries may occur to our child requiring emergency medical care
	ment, there is always a risk of serious accidental injury or death inherent in
interscholastic/corollary athletics and sports.	C
	County Public Schools in its athletic program, we agree to release and
hold harmless the Board of Education of Carroll County, its members,	
coaches, and any and all other agents, servants, and/or employees and a	
actions, judgment, and expenses, arising from our child's participation	
consent on our behalf and on the behalf of our child, to emergency med	ation of Carroll County and its agents, servants, and/or employees to
reasonable attempt of the need for such emergency medical care and tre	
	nedical bills and costs that may be incurred as a result of medical and
treatment of our child, and agree to provide proof of insurance coverage	
and practice sessions, and during travel to and from athletic contests.	to our child against accidents and injuries in school sponsored games,
	program will be required to practice and participate in scheduled contests
after school and possibly on non-school days. Supervision at practice,	
	h eligibility regulations that govern athletics in Carroll County Public
Schools as approved by the County Board of Education and the State D	
	of school officials, to determine the amount of insurance protection
necessary to adequately insure against serious accidental injury. It is also	
insurance premiums are timely paid, that there is no lapse of insurance	
	rroll County is not an insurer, and, under no circumstances, will the Board
of Education of Carroll County, its members, agents, employees, or inst	
participation in interscholastic/corollary athletics or sports, or as a resul	t of inadequate insurance coverage.
I also declare and affirm that my child resides within the atter	
	cial permission of the office of Student Services of Carroll County Public
Schools. If a student is attending a high school without the benefit of re	
	ject to disciplinary action which could result in loss of athletic eligibility
	g year or penalties as may seem justified in the particular case. It is also
possible for the athlete's team and school to be penalized.	
By evidence of the signatures below, you are testifying that you	ou:
1. Have read the Guide for Student Athletes and Parents	
2. Understand the residency requirements (above) and the	- · ·
Received and read the Concussion Information Sheet and	
 Received, read and understand the Sudden Cardiac Arres 	
5. Have read the provisions of the Authorization for Partici	
Give permission for participation and assume risk for inj	
Acknowledge valid insurability by school or private insu	rance carrier
Numbers 1 through 4 above are available at www.carrollk12.org	- Athletics
Please check appropriate space:	
I have: <u>School Insurance</u>	
School Time Student Accident	No Insurance
24 Hour Student Accident	Other Insurance-Family
Voluntary Interscholastic Football*	sponsored
-	Name of Insurance Company
(Student's Signature)	(Date)
(Student 5 Dignature)	(Date)
(Parent/Legal Guardian's Signature)	(Date)

FAILURE TO COMPLETE, SIGN AND RETURN TO YOUR CHILD'S COACH WILL RESULT IN HIS/HER EXCLUSION FROM PARTICIPATION IN THE INTERSCHOLASTIC/COROLLARY ATHLETIC PROGRAM OF CARROLL COUNTY PUBLIC SCHOOLS.

Note: JV football players who become varsity football players MUST have Voluntary Interscholastic Football insurance or family sponsored Health Care insurance.

^{*} Varsity Football coverage required if parents **DO NOT** maintain other health/accident insurance.

EMERGENCY MEDICAL AND FIELD TRIP FORM

Student	DOB	Phone
Address		
Parent/Guardian	Phone: Home	Work
Other Contact	Phone: Home	Work
Doctor	Phone	
Insurance Company		
Medical Information and/or Restrictions (a	allergies to insect bites, hypogl	ycemia, etc.):
I consent to and authorize the Board of Ectext should my child have an athletic related Cell Phone:	ed medical emergency.	
Parent/Guardian Signature		Date
I consent to and authorize the Board of Edhe/she deems necessary in order to provid child to be transported to a medical facility	e emergency medical care for	my child. I further agree to permit my
Parent/Guardian Signature		Date
ME	DICAL STATUS CHANG	E
Has the medical status of your child ch Yes No	anged since his/her last phys	sical examination?
If yes, your child's physician MUST vodesignated sport in order to participate medical physician prior to participation	Verification and release m	
If no, please indicate not applicable.		
Parent/Guardian Signature		Date
	CONSENT FORM	
I/We hereby give my/our consent and a coaching staff, school medical staff, an athletics and sports.		
Parent/Guardian Signature		 Date

EMERGENCY MEDICAL AND FIELD TRIP FORM

Student	DOB	Phone
Address		
Parent/Guardian	Phone: Home	Work
Other Contact	Phone: Home	Work
Doctor	Phone	
Insurance Company	<u></u>	
Medical Information and/or Restrictions (aller	gies to insect bites, hypog	glycemia, etc.):
I consent to and authorize the Board of Educatext should my child have an athletic related my Cell Phone: e-Ma	nedical emergency.	
Parent/Guardian Signature		Date
I consent to and authorize the Board of Educa he/she deems necessary in order to provide er child to be transported to a medical facility by	nergency medical care fo	r my child. I further agree to permit my
Parent/Guardian Signature		Date
MEDIO	CAL STATUS CHANG	GE
Has the medical status of your child change Yes No	ed since his/her last phy	ysical examination?
If yes, your child's physician MUST verify designated sport in order to participate. Verify medical physician prior to participation.	•	• 1 1
If no, please indicate not applicable.		
Parent/Guardian Signature		Date
	CONSENT FORM	
I/We hereby give my/our consent and auth coaching staff, school medical staff, and that athletics and sports.		
Parent/Guardian Signature		Date