

# CHARLESTOWN PIRATES

ATHLETE NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ GRADE: \_\_\_\_\_

Attached are documents that need to be filled out **COMPLETELY** and returned to your coach **BEFORE** participating in **ANY** practices.

## Previous High Schools Attended

Dates Attended	School Name

## Pre-Participation Checklist

Pre-participation Physical Evaluation (requires physician, parent, & student signatures)	
IHSAA Consent, Acknowledgement & Release Form (requires parent and student signature)	
Emergency Information and Consent (requires parent & student signature)	
Concussion/Cardiac Arrest (requires parent and student signatures)	
Athletic Handbook (requires parent and student signatures)	
Cardiovascular Screening (requires parent signature)	

**THIS FORM MUST BE FILLED OUT  
COMPLETELY  
AND SIGNED**

## EMERGENCY INFORMATION AND CONSENT

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_

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

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Day Phone Number: Father: \_\_\_\_\_ Mother: \_\_\_\_\_

Cell Phone Number: Father: \_\_\_\_\_ Mother: \_\_\_\_\_

### IN CASE OF EMERGENCY, PLEASE NOTIFY:

Name (& relation): \_\_\_\_\_ Phone(s): \_\_\_\_\_

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

### INSURANCE INFORMATION:

Insurance Company: \_\_\_\_\_ Subscriber: \_\_\_\_\_

Address: \_\_\_\_\_ Ins. # \_\_\_\_\_

Insurance Contact Phone Number: \_\_\_\_\_

### MEDICAL INFORMATION:

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Last Tetanus: \_\_\_\_\_ Known Allergies: \_\_\_\_\_

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

Other Conditions: (asthma, diabetes, previous head injuries, surgeries, vision problems, etc. Use back of sheet if necessary)

\_\_\_\_\_

\_\_\_\_\_

### MEDICAL CONSENT FOR TREATMENT

The athletic staff (athletic trainers, coaches, or other school personnel) may apply first aid treatment for any injury or injuries sustained during participation (practice or game) in interschool athletics sanctioned by Jeffersonville High School, until the parent/guardian can be contacted.

**Initial One:** Yes \_\_\_\_\_ No \_\_\_\_\_

In case the parents can't be reached, we give consent for the athletic staff to use their own judgement in securing medical aid, ambulance services and, if necessary, hospital admittance, when needed, as a result of injury during participation in sanctioned practices/games scheduled by Jeffersonville High School.

**Initial One:** Yes \_\_\_\_\_ No \_\_\_\_\_

The athletic trainer or coach may provide over the counter medications to my child as necessary (ie Tylenol, Advil).

**Initial One:** Yes \_\_\_\_\_ No \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SIGN HERE**

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

**SIGN HERE**

# Greater Clark County Schools & Charlestown High School

HOME OF THE PIRATES  
AND LADY PIRATES



## Athletic Handbook

*Please sign and return the signature portion of the last page to the Athletic office.*

*Revised 2014*

# **GREATER CLARK COUNTY SCHOOLS HIGH SCHOOL ATHLETIC HANDBOOK**

## **WELCOME**

We are pleased to have you participate in the athletic program offered by the Greater Clark County School Corporation (GCCS). The primary purpose of our Athletic Program is to promote the physical, mental, social, and emotional well being of our student-athletes. It is our hope that by participating in the Greater Clark County School Athletic Program student-athletes will be provided with an enriching and memorable experience that makes a positive impact on their preparation for becoming a productive community member and citizen upon graduation from high school.

The Athletic Program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. He/She also accepts the regulations and responsibilities, which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations, and as the role demands, the student-athlete will make sacrifices not required of others.

Since research indicated a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this handbook makes both your child's and your experience with Greater Clark County School's Athletic Program less stressful and more enjoyable.

## **EXPECTATIONS OF ATHLETES**

Participation in the athletic program is a privilege which carries with it varying degree of responsibility, recognition, and reward. Participating student athletes represent their school and other members of the student body, and it is their duty to conduct themselves in a manner that is positive for themselves, their families, their school and their community.

Contestants' conduct, in and out of school and season, shall be such as (1) not to reflect discredit upon their school, team, or family, and (2) not to create a disruptive influence on the discipline, order, moral, or educational environment of the Greater Clark County Schools.

1. This policy shall become effective for all athletes in all sports on the first day of fall practice (IHSAA selected date) of an athlete's freshman year and continue until our teams are eliminated from the state tournament in the spring season of an athlete's senior year.
2. The principal has the discretion to enforce stricter penalties for offenses deemed more serious. In cases that involve exceptional circumstances, principals may accept an appeal.
3. The head coach of each sport must read, understand, and distribute the Greater Clark County Schools athletic code and may have additional training rules, which are also valid and must be followed by athletes involved in their sport.

## **POLICY AGAINST DISCRIMINATION AND HARRASSMENT ON THE BASIS OF RACE, SEX, AND OTHER PROTECTED CHARACTERISTICS**

1. The Greater Clark County School Corporation does not discriminate on the basis of race, sex, age, color, creed, disability, limited English proficiency, family status, national origin or religion in employment or in the educational programs and activities which it operates, in accordance with applicable state and federal statutes and regulations.
2. It shall be a violation of this policy for any employee, coach and/or athlete of the Greater Clark County School Corporation to discriminate against or harass another employee, coach, and/or athlete based upon race, sex, age, color, creed, disability, limited English proficiency, family status, national origin, or religion. It shall be a

violation of this policy for any student athlete to discriminate against or harass another student athlete or an employee based upon any of the above mentioned protected characteristics.

## HIGH SCHOOL SPORTS

### Hierarchy of Responsibility in the Athletic Program at Greater Clark County Schools

- A. In accordance with the IHSAA Handbook, the high school principal is the administrative head of all inter-scholastic athletic activities of the school.
- B. The IHSAA Handbook states:
  - 1. The principal of the high school will be his/her authorized representative to the IHSAA.
  - 2. The principal has the authority to designate a faculty member, who is employed in his/her school system, to act as manager or acting athletic director for the teams representing the school.
- C. Designee
  - 1. Scheduling of inter-scholastic athletic contests, hiring of officials for events, and purchasing by the athletic department requires the final approval of the high school principal.
  - 2. The high school principals of the Greater Clark County School district have authorized the athletic director to act in this capacity and with their approval.
- D. Coaches
  - 1. All coaches are ultimately responsible to the principal.
  - 2. Because the Athletic Director is the principal's designee, all coaches are under the direction of, and are answerable to the athletic director.

**\* The By-Laws of the Indiana High School Athletic Association (IHSAA) state the following:**

#### Rule 1-2

The following sports are recognized and regulated: **Boys** – baseball, basketball, cross country, football, golf, soccer, swimming, tennis, track and field, wrestling; **Girls** – basketball, cross country, golf, gymnastics, soccer, softball, swimming, tennis, track and field, volleyball.

#### Rule 9-10

Girls may only participate in the girls sports programs offered by their schools and boys may only participate in the boys sports programs offered by their school, however:

**a. During the regular season:**

- i. if a school has a boys program in **baseball, basketball, football, soccer or wrestling** but not a comparable girls program in that sport (for the purposes of this rule, baseball and softball are not comparable sports), a girl may participate in the boys program in that sport, provided she follows the boys contest season rules, but
- ii. in **cross country, golf, swimming and diving, tennis, and track and field**, a girl may not attempt to qualify for or participate in the boys program in that sport; and

**b. During the tournament series:**

- i. if a school has a program in **baseball, football or wrestling**, a girl may attempt to qualify for and participate in her school's program in that sport during the tournament series,
- ii. if a school has a boys program in **basketball or soccer**, but not a girls program in that sport, a girl may attempt to qualify for and participate in the boys program in that sport during the tournament series,
- iii. in **cross country, golf, swimming and diving, tennis, and track and field**, a girl may only attempt to qualify for and participate in the girls program in that sport during the tournament series.

## CODE OF ETHICS

It is the duty of all concerned with Greater Clark County School athletics:

- A. To model behavior and follow guidelines that are in compliance with Federal, State, County, and Local Codes and Laws, Greater Clark County Schools policies and regulations, rules and regulations of the Indiana High School Athletic Association (IHSAA).
- B. To model behaviors of GOOD SPORTSMANSHIP during the course of competition. Such behaviors and emphasis should include:
  1. Proper ideals of ethical conduct, and fair play.
  2. Elimination of all possibilities which tend to destroy the best values of the game.
  3. Stressing the values derived from playing the game fairly.
  4. Showing cordial courtesy to visiting teams and school officials.
  5. Establishing an amiable relationship between visitors and host.
  6. Respecting the integrity and judgment of athletic officials.
  7. Acquiring a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
  8. Encouraging leadership, use of initiative, and good judgment by the players on the team.
  9. Recognizing that the purpose of athletics is to promote the physical, moral, social, and emotional well being of the individual players.
  10. Remembering that an athletic contest is only a game- not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

### **Drug and Alcohol Policy**

A student athlete will not possess, use, or be under the influence of any narcotic drug, hallucinogen, any other controlled substance, or any alcoholic beverage except as prescribed medically by a licensed physician. It will be sufficient grounds to prove transmitting, possessing, or use of a substance governed by this policy if the student athlete transmits, possesses, or uses a material which he/she represents to be such a substance (look-alike drugs). Violation of the above rule will result in the following disciplinary action:

#### **Minimum Penalties:**

**First Violation**- Exclusion from participation in all athletic contests for a total of 20% of their teams' games once the Principal, Athletic Director, and Coach have met with the athlete concerning the violation. No participation will be permitted until a meeting is held, and the suspension will begin with the athletes next scheduled contest.

**Second Violation** – Exclusion from participation in all athletic contests for a total of 50% of their teams' games along with enrollment in a substance abuse program of assessment, counseling, screening and/or indicated therapy (the cost of the program shall be the responsibility of the student and/or his/her parents or guardian) once the Principal, Athletic Director and Coach have met with the athlete concerning the violation. No participation will be permitted until a meeting is held, and the suspension will begin with the athletes next scheduled contest. Successful completion of other substance abuse program and a written appeal to the principal may reduce this penalty.

**Third Violation** – Suspension from participation in athletic events for one calendar year. (Further violations will also incur suspension from participation in athletic events for one calendar year.)

\*\*\*This policy is cumulative and applies to a student-athlete's four-year high school eligibility in the Greater Clark County School Corporation.\*\*\*

Any student athlete who is found selling/transmitting what will, according to board policy, be transferred to Clark County Middle/High School. Therefore, that student would lose the eligibility during their assignment at Clark County Middle/High School. Upon returning the Student Athlete must meet all IHSAA eligibility requirements.

### **Use or Possession of Tobacco Products (any form) Policy**

#### **Minimum Penalties:**



**First Violation-** Exclusion from participation in all athletic contests for a total of 10% of their teams games (minimum of one game or event) once the Principal, Athletic Director, and Coach have met with the athlete concerning the violation. An athlete shall not participate before a meeting is held, and any suspension will begin with the athletes next scheduled contest.

**Second Violation-** Exclusion from participation in athletics a total of 25% of their teams games (minimum of two games) once the Principal, Athletic Director, and Coach have met with the athlete. An athlete shall not participate before a meeting is held.

**Third Violation-** Suspension from athletics for one calendar year along with enrollment in a substance abuse program of assessment, counseling, screening and/or indicated therapy (the cost of the program shall be the responsibility of the student and/or his/her parents or guardian) once the Principal, Athletic Director and Coach have met with the athlete concerning the violation. No participation will be permitted until a meeting is held, and the suspension will begin with the athletes next scheduled contest. Successful completion of the substance abuse program and a written appeal to the principal may reduce this penalty.

**Rationale:** The use of tobacco is injurious to one's health and is prohibited by law.

The following explanation provides further details:

- a. If the sport in which the athlete participates is not in season at the time of the infraction, the suspension will take effect during the first one-half (1/2) of his/her next sport participation period.
- b. The number of season contests to be suspended will be calculated by using the number of scheduled season contests plus one sectional contest. Suspensions will be for entire games. In calculating the number of games an athlete is suspended, a fraction of a game will be rounded up to the next whole number. For example: 20% of 21 games equals 4.2 games, which will result in a five (5) game suspension.
- c. If the suspension occurs toward the end of a season and there are not enough contests, the suspension will carry over to the next sport in which the student participates.
- d. If the percentage cannot be satisfied, then the suspension will carry into the next sport. (FB – games 10 – owes 10%, 2 games of 20 games)

\*\*\*This policy is cumulative and applies to a student-athlete's four-year high school eligibility in the Greater Clark County School Corporation.\*\*\*

\*\*\*This policy will not be in conflict with the school district's drug and alcohol policy.\*\*\*

The above drug/alcohol/tobacco policies are in effect during the student athlete's school year and extended sport season if the participant's sport extends beyond the school year. These policies are in effect 24 hours a day and 365 days a year. It includes all Greater Clark County School activities or when observed by a Greater Clark School coach, faculty member, law enforcement personnel or by the athlete's own admission.

## **Violations of School Rules**

**Penalty** - Student athletes may not compete, practice, or participate in any way with an athletic team during a suspension from school. Less serious violations of school rules are to be handled by the head coach.

## **Expectations**

Because athletic teams represent the school and are a source of school and community pride, and because they are recognizable in the community and often serve as role models for younger students, high school students who choose to participate in the athletic program are expected to exhibit standards of character and behavior both in and out of school beyond what may normally be required of other students.

If the percentage cannot be satisfied, then the suspension will carry into the next sport. (FB – games 10 – owes 10%, 2 games of 20 games)

### **Felonies, Misdemeanors, Acts of Delinquency, Expulsions**

**Penalty:** Any student/athlete arrested or detained as a juvenile on such a charge may be suspended from any participation (games and practices) pending investigation of the incident. Attending an event where this rule is knowingly being violated will be treated the same as violating the above rule unless the athlete leaves immediately. The student/athlete may be excluded from extra-curricular activities for 365 days (one calendar year) from the date of the violation. Any student/athlete expelled from school, regardless of abeyance, may be excluded from extra-curricular activities for 365 days (one calendar year) from the date of the violation. The principal has the discretion to reduce this penalty under certain circumstances.

**Involvement in Law Enforcement Agencies** – Based on conviction, admission by the athlete, or police report. (Minor traffic violation excluded.) Any student-athlete legally charged with, arrested for, or convicted of a crime may be subject to disciplinary action ranging from a warning to immediate ban from athletics. If a court case ensues and a student-athlete claims innocence the athlete may be able to participate based on “administrative review.” If suspended, the student-athlete will be expected to participate in all practices during that time to remain in the athletic program. However, if there is an admission of guilt by the athlete or after an “administrative review” of the case and school officials believe there is strong evidence that link the student to the crime then the school may enforce the consequences previously mentioned.

**Rationale:** Rule 8, Section 1 of the IHSAA by-laws states that the conduct of an athlete in and out of school shall be such as (1) not to reflect discredit upon the school or the association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment of the school.

**Amnesty Rule (Designed to help an athlete that wants to help himself/herself)** - If an athlete has a dependency problem and he/she admits to it before they are caught or investigative procedures begin and with the idea of seeking professional help, then the athlete will not be penalized as long as they enroll and successfully compete a certified abuse program.

## **GREATER CLARK COUNTY SCHOOLS ATHLETIC PROGRAM POLICIES AND GUIDELINES**

**Student Insurance** - Every year a few of our athletes are injured while participating in interscholastic athletics. All parents whose child participates in athletics must understand that there is an element of risk, and that even though serious injury is rarity, it is a definite possibility inherent in any vigorous activity. Unless proven negligent, GCCS and GCCS personnel assume no financial responsibility for medical expenses, treatment, or damages resulting from injuries sustained by students while participating in any GCCS sponsored educational program or practicing for or participating in athletics or other school activities. It is the parent’s responsibility to be sure your insurance coverage will adequately cover your child. Greater Clark recommends that families have adequate medical insurance coverage; however, students may participate without medical insurance. If you do not have a medical policy, the student accident policy offered by the school corporation is recommended. This policy covers all athletics except football. There is a separate football insurance policy. See the athletic director for a form.

### **During School Year / In-Season Participation Limitations** – IHSAA By-Law 15-1.2, 15-1.2a

Participation in organized non-school sports competition during the authorized contest season, including the IHSAA tournament series, in that sport shall cause such students to become ineligible for their school team in that sport for a period not to exceed 365 days as determined by the Commissioner, unless an outstanding student athlete waiver for said competition is approved by the coach, principal, and the IHSAA office. A maximum of two waivers may be granted during a contest season.

### **During School Year / Out of Season Participation Limitations**– IHSAA By-Law 15-2

**Individual Sports** (Cross Country, Golf, Gymnastics, Swimming, Tennis, Track, Wrestling)

Students may participate in non-school contests as individuals or as members of a non-



school team in non-school contests.

**Team Sports** (Baseball, Basketball, Football, Soccer, Softball and Volleyball)

Students may participate in team sport contests as members of a non-school team provided no more than the following number of students who have participated in a contest the previous season as a member of one of their school teams in that sport are rostered on the same non-school team, at the same time. Baseball – 5 Football – 6 Softball – 5 Basketball – 3 Soccer – 6 Volleyball – 3.

## **POLICIES GUIDING ELIGIBILITY AND PARTICIPATION**

**A. ELIGIBILITY GUIDING POLICY:** In accordance with IHSAA, a student must have met the following basic requirements in order to participate or practice in athletics at Greater Clark County Schools

1. Must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take (e.g. at least 5 of 7 periods) and must be currently
2. enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take (e.g. at least 5 of 7 periods). Semester grades take precedence.
3. Consent and Release Certificate (physical form): Between May 1 and the student's first practice in preparation for interschool athletic participation:
  - a. The student shall have had a physical examination by a physician holding an unlimited license to practice medicine;
  - b. The parent or guardian shall give written consent for such participation;Physical form and consent form must be on file in the principal's office, or designee's office, prior to the student's first practice. A physical form may be obtained from the athletic director's office or on line at <http://www.ihsaa.org>
4. Must have a transfer form on file ( if a student transferred from another high school within the last 365 days)
5. Must not have reached his/her twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
6. Must have a signed "athletic policy handbook form" on file with the athletic director acknowledging receipt of this athletic handbook.

## **B. FOOD SUPPLEMENTS**

1. School personnel and coaches will not dispense any drugs, medication, or food supplement. Any prescription or over-the-counter medication should only be dispensed by a parent or licensed physician.
2. Use of any drug, medication, or food supplement in any way not prescribed by the manufacturer should not be authorized or encouraged by school, personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects."
3. In order to minimize health and safety risks to student athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches should never supply, recommend, or permit the use of any drug, medication, or food supplement solely for performance-enhancing purposes."

*IHSAA Policy Statement (supporting the NFSMAC and NFSHSA positions)  
GCCS board Policy (5141.2)*

## **C. PREGNANCY**

1. The student athlete who has made the coach or the administration aware of pregnancy must refrain from all school contact sports and must have permission from a physician in order to compete in any other sport/activity which the school supervises.

**EQUIPMENT POLICY:** Quality athletic equipment is provided in each sport.

1. Athletes are expected to care for this equipment and return it immediately upon the end of the season.
2. School-owned equipment is to be worn only at school scheduled practices or events.
3. The student-athlete must pay for any lost equipment, or equipment not returned in proper condition. The cost of equipment will be determined by the athletic director and will be based on replacement cost.
4. Until equipment is returned or paid for, an athlete will be ineligible for any further athletics, awards, and/or diploma until this obligation has been met.

#### **D. OTHER**

1. At no time is it permissible for individuals or groups not directly associated with GCCS to work-out in the gym, weight room, or any other athletic facility without prior authorization from the school principal and the GCCS Director of Facilities. Facility Use forms may be obtained from the main office or athletic office, or on-line at: <http://www.gcs.k12.in.us>.
2. No athlete may quit one sport and immediately begin working out with, or trying out for, another sport without the consent of both coaches and the athletic director.
3. Athletes must travel to and from contests in transportation provided by the school. The only exceptions are:
  - a. Injury to a participant, which would require alternate transportation.
  - b. Prior arrangement between the participant's parent/ guardian and the coach for the student to ride with the parent/guardian.
4. A student must attend at least one-half of the school day, 4 periods of the day to be eligible for an activity on that day. An exception will be made for medical appointments, funerals, or any emergency that has been cleared in advanced through the athletic director and substantiated in writing or phone call from parent/guardian or physician.
5. It is understood that practice is mandatory at all levels of participation.

**E. Transfers** - A student who transfers to or within Greater Clark County Schools shall not be eligible to participate in interschool athletics unless the student and his/her parent(s) or guardian meets with the Athletic Director and completes an IHSAA Athletic Transfer Report. The Transfer Report must be approved by the IHSAA. (This includes foreign exchange students.)

**F. Physicals** - Between May 1 and the student's first practice in preparation for interschool athletic participation, the student shall have had a physical examination by a physician holding an unlimited license to practice medicine. The proper Parent and Physician's Certificate must be on file in the athletic office (By-Law 3-10).

#### **G. Ten Practice and Other Practice Requirements – IHSAA By-Laws 50-101-1 & 50-101.1**

**Rule 50-1:** There shall be ten separate days of organized practice in that sport under the direct supervision of the high school coaching staff in that sport by each player preceding the date of participation in any interschool contest. Only one practice may be counted for any one day.

**Rule 50-1.1:** Individual student athletes moving directly from one sport season to

the next sport season may be eligible to participate in a following season contest after five separate days of organized practice.

**H. Athletic/Activity Conflict Policy** - New Greater Clark County School students are encouraged to participate in as many extra-curricular activities as their time and schedule allow; however, this sometimes leads to conflict when activities occur on the same dates and times. Coaches, sponsors, and students should work together to try to solve these conflicts before they occur. It is the student's responsibility to inform the coach and/or sponsor at the first of the season of his or her intention to be involved in more than one activity. Students, coaches, sponsors, and the athletic director will meet to solve practice, game and performance

conflicts. In those rare cases where a large number of conflicts cannot be avoided, the student may need to make a choice regarding participation. (In cases of event conflict, Conference, IHSA, and State Performances will be given priority. When choices are made in regard to events or games, students should notify sponsors or coaches in writing.)

- I. **Lettering Requirements** – Each individual sport has requirements for earning a varsity letter. In general, a student/athlete must be in good standing at the end of the competition season to be eligible for a varsity letter in addition to participation standards and the coach's recommendation.

## J. **HAZING/INITIATION/BULLYING**

***Hazing: Any humiliating, degrading, or dangerous activity required of someone seeking to join a group, regardless of the individual's willingness to participate. Hazing can be fairly harmless to serious physically/abusive acts.***

According to a national survey of high school students, hazing/initiations has become a widespread practice among high school age students. Almost half of high school students belonging to groups were subjected to some form of hazing.

The Indiana Code defines criminal hazing as forcing or requiring another person to:

- With or without consent of the other person; and
- As a condition of association with a group or organization; to perform an act that creates a substantial risk of bodily injury.

A person who recklessly, knowingly, or intentionally performs an act of hazing commits criminal recklessness, a Class B misdemeanor. However, it becomes a Class A misdemeanor if the conduct includes the use of a vehicle, and a Class D felony if armed with a deadly weapon (which could be a baseball bat or golf club or other piece of athletic or band equipment).

A person who recklessly, knowingly, or intentionally performs hazing that result in serious bodily injury to a person commits criminal recklessness, a Class D felony, and a Class C felony if a deadly weapon is involved.

A teacher or coach who knows hazing is occurring and either encourages or does nothing to stop it, runs a risk of being charged criminally, and obviously a great risk of liability for money damages resulting from an injury caused by hazing. Insurance would not cover this situation because the school employee would not be acting within the scope of his or her employment.

A person who makes a report of hazing or participates in court, in good faith (even with less than probable cause) is granted immunity for any civil damages or criminal penalties that might otherwise be imposed because of the report.

The Indiana law on hazing does cover secondary school hazing, as well as college hazing.

**Penalty** - Students who are in violation of any hazing and initiation practice are subject to school discipline. Students who are members of school organization or team who participate in such activities are subject to a 20% suspension. Students who participate in more serious activities may also be subject to removal from that team/organization. As always, the Principal and head coach has the discretion to strengthen penalties under certain circumstances.

Bullying means overt, repeated acts or gestures including 1) verbal or written communications transmitted; 2) physical acts committed; or 3) any behaviors committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other student (I.C. 20-33-8-0.2).

## **DUE PROCESS**

It is the policy of the Greater Clark County School Corporation that all employees, parents/guardians, students, and members of the community are entitled to be treated and are obligated to treat others with courtesy, fairness and decency.

**The following procedures will be followed for Due Process:**

1. The athlete and his/her parents must put their appeal in writing to the Athletic Director within five (5) days.
2. The hearing with the Athletic Director or Principal for a decision to be made at the school.

## **SPORTSMANSHIP EXPECTATIONS**

### **PARENTS**

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic programs of the Greater Clark County School Corporation, as well as for the individuals who participate. People involved in all facets of the interscholastic athletic programs are expected to demonstrate respect for others and display good sportsmanship. It is essential that student-athletes, coaches, parents, student groups, and fans in general be constantly reminded of the importance of sportsmanship.

The following are expectations for the parents of Greater Clark County student-athletes:

- Encourage good sportsmanship by demonstrating support for all athletes, coaches, and officials.
- Place the emotional and physical well-being of student athletes ahead of any personal desire to win.
- Support coaches, officials, and school administrators in providing a positive, enjoyable experience for all by treating all other players, parents, coaches, fans and officials with respect.
- Discourage any behaviors or practices that would endanger the health and well being of athletes.
- Respect the coaches' authority during games by not confronting them at the game site. Discuss any issues or concerns with coaches at an agreed upon time and place.
- Support a drug, tobacco, and alcohol-free sports environment for their child and refrain from their use at all events

### **PARENT/COACH COMMUNICATION**

A. Parent-Coach Communication: Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's program.

1. Communication you should expect from your child's coach at the team's pre-season meeting
  - a. Philosophy of the coach
  - b. Expectations the coach has for your child as well as all players on the squad.
  - c. Locations and times of all practices and contests
  - d. Team requirements, i.e. fees, special equipment, off-season conditioning.
  - e. Procedure should your child be injured during participation.
  - f. Discipline that result in the denial of your child's participation.
  - g. Review of the Greater Clark County Schools Athletic Handbook.
2. Communication coaches expect from parents
  - a. Concerns expressed directly to the coach.
  - b. Notification of any schedule conflicts well in advance.
  - c. Specific concern in regard to a coach's philosophy and / or expectations.

B. Parent-Coach Conferences: As your children become involved in the programs at Greater Clark County Schools, they will experience some of the most rewarding moments of their lives. It is important to understand

that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

1. Appropriate concerns to discuss with coaches
  - a. The treatment of your child, mentally and physically.
  - b. Ways to help your child improve
  - c. Concerns about your child's behavior.

At times, it may be very difficult to accept your child's role on the team. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

2. Issues not appropriate to discuss with coaches
  - a. Playing time
  - b. Team strategy
  - c. Play calling
  - d. Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

3. If you have a concern to discuss with a coach, the procedure you should follow:
  - a. Call to set up an appointment
  - b. Please do not attempt to confront the coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

#### The Next Step

4. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?
  - a. Call and set up an appointment with the Athletic Director.
  - b. At this meeting the appropriate next step can be determined.

### **GREATER CLARK COUNTY SCHOOLS COACHES' CODE OF ETHICS AND CONDUCT COACHES' EXPECTATIONS**

The function of a coach is to properly educate students through participation in interscholastic completion. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each child shall be treated with dignity and respect and his/her welfare shall be uppermost at all times. In recognition of this, the following guidelines for coaches have been recommended the Athletic Council and approved by the Board of School Trustees.

The *coach* must be aware that he or she has a tremendous influence either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The *coach* must constantly uphold the honor and dignity of the position. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media, the parents and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The *coach* shall refrain from using profanity or racial slurs. In addition, the *coach* shall refrain from humiliating, demeaning, or belittling a player.

The *coach* shall show respect for contest officials. The coach shall not indulge in conduct which will incite players or spectators against the officials. Coaches should not publicly criticize officials.

The *coach* shall actively use his/her influence to enhance sportsmanship by the spectators.

The *coach* shall promote the interscholastic and extracurricular activity programs of the school and direct his or her program in harmony with the total school program.

## **END OF SEASON CONFERENCE**

The Athletic Director will meet with the head coach to review and complete the “End of Season Evaluation”. The results will be shared with the principal on an annual basis. Per the Greater Clark Education Association Master Contract, bargaining unit members hired for an extra-curricular position will be notified prior to the last student day of the year the extra-curricular service was performed or within thirty (30) days of the last day of the season if that date occurs after the last student day but before the first student day of the next school year.

All positions filled by non Greater Clark County Schools certified staff will be posted at the end of the season.

## **SPECTATOR CONDUCT**

The Indiana High School Athletic Association requires its member high schools to monitor spectator behavior at all school-sponsored activities.

### ***IHSAA By-Law 3.6:***

*The member school's responsibility for the conduct of its athletic program includes the responsibility of instituting full and complete team and crowd control measures at all contest in which such member school participates, assuring that the participants, staff and boosters of the member school conduct themselves at all times in a proper and sportsmanship-like manner.*

Accordingly, an event supervisor may request any person involved in misconduct at a school-sponsored activity to leave the premises if deemed necessary. The Greater Clark County Schools Board of Trustees has adopted a policy that supports such action by school personnel.

Available Links:

[www.GCCS.k12.in.us](http://www.GCCS.k12.in.us)

IHSAA

Greater Clark County Schools Rights and Responsibilities



# **CHARLESTOWN HIGH SCHOOL ATHLETIC HANDBOOK**

## **SPORTS OFFERED AT CHS**

### **FALL**

#### **MALE**

Cross Country  
Football  
Tennis  
Soccer

#### **FEMALE**

Cross Country  
Golf  
Volleyball  
Soccer

### **WINTER**

#### **MALE**

Basketball  
Wrestling  
Swimming

#### **FEMALE**

Basketball  
Swimming

### **SPRING**

#### **MALE**

Baseball  
Golf  
Track

#### **FEMALE**

Softball  
Tennis  
Track

### **Cheerleading**

Cheerleading is one squad fall/winter seasons. Cheerleading tryouts will be held in the spring of each year for the following fall's football season.

## **ATHLETIC COUNCIL**

The athletic council is made up of the principal, athletic director, all head coaches, and others appointed by the school administration. This body will draft, revise, and adopt policies and guidelines for all student athletes by using consensus reaching methodologies within the group.

## **II. CHS ATHLETIC PROGRAM POLICIES AND GUIDELINES**

### **K. Guidelines For Two-Sport Athletes During The Same Season**

1. In order for an athlete to participate in two sports during the same season, the athlete, his/her parents or guardians, and the coaches of the major and minor sports must sign a document agreeing to these guidelines. Coaches may choose not to participate in this program. This document is available in the athletic directors office.
2. The athlete's academic success should never be jeopardized.
3. The athlete must declare a "major" sport and "minor" sport
4. The athlete will compete in all major sport and minor sport contests when there is no conflict in contest dates.
5. When there is a conflict in contest dates between the major and minor sports, the athlete will compete in the major sport contest. Exception – if the minor sport contest is a conference championship or state-tournament contest, and the major sport contest is a regular season contest, the athlete will participate in the minor sport contest.
6. The athlete will participate in all major sport and minor sport practices when there is no conflict in practice times.
7. When there is a conflict in practice times, the athlete will practice the entire practice with the major sport and will attend as much of the minor sport's practice as time allows.
8. In order for an athlete to change major/minor sports in mid season, or to quit a sport in mid season, the athlete must first consult with both coaches and the athletic director.

## **IV. DISCIPLINARY POLICIES AND GUIDELINES**

- A. When an administrator learns that a student-athlete has been arrested by a law enforcement officer, the student-athlete will be placed on temporary probation by the athletic department. The athlete will be able to practice and compete with his/her team while court proceedings are in order. The athlete will be required to meet with a school administrator on a weekly basis to keep the administrator apprised of his/her court proceedings and hearings. Once the court system has made a final ruling on the charges against the student athlete, the athletic department will either remove the athlete from probationary status, or place appropriate limitations on the athlete's eligibility with the severity of the limitations being in direct correlation to the courts findings.

- B. Any conduct by a student-athlete that is determined by the school administration, athletic council, or a head coach to be against the GCCS CODE OF ETHICS will result in counseling by a school administrator and/or a head coach.
1. The student-athlete will be given oral and/or written notice of the charges against him/her.
  2. If the student-athlete denies the charges, he/she will be given an explanation of the evidence against him/her and an opportunity to explain his/her side of the story.
  3. Sanctions against the athlete will depend on the severity of the athlete's undesirable conduct, the athlete's previous discipline record, and the sanctions will be reasonable and fair.
  4. The athlete has a right to appeal the sanctions imposed against him before the athletic council. The appeal must occur within three school days from the day the athlete was notified of the sanctions. At least five head coaches, the athletic director, and the principal or assistant principal must be present at the appeals meeting.
- C. Charlestown High School Athletes are ineligible to participate in, or attend, practices or contests while serving an Out-of-School Suspension or Expulsion. A complete copy of Charlestown High School Rules and Regulations and Greater Clark County Schools Student Rights and Responsibilities may be viewed in the Charlestown High School Student Handbook or at the following website: <http://www.gcs.k12.in.us>
- D. A copy of IHSAA BY-LAWS concerning questions of eligibility, transfer, physical examinations, insurance coverage, starting and ending dates (in and out of season), use of school facilities and equipment, acceptance of awards, etc. may be viewed in the athletic directors office or at the following website: [http://www.ihsaa.org/by\\_laws.shtml](http://www.ihsaa.org/by_laws.shtml) . Violations of these by-laws will be reported to the IHSAA who will henceforth place sanctions on the school's athletic department, team, coach, and/or athlete.

## V. AWARDS

### A. PRE-REQUISITE FOR RECEIVING C.H.S. ATHLETIC AWARDS.

Completion of the sport's season is required in order for the student to be eligible for letter or other team or individual awards. (Exceptions: injury, which limits participation, if injury occurs as a result of participation) No awards will be given to any student suspended for the remainder of the season for Athletic Code Violations.

### B. ADDITIONAL MINIMUM REQUIREMENTS FOR RECEIVING VARSITY LETTERS IN VARIOUS SPORTS

1. Baseball-must play average of 1 inning per number of regular season games played.
2. Basketball- must play in an average of 1 quarter per game per number of regular season games played.
3. Cheerleading-must participate in 80% of activities
4. Cross Country-must run in 25% of the number of regular matches
5. Golf – must play in 25% of the number of regular matches.
6. Football-must play in an average of 1 quarter per game per number of regular season games played.
7. Soccer-must play in 50% of halves played in regular season
8. Softball- must play in an average of 1 inning per number of regular season games played.
9. Tennis- must play in 25% of the number of regular season matches.
10. Track-Attend practices and all meets as a participant.
11. Volleyball- must play in 25% of the regular season contests.
12. Wrestling- must wrestle in 25% of the regular season matches.

(Note: With the approval of the athletic director and/or principal, a coach may award a varsity letter to an athlete, who may not otherwise meet the minimum requirements, when highly extenuating circumstances exists.)

### C. PATCHES

1. Individual and Team patches will be purchased by the student athlete.
  - i. MSC individual and team champions
  - ii. Sectional/Regional/Semi-State/State Awards and Honors
  - iii. All-State/All-Star Awards and Honors

### D. VARSITY AWARDS

1. First Varsity Award: Varsity Certificate, Bar
2. Succeeding Awards: Varsity Certificate and Bar

### E. ATHLETIC CERTIFICATES

1. Freshman certificate-Awarded to each participating athlete who fulfills the requirements set forth by this handbook and coach.
2. Junior Varsity certificate-Awarded to each participating athlete who fulfills the requirements set forth by this handbook and coach.
3. Varsity certificate- Awarded to each participating athlete who fulfills the requirements set forth by this handbook and coach.

### F. ATHLETIC POINTS TOWARD BLANKET

1. Certificate Points

Freshman certificate	1 point
Junior Varsity Certificate	2 points
Varsity Certificate	3 points
Cheerleading Certificate	3 points
Varsity Manager and statisticians	2 points
JV manager and statistician	1 point

2. Academic Points

Since athletics is secondary to academics the following points may be added for those student-athletes who excel in the classroom. These are figured on each semester's grade point average.

- 2.5-2.99= 1 point
- 3.0-3.49= 2 points
- 3.5-4.00= 3 points

4. Letter Jacket cost \$95.00

5. Athletic Blanket – An athletic blanket will be given to all senior athletes who have earned 44 or more points in his/her athletic career at CHS. Athletic certificate points must account for at least 22 of the points.

F. ALL-AROUND SENIOR STUDENT-ATHLETE AWARDS: The Athletic Council will select an All-Around Senior Student-Athlete using the following criteria:

1. GPA – must be 2.75+ and Core 40 Diploma candidate
2. Varsity Letters Earned Junior and Senior Year – Athlete must have earned at least two varsity letters each year.
3. CHS Athletic Awards and Honors
4. MSC Awards and Honors
5. Sectional/Regional/Semi-State/State Awards and Honors
6. All-State/All-Star Awards and Honors
7. Extra Curricular Activities

G. SENIOR SCHOLAR-ATHLETE AWARDS: Given to a male and a female graduating senior with the highest grade point average based on eight semesters. To qualify for this award, a student-athlete must have participated and lettered in a sport each year in school.

H. WALL OF FAME:

1. Team: This is an honor earned by an athletic team who:
  - a. wins a conference championship, and/or
  - b. wins a sectional, regional, semi-state, and/or state championship of an IHSA established event.

I. PICTURE ON GYM WALL: This is an honor earned by individuals who can have their picture placed on the wall of Charlestown Sports Arena. To qualify, an athlete must have been an individual state champion or reached the highest State level of an IHSA established event. The All Star jersey may be framed and hung on Gym wall.

J. RETIREMENT OF JERSEY: (No number retired, jersey only) This is an honor earned by individuals who finished #1 in their sport in the State of Indiana.

Other awards are given in each sport at the end of the season determined by the coaches in each sport.

All sports information can be found at:  
***PiratePride.BLUE***

**Greater Clark County Schools (GCCS)**  
**Cardiovascular Pre-Participation Screening and Permission Form**  
**For Athletics, Marching Band, Drill Team, Cheerleading, and/or School-Sponsored,**  
**Extra-Curricular Athletic Participation**

Although GCCS has no legal duty to require or to conduct cardiovascular pre-participation screenings of students who want to participate in athletics, the school corporation wants parents to be aware that there are pre-participation screening tests that can be conducted for early detection of cardiovascular or other abnormalities. Parents of students who are interested in participating in school corporation sponsored athletics/activities are encouraged to discuss with their family physician whether cardiovascular pre-participation screening of their children would be beneficial.

**Parental Certification**

I certify that by signing this form that:

- I have the legal authority to and do allow the students named below to participate in athletics, marching band, drill team, cheerleading, and/or school-sponsored, extra-curricular sport/athletic activities at the school that they are attending in the Greater Clark County School Corporation.
- I understand that there are risks involved with children participating in physical activities and injuries can occur.
- I further understand that serious health problems or sudden death in athletic activities can be caused by any number of undiagnosed conditions, including but not limited to, previously unsuspected cardiovascular disease.
- I understand that it is my responsibility as parent/guardian of the student named below to have appropriate medical examinations performed on the child before granting this permission to participate.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ 

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

Phone: \_\_\_\_\_ Relationship to Student: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

I have read the Greater Clark County High Schools' Athletic Handbook.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ 

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



# ■ PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM **FILL OUT COMPLETELY**



(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep a copy of this form in the chart.)

Date of Exam \_\_\_\_\_

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.

☐ Medicines

☐ Pollens

☐ Food

☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_

Date \_\_\_\_\_

**SIGN  
HERE**

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# ■ PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM



(The physical examination must be performed on or after April 1 by a Physician holding an unlimited license to practice medicine to be valid for the following school year – IHSAA By-Law C 3-10)

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

## PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ ( _____ / _____ )	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart* • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) <sup>†</sup>		
Skin • HSV lesions suggestive of MRSA, tinea corporis		
Neurologic <sup>‡</sup>		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

\*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

†Consider GU exam if in private setting. Having third party present is recommended.

‡Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- ☐ Cleared for all sports without restriction
- ☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

- ☐ Not cleared
- ☐ Pending further evaluation
- ☐ For any sports
- ☐ For certain sports \_\_\_\_\_
- Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians). (The physical examination must be performed on or after April 1 by a Physician holding an unlimited license to practice medicine to be valid for the following school year– IHSAA By-Law C 3-10)

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO



## ■ PREPARTICIPATION PHYSICAL EVALUATION IHSAA ELIGIBILITY RULES



### INDIVIDUAL ELIGIBILITY RULES (Grades 9 through 12)

**ATTENTION ATHLETE:** Your school is a member of the IHSAA and follows established rules. To be eligible to represent your school in interschool athletics, you:

1. must be a regular bona fide student in good standing in the school you represent; must have enrolled not later than the fifteenth day of the current semester.
2. must have completed 10 separate days of organized practice in said sport under the direct supervision of the high school coaching staff preceding date of participation in interschool contests. (Excluding Girls Golf – See Rule 101)
3. must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence.
4. must not have reached your twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
5. must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students . . .
  - . . . unless you are entering the ninth grade for the first time.
  - . . . unless you are transferring from a school district or territory with a corresponding bona fide move on the part of your parents.
  - . . . unless you are a ward of a court; you are an orphan, you reside with a parent, your former school closed, your former school is not accredited by the state accrediting agency in the state where the school is located, your transfer was pursuant to school board mandate, you attended in error a wrong school, you transferred from a correctional school, you are emancipated, you are a foreign exchange student under an approved CSIET program. You must have been eligible from the school from which you transferred.
6. must not have been enrolled in more than eight consecutive semesters beginning with grade 9.
7. must be an amateur (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract).
8. must have had a physical examination between April 1 and your first practice and filed with your principal your completed Consent and Release Certificate.
9. must not have transferred from one school to another for athletic reasons as a result of undue influence or persuasion by any person or group.
10. must not have received in recognition of your athletic ability, any award not approved by your principal or the IHSAA.
11. must not accept awards in the form of merchandise, meals, cash, etc.
12. must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than your school team. (See Rule 15-1a) (Exception for outstanding student-athlete – See Rule 15-1b)
13. must not reflect discredit upon your school nor create a disruptive influence on the discipline, good order, moral or educational environment in your school.
14. students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete. Graduates should refer to college rules and regulations before participating.
15. must not participate with a student enrolled below grade 9.
16. must not, while on a grade 9 junior high team, participate with or against a student enrolled in grade 11 or 12.
17. must, if absent five or more days due to illness or injury, present to your principal a written verification from a physician licensed to practice medicine, stating you may participate again. (See Rule 3-11 and 9-14.)
18. must not participate in camps, clinics or schools during the IHSAA authorized contest season. Consult your high school principal for regulations regarding out-of-season and summer.
19. girls shall not be permitted to participate in an IHSAA tournament program for boys where there is an IHSAA tournament program for girls in that sport in which they can qualify as a girls tournament entrant.

***This is only a brief summary of the eligibility rules.***

***You may access the IHSAA Eligibility Rules (By-Laws) at [www.ihsaa.org](http://www.ihsaa.org)***

***Please contact your school officials for further information and before participating outside your school.***

*(Consent & Release Certificate - on back or next page)*



# ■ PREPARTICIPATION PHYSICAL EVALUATION CONSENT & RELEASE CERTIFICATE



## I. STUDENT ACKNOWLEDGMENT AND RELEASE CERTIFICATE

- A. I have read the IHSAA Eligibility Rules (*next page or on back*) and know of no reason why I am not eligible to represent my school in athletic competition.
- B. If accepted as a representative, I agree to follow the rules and abide by the decisions of my school and the IHSAA.
- C. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, 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, and agree to release and hold harmless my school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agree to take no legal action against my school, the schools involved or the IHSAA because of any accident or mishap involving my athletic participation.
- D. I consent to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me, including but not limited to any claims or disputes involving injury, eligibility or rule violation.
- E. I give the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use my picture or image and any sound recording of me, in all forms and media and in all manners, for any lawful purposes.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION. (to be signed by student)**

Date: \_\_\_\_\_ Student Signature: (X) \_\_\_\_\_

Printed: \_\_\_\_\_

STUDENT  
SIGN HERE

## II. PARENT/GUARDIAN/EMANCIPATED STUDENT CONSENT, ACKNOWLEDGMENT AND RELEASE CERTIFICATE

- A. Undersigned, a parent of a student, a guardian of a student or an emancipated student, hereby gives consent for the student to participate in the following interschool sports **not marked out:**  
**Boys Sports:** Baseball, Basketball, Cross Country, Football, Golf, Soccer, Swimming, Tennis, Track, Wrestling.  
**Girls Sports:** Basketball, Cross Country, Golf, Gymnastics, Soccer, Softball, Swimming, Tennis, Track, Volleyball.
- B. Undersigned understands that participation may necessitate an early dismissal from classes.
- C. Undersigned consents to the disclosure, by the student's school, to the IHSAA of all requested, detailed financial (athletic or otherwise), scholastic and attendance records of such school concerning the student.
- D. Undersigned knows of and acknowledges that the student knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and chooses to accept any and all responsibility for the student's safety and welfare while participating in athletics. With full understanding of the risks involved, undersigned releases and holds harmless the student's school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agrees to take no legal action against the IHSAA or the schools involved because of any accident or mishap involving the student's athletic participation.
- E. Undersigned consents to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me or the student, including but not limited to any claims or disputes involving injury, eligibility, or rule violation.
- F. Undersigned gives the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes.
- G. **Please check the appropriate space:**
- |  |   |
|--|---|
| <input type="checkbox"/> The student has school student accident insurance.  | <input type="checkbox"/> The student has football insurance through school. |
| <input type="checkbox"/> The student has adequate family insurance coverage. | <input type="checkbox"/> The student does not have insurance.               |

Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.**

(to be completed and signed by all parents/guardians, emancipated students; where divorce or separation, parent with legal custody must sign)

Date: \_\_\_\_\_ Parent/Guardian/Emancipated Student Signature: (X) \_\_\_\_\_

Printed: \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian Signature: (X) \_\_\_\_\_

Printed: \_\_\_\_\_

### CONSENT & RELEASE CERTIFICATE

Indiana High School Athletic Association, Inc.  
9150 North Meridian St., P.O. Box 40650  
Indianapolis, IN 46240-0650

**File In Office of the Principal  
Separate Form Required for Each School Year**

Please sign and return this form after reading materials on concussion and sudden cardiac arrest provided by the Athletic Department.

CONCUSSION and SUDDEN CARDIAC ARREST  
ACKNOWLEDGEMENT AND SIGNATURE FORM  
FOR PARENTS AND STUDENT ATHLETES

Student Athlete's Name (Please Print): \_\_\_\_\_

Sport Participating In (If Known): \_\_\_\_\_ Date: \_\_\_\_\_

IC 20-34-7 and IC 20-34-8 require schools to distribute information sheets to inform and educate student athletes and their parents on the nature and risk of concussion, head injury and sudden cardiac arrest to student athletes, including the risks of continuing to play after concussion or head injury. These laws require that each year, before beginning practice for an interscholastic or intramural sport, a student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach.

IC 20-34-7 states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries.

IC 20-34-8 states that a student athlete who is suspected of experiencing symptoms of sudden cardiac arrest shall be removed from play and may not return to play until the coach has received verbal permission from a parent or legal guardian of the student athlete to return to play. Within twenty-four hours, this verbal permission must be replaced by a written statement from the parent or guardian.

Parent/Guardian - please read the attached fact sheets regarding concussion and sudden cardiac arrest and ensure that your student athlete has also received and read these fact sheets. After reading these fact sheets, please ensure that you and your student athlete sign this form, and have your student athlete return this form to his/her coach.

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As a student athlete, I have received and read both of the fact sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

\_\_\_\_\_  
(Signature of Student Athlete)

\_\_\_\_\_  
(Date)

I, as the parent or legal guardian of the above named student, have received and read both of the fact sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date)