

IOWA ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

ARTICLE VII 36.14(1) PHYSICAL EXAMINATION.

Every year each student (grades 7-12) shall present to the student's superintendent a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopath, qualified doctor of chiropractic, licensed physician assistant, or advanced registered nurse practitioner, to the effect that the student has been examined and may safely engage in athletic competition. *This certificate of physical examination is valid for the purposes of this rule for one (1) calendar year. A grace period, not to exceed thirty (30) days, is allowed for expired certifications of physical examination.*

QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (Please type or neatly print this information)

Student's Name _____ Male ___ Female ___ Date of Birth _____ Grade _____

Home Address (Street, City, Zip) _____ School District _____

Parent's/Guardian's Name _____ Date _____ Phone # _____

Family Physician _____ Phone # _____

HEALTH HISTORY (The following questions should be completed by the student-athlete with the assistance of a parent or guardian. A parent or guardian is required to sign on the other side of this form after the examination.)

- | | Yes | No | | Yes | No | |
|-------|------------|-----------|------------------------------------------------------------------|------------|-----------|--------------------------------------------------------------------------------------------|
| 1. | _____ | _____ | Allergies to medication, pollen, stinging insects, food, etc.? | 20. | _____ | Head injury, concussion, unconsciousness? |
| 2. | _____ | _____ | Any illness lasting more than one (1) week? | 21. | _____ | Headache, memory loss, or confusion with contact? |
| 3. | _____ | _____ | Asthma or difficulty breathing during exercise? | 22. | _____ | Numbness, tingling or weakness in arms or legs with contact? |
| 4. | _____ | _____ | Chronic or recurrent illness or injury? | ***** | | |
| 5. | _____ | _____ | Diabetes? | 23. | _____ | Severe muscle cramps or illness when exercising in the heat? |
| 6. | _____ | _____ | Epilepsy or other seizures? | ***** | | |
| 7. | _____ | _____ | Eyeglasses or contacts? | 24. | _____ | Fracture, stress fracture or dislocated joint(s)? |
| 8. | _____ | _____ | Herpes or MRSA? | 25. | _____ | Injuries requiring medical treatment? |
| 9. | _____ | _____ | Hospitalizations (Overnight or longer)? | 26. | _____ | Knee injury or surgery? |
| 10. | _____ | _____ | Marfan Syndrome? | 27. | _____ | Neck injury? |
| 11. | _____ | _____ | Missing organ (eye, kidney, testicle)? | 28. | _____ | Orthotics, braces, protective equipment? |
| 12. | _____ | _____ | Mononucleosis or Rheumatic fever? | 29. | _____ | Other serious joint injury? |
| 13. | _____ | _____ | Seizures or frequent headaches? | 30. | _____ | Painful bulge or hernia in the groin area? |
| 14. | _____ | _____ | Surgery? | 31. | _____ | X-rays, MRI, CT scan, physical therapy? |
| ***** | | | | | | |
| 15. | _____ | _____ | Chest pressure, pain, or tightness with exercise? | 32. | _____ | Has a doctor ever denied or restricted your participation in sports for any reason? |
| 16. | _____ | _____ | Excessive shortness of breath with exercise? | ***** | | |
| 17. | _____ | _____ | Headaches, dizziness or fainting during, or after, exercise? | 33. | _____ | Do you have any concerns you would like to discuss with your health care provider? |
| 18. | _____ | _____ | Heart problems (Racing, skipped beats, murmur, infection, etc.?) | | | |
| 19. | _____ | _____ | High blood pressure or high cholesterol? | | | |

- Family History:**
34. _____ Does anyone in your family have Marfan syndrome?
35. _____ Has anyone in your family died of heart problems or any unexpected/unexplained reason before the age of 50?
36. _____ Does anyone in your family have a heart problem, pacemaker or implanted defibrillator?
37. _____ Has anyone in your family had unexplained fainting, seizures, or near drowning?
38. _____ Does anyone in your family have asthma?
39. _____ Do you or someone in your family have sickle cell trait or disease?

Use this space to explain any "YES" answers from above (questions #1-38) or to provide any additional information:

40. Are you allergic to any prescription or over-the-counter medications? *If yes, list:* _____

41. List all medications you are presently taking (including asthma inhalers & EpiPens) and the condition the medication is for:
 A. _____ B. _____ C. _____

42. Year of last known vaccination: Tdap (Tetanus): _____ Meningitis: _____ Influenza: _____

43. What is the most and least you have weighed in the past year? **Most** _____ **Least** _____

44. Are you happy with your current weight? **Yes** _____ **No** _____ *If no, how many pounds would you like to lose or gain?*
 Lose _____ Gain _____

FOR FEMALES ONLY:

1. How old were you when you had your first menstrual period? _____

2. How many periods have you had in the last 12 months? _____

PHYSICAL EXAMINATION RECORD (To be completed by a licensed medical professional as designated in Article VII 36.14(1).

Athlete's Name _____ Height _____ Weight _____

Pulse _____ Blood Pressure _____ / _____ (Repeat, if abnormal _____ / _____) Vision R 20/ _____ L 20/ _____

	<i>NORMAL</i>	<i>ABNORMAL FINDINGS</i>	<i>INITIALS</i>
1. Appearance (esp. Marfan's)			
2. Eyes/Ears/Nose/Throat			
3. Pupil Size (Equal/Unequal)			
4. Mouth & Teeth			
5. Neck			
6. Lymph Nodes			
7. Heart (Standing & Lying)			
8. Pulses (esp. femoral)			
9. Chest & Lungs			
10. Abdomen			
11. Skin			
12. Genitals - Hernia			
13. Musculoskeletal - ROM, strength, etc. (See questions 24-31)			
14. Neurological			

Comments regarding abnormal findings: _____

LICENSED MEDICAL PROFESSIONAL'S ATHLETIC PARTICIPATION RECOMMENDATIONS
(Please be precise when indicating at which level the student is cleared to participate.)

1. **FULL & UNLIMITED PARTICIPATION**
2. **LIMITED PARTICIPATION** - May **NOT** participate in the following (checked):
 Baseball Basketball Bowling Cross Country Football Golf Soccer
 Softball Swimming Tennis Track Volleyball Wrestling
3. **CLEARANCE PENDING DOCUMENTED FOLLOW UP OF** _____
4. **NOT CLEARED FOR ATHLETIC PARTICIPATION DUE** _____

Licensed Medical Professional's Name (Printed) _____ Date of PPE _____

Licensed Medical Professional's Signature _____ Phone _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I hereby **verify** the accuracy of the information on the opposite side of this form and **give my consent** for the above named student to engage in approved athletic activities as a representative of his/her school, except those activities indicated above by the licensed professional. I **also give my permission** for the team's physician, certified athletic trainer, or other qualified personnel to give first aid treatment to my son or daughter at an athletic event in case of injury/illness and to share necessary information about the injury/illness with appropriate school personnel.

Name of Parent or Guardian, or student if 18 years of age (Printed) _____ Signature of Parent of Guardian, or student if 18 years of age _____

Address (Street/PO Box, City, State, Zip) _____ Phone Number _____

West Delaware County Community School District
Insurance, Transportation Permission, Permission to Participate,
Concussion in High School Sports, and Eligibility Rules
CONSENT FORM

Please **INITIAL** each one to indicate you have read them.

Insurance

_____ We have our own insurance and feel that it is sufficient. Name of insurance company _____

.....
Transportation Permission

_____ We hereby give our permission for our son/daughter to travel to and from interscholastic events using the transportation provided and arranged by the School District.

.....
Permission to Participate/Verification of Physical Examination Form

_____ I hereby give my consent for MY SON/DAUGHTER to participate in approved activities as a representative of his/her school, except those indicated by the licensed professional. I also give permission for the team physician, the school's athletic trainer, sponsor or other qualified personnel to give first aid and/or secure medical care for this student at a school sponsored activity and to sign on my behalf, if I am unable, in the event of any injury or medical emergency. I understand that playing in co-curricular activities at West Delaware Schools may result in injury and I will not hold West Delaware County Community School District liable for any injuries my son/daughter may receive while participating in activities at West Delaware School. I hereby verify the accuracy of the information on the Physical Examination Form.

.....
Heads Up: Concussion in High School Sports

_____ We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports." (attached)

.....
Eligibility Rules: Student Eligibility for Extracurricular and Co-curricular Activities

_____ My son/daughter and I have read, understand and will adhere to the West Delaware High School Student Eligibility for Extracurricular and Co-curricular Activities. (attached)

All students participating in sports or cheerleading must have a current physical turned into their school office before they can practice or compete.

Print Student Name

Student Signature

GRADE

Parent/Guardian Signature

Date

Street Address

City/State/Zip

Telephone/Cell#

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
 - “**Licensed health care provider**” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
 - “**Extracurricular interscholastic activity**” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it’s not smart to play with a concussion.
3. Tell all of your child’s coaches and the student’s school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

IT’S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must annually sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, “HEADS UP: Concussion in High School Sports.”

Signs Reported by Students:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

Student’s Signature

Date

Student’s Printed Name

Parent’s/Guardian’s Signature

Date

Student’s Grade

Student’s School

STUDENT ELIGIBILITY FOR EXTRACURRICULAR and COCURRICULAR ACTIVITIES

West Delaware High School offers a variety of voluntary activities designed to enhance the classroom education of its students. “Activities” from this point forth will refer to both extracurricular and co-curricular activities. Students who participate in activities serve as ambassadors of the school throughout the calendar year, whether away from or at school. Students who wish to exercise the privilege of participating in activities must conduct themselves in accordance with the Student Handbook and board policy and must refrain from acts that are illegal, unhealthy, or highly inappropriate. Participation in these activities is a privilege, conditioned upon meeting the eligibility criteria established by the board, administration, and individual coaches and sponsors. The Activities Director shall keep records of violations of the Activities Conduct Policy.

The following activities (unless required for class credit) are covered by the board's policy and these rules:

Athletics, instrumental and vocal music performances, drama/musical productions, speech contests, Annual Staff, Cheerleading, Show Choir, FFA, FBLA, FCCLA, National Honor Society, all co-curricular clubs (e.g., Art Club, French Club), all honorary and elected offices (e.g., Homecoming or Sweetheart King/Queen/court, class officer, student government officer or representative), or any other activity where the student represents the school outside the classroom.

Attendance and Participation in School Activities

Students participating in school activities must be in school the last half of the day (last two periods) in order to participate or practice in a school activity. Any exceptions must be granted in advance by the Principal and/or Activities Director or designee.

Academic Eligibility

Athletics

West Delaware High School will follow the standards that have been established by the Iowa Department of Education – Scholarship Rule 281-IAC 36.15(2) as it applies to Interscholastic Athletics, including cheerleading. Ineligibility period is 30 calendar days beginning on the first day of competition in the next activity. The full interpretation of the “No Pass No Play” can be found on the Iowa Department of Education website: <http://www.state.ia.us/educate/>.

Speech/Music

The IHSSA (speech) and the IHSMA (music) have established guidelines for academic achievement. The penalty for failing a course carries a 30 calendar day ineligibility period immediately after failing grades have been established.

Other Co-curricular

All other co-curricular groups will follow the 30 calendar day ineligibility period immediately after failing grades have been established.

Ruling on academic status will be made at the end of the third working day at 4:00 p.m. following the end of the grading period (term).

Summary of Scholarship Rule, 281—IAC 36.15(2)

- A student must receive credit in at least 4 subjects at all times. (Note: West Delaware is on the block schedule. Full time student requirements, as set forth by West Delaware High School must be met.)
- A student must pass all and make adequate progress toward graduation to remain eligible.
- If a student is not passing all at end of a final grading period, student is ineligible for first period of 30 consecutive calendar days in the interscholastic athletic event in which the student is a contestant. There is no requirement that the student competed in the sport previously. Students in baseball or softball have the same penalty as all other students.
- If a student is not passing all at any check point (if school checks at any time other than the end of a grading period), period of ineligibility and conditions of reinstatement are left to the school.
- Schools must check grades at the end of each grading period; otherwise, a school determines if and how often it checks grades.
- A student with a disability and an IEP is judged based on progress made toward IEP goals.
- The ability to use summer school or other means to make up failing grades for eligibility purposes is not available. The rule now also requires that all original failing grades (even those remediated for purposes other than athletic eligibility) be reported to any school to which the student transfers.

Additional Note

If a student who has been ruled ineligible chooses to join a team after competitions have started, they must do so prior to the second scheduled competition in order to have their penalty served in that activity. If they do not join by the deadline, they may choose to continue with the activity, but the ineligibility will carry forward to their next activity.

If it is an academic ineligibility, the 30 day period will start from the next scheduled competition. If it is an Activities Conduct Policy violation the penalty will be enforced as outlined in the "Penalties" section.

Activities Conduct Policy

To retain eligibility for participation in West Delaware High School extracurricular activities, students must conduct themselves as good citizens both in and out of school at all times. Students who represent the school in an activity are expected to serve as good role models to other students and to the members of the community.

Any student who, after an investigation at which the student shall be confronted with the allegation, the basis of the allegation, and given an opportunity to tell the student's side, is found to have violated the school's Extracurricular Conduct Policy will be deemed ineligible for a period of time, as described below. A student may lose eligibility under the Activities Conduct Policy for any of the following behaviors:

- possession, use, or purchase of tobacco/nicotine products, including e-cigarettes, vapor devices, and look-alike substances/products regardless of the student's age;
- possession, use, or purchase of alcoholic beverages, including beer and wine (having the odor of alcohol on one's breath is evidence of "use");
- being in attendance (mere presence) at a function or party where the student knows or has reason to know that alcohol or other drugs are being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so;
- possession, use, purchase, or attempted sale/purchase of illegal drugs or look-alikes, or the unauthorized possession, use, purchase, or attempted sale/purchase of otherwise lawful drugs or look-alikes;
- any act resulting in a citation or charge in the criminal or juvenile court system (excluding minor offenses such as traffic or hunting/fishing violations).

If a student transfers in from another Iowa school or school district and the student had not yet completed a period of ineligibility for a violation of an Activities Conduct Policy in the previous school, the student shall be ineligible until such time as the penalty has been served.

Quantifiable and Non-Quantifiable Activities

Quantifiable Activities are ones which are subject to a pre-determined schedule such as Basketball and Show Choir.

Non-Quantifiable Activities are ones which are not subject to a pre-determined schedule such as school recognized clubs, class officer, FBLA, FFA, etc.

Quantifiable Activities Penalties

Any student who, after meeting with the Principal and/or Activities Director, is found to have violated the Extracurricular Conduct Policy, during the school year or summer, is subject to a loss of eligibility in Quantifiable Activities as follows:

First Offense Within One Calendar Year – loss of participation in extra-curricular competitions/performances for one half of the season plus 12 community service hours. (Rounding up will occur at the .5 level)

Second Offense Within One Calendar Year – loss of participation in extra-curricular competitions/performances for 100% of the season plus 24 community service hours.

Third or More Offense Within One Calendar Year – loss of participation in extra-curricular competitions/performances for one calendar year plus 36 community service hours. Any additional offense will start the calendar year time period.

Quantifiable Reduction in Penalty

1. Admission Prior to Determination: If a student comes forward to a coach, administrator, or activity sponsor within two working days(M-F) to admit (self-report) a violation of the Extracurricular Conduct Policy prior to a finding of guilt by the administration, the student's penalty may be reduced to one-third plus 6 community service hours for a first violation, 50% plus 12 community service hours for a second violation, and nine (9) months plus 36 community service hours for a third violation within one calendar year.

2. Mere Presence: Mere presence applies when (1) there is evidence that the student knew there were drugs/alcohol present and being used illegally, and (2) the student must have failed to leave (after discovery of the drugs/alcohol/illegal activity) within a reasonable time, assuming the student had an opportunity to leave. Celebratory functions such as wedding receptions, family functions, etc. do not constitute a violation of mere presence. A student who violates the "mere presence" provision of this policy shall serve no more than one-half of the established penalty for the first, second, or third/subsequent violation. If cited for possession, the mere presence policy requires proof of a Breathalyzer test of 0.00 or substantial evidence of proof of innocence.

Non Quantifiable Activities Penalties

Any student who, after meeting with the Principal and/or Activities Director, is found to have violated the Extracurricular Conduct Policy, during the school year or summer, is subject to a loss of eligibility in Non-Quantifiable Activities as follows:

First Offense Within One Calendar Year – Will be assigned 20 hours of community service.

Not allowed to participate in meetings, performances/competitions in the activity until the completion of the community service hours.

*Will still be allowed to practice for upcoming performances/competitions in anticipation of regaining eligibility. This is in line with Quantifiable Activities.

Second Offense Within One Calendar Year – Will be assigned 30 hours of community service.

Not allowed to participate in meetings, performances/competitions in the activity until the completion of the community service hours.

*Will still be allowed to practice for upcoming performances/competitions in anticipation of regaining eligibility. This is in line with Quantifiable Activities.

Third or More Offense Within One Calendar Year – loss of participation in extra-curricular activities for one calendar year plus 36 community service hours. Any additional offense will start the calendar year time period.

Items 1 through 7 apply to both Quantifiable and Non-Quantifiable Activities. 8 and 9 are only for Quantifiable Activities.

1. The period of ineligibility attaches immediately upon a finding of a violation if the student is eligible for and currently engaged in an extracurricular activity and, if not completed, or if not completed during the current activity, is begun or carried over to the time the student seeks to go out for the next activity or contest.

2. However, if the period of time between a violation and an activity is twelve calendar months or more, the student shall not serve an ineligibility period for the violation.

3. If a student drops out of an activity prior to completion of the ineligibility period, the full penalty, will attach when the student next seeks to go out for an activity, subject to the 12-month limitation above.

4. If a student violates the Extracurricular Conduct Policy while ineligible due to an earlier violation, the penalty for the subsequent offense will attach at the completion of the earlier penalty.

5. Violations will be referred to the Northeast Iowa Substance Abuse Services and/or appropriate intervention counseling will be required in all violations.

6. All community service hours must be completed prior to reinstatement of eligibility.
7. Students who are involved in both Quantitative and Non-Quantitative Activities will be allowed to count community service hours completed for both penalties.
8. An ineligible student shall attend all practices or rehearsals but may not "suit up" nor perform/participate.
9. All consequences are related to competition events (scrimmages do not apply).

Non-Quantifiable Reduction in Penalty

1. Admission Prior to Determination: If a student comes forward to a coach, administrator, or activity sponsor within two working days(M-F) to admit (self-report) a violation of the Extracurricular Conduct Policy prior to a finding of guilt by the administration, the student's penalty may be reduced to 10 community service hours for a first violation, 20 community service hours for a second violation. There is no reduction in penalties for the third violation.

2. Mere Presence: Mere presence applies when (1) there is evidence that the student knew there were drugs/alcohol present and being used illegally, and (2) the student must have failed to leave (after discovery of the drugs/alcohol/illegal activity) within a reasonable time, assuming the student had an opportunity to leave. Celebratory functions such as wedding receptions, family functions, etc. do not constitute a violation of mere presence. A student who violates the "mere presence" provision of this policy shall serve no more than one-half of the established penalty for the first, second, or third/subsequent violation. If cited for possession, the mere presence policy requires proof of a Breathalyzer test of 0.00 or substantial evidence of proof of innocence.

Violations Occurring During Ineligibility

If a student is ineligible at the time of a violation of the Activities Conduct Policy, the penalty for the violation will not begin until the student regains eligibility. Example: A student violates the Activities Conduct Policy and is ruled ineligible for half of the season. While ineligible, the student again violates the policy. The second penalty attaches when the first penalty is completed.

Additional Consequences

In the event the violation of the Extracurricular Conduct Policy occurred (a) on school grounds, (b) at a school event, regardless of location, or (c) the violation has a direct and immediate negative impact on the efficient operation of the school despite occurring off school grounds/time there may be additional consequences per the school discipline policy.

Any additional penalties the sponsor wishes to put into effect must be approved by the Activities Director and clearly presented to the participant and his/her parent(s) or guardian(s) at the beginning of each season.

General Misconduct

Any student who is involved in highly inappropriate or repeated discipline violations as defined in the Student Handbook may be subjected to a loss of eligibility. That period of ineligibility will be a minimum of the next scheduled contest/performance and a maximum of the corresponding level of offense as defined on page 2 under Penalties.

Letters and Awards

Students who are ineligible at the conclusion of an activity shall not receive a letter or award for that activity.

Appeals

Any student who is found by the administration to have violated the Extracurricular Conduct Policy may obtain review of this determination by following the procedures outline in Board Policy 502.9 located on page 26 of the Student Handbook under Student Complaints and Grievances.

If the decision of the administration is reversed, the student shall be immediately eligible and shall have any record of the ineligibility period and violation expunged from the student's record.