



**Handbook for  
Student Athletes  
2018–19**

## DISCLAIMER NOTICE

The information in this handbook has been collected and compiled using data current at the time of publication. As an organization responds to new information and plans for improvement, it may need to revise the policies and regulations that communicate expectations for students. As those occur, Frederick County Public Schools will communicate those to students and their parents or guardians. The most recently published expectations will guide our work and will be included in future publications of the *Student and Parent Handbook*. The electronic copy on-line will be revised as changes occur.

## NOTICE OF NON-DISCRIMINATION

In compliance with the Executive Order 11246; Title II of the Education Amendments of 1976; Title VI of the Civil Rights Act of 1972; Title IX Regulation Implementing Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973; and all other Federal and State laws and school policies and regulations, Frederick County Public Schools does not discriminate on the basis of race, color, national origin, religion, sex, age, political affiliation, disability, or veteran status in the education program and activities, or employment and provides equal access to the Boy Scouts and other designated youth groups.

It is the intent of Frederick County Public Schools to comply with both the letter and spirit of the law in making certain that discrimination does not exist in its policies, regulations, and operations. Grievance procedures, for Title IX and Section 504, have been established for students, their parents, and employees who feel discrimination has been shown by the school division.

All students attending Frederick County Public Schools may participate in education programs and activities, including but not limited to health and physical education, music, career and technical education. Educational programs and services will be designed to meet the varying needs of all students and will not discriminate against any individual for reasons of race, color, national origin, sex, religion, age, political affiliation, disability, or veteran status.

Questions concerning the application of Title IX and Section 504 should be referred to:

### TITLE IX COORDINATOR (ADULTS)

John Linaburg  
Exec. Director of  
Human Resources  
1415 Amherst Street  
Winchester, VA 22601  
540-662-3888

### TITLE IX COORDINATOR (STUDENTS)

SECTION 504 COORDINATOR  
Teresa D. Ritenour  
Director of Student Support Services  
1415 Amherst Street  
Winchester, VA 22601  
540-662-3888

TO: Parents of Frederick County Public Schools  
Student Athletes

FROM: Dr. David T. Sovine, Superintendent of Schools

SUBJECT: *Handbook for Student Athletes*

DATE: July 1, 2018

I am pleased that your son or daughter has chosen to participate in the interscholastic athletic program in Frederick County Public Schools. Participating in athletics is beneficial to both the student and to the school. However, if maximum benefits are to be attained through athletic participation, it is essential for an athlete to meet certain standards.

I encourage you, as the parent of a student athlete, to read and support the rules and regulations as set forth in this *Handbook for Student Athletes*. Please review this material, sign the form at the back of the book, and return it to your athlete's head coach prior to the first practice session. Please keep the handbook for your future reference.

On behalf of the administration and coaching staff, I want to thank you for your support of our student athletes and the coaches who work on their behalf. Please take a minute also to review carefully the Core Character Traits we seek to promote not only with student athletes, but with our entire Frederick County Public Schools' student body. We welcome the opportunity to serve your student athlete.

# Character Education Core Traits

## Respect:

acceptance of another's differences, appreciation of and consideration for self and others (all people of all ages), honoring the rights of others

## Integrity:

commitment to living by the core character traits of respect, citizenship, honesty, empathy, caring, and responsibility

## Citizenship:

loyalty to democratic ideas; community mindedness and volunteerism; respect for authority, laws, and rules; concern for the common good

## Honesty:

consistent trustworthiness and truthfulness

## Empathy:

understanding the feelings of others

## Caring:

concern for others, fairness, kindness, courtesy, generosity of spirit

## Responsibility:

accountability, reliability, understanding and accepting that there are consequences for decisions and actions, work ethic, commitment, dependability

Approved by the Frederick County Public School Board  
July 17, 2000

## Introduction

A source of pride for Frederick County Public Schools is an outstanding program of interscholastic athletics for our students. The program provides opportunities for students to develop positive attitudes, favorable work habits, and rewarding experiences through individual and group participation in athletics.

It is the responsibility of our coaches to be good teachers, both in the classroom and on the field of play. **Coaching is teaching.** It is our desire to convey the basic principles of good techniques and fair play to each student athlete.

With these ideas in mind, this Handbook for Student Athletes has been compiled to communicate the basic policies and procedures of the athletic department. Should you have questions, please refer to the coordinator of student activities at your child's school for advice and information. We wish you an exciting and rewarding year in athletics.

# Frederick County Public Schools Athletic Values Statement

We, the administration and coaches of the Frederick County Public Schools, believe that the privilege of participation in high school and middle schools athletics comes with the responsibility of exhibiting positive traits in the sports arena, the classroom, and in the community. A Frederick County student-athlete is expected to adhere to the following values:

- ◆ Character
- ◆ Sportsmanship
- ◆ School Citizenship
- ◆ Respect for Others
- ◆ Honesty
- ◆ Integrity
- ◆ Humility
- ◆ Dignity
- ◆ Self-Discipline

## Athlete Responsibilities and Procedures

### I. Athletic Participation Requirements

#### A. VHSL Athletic Participation/Parental Consent/Physical Examination Form

No athlete will be permitted to begin tryouts or practices until this form has been completed and participation approved by the Coordinator of Health Services.

#### B. Eligibility

Eighth-grade students with middle school eligibility may not compete in interscholastic competition at the high school level.

Eighth-grade students who are not age-eligible for middle school athletics may compete in interscholastic competition at the sub-varsity high school level with the following conditions.

1. The parent/guardian must provide transportation for all activities related to the sport.
2. The student must meet all eligibility requirements of Frederick County Public Schools and the Virginia High School League.
3. Student athletes shall not be released prior to scheduled dismissal except for competitions.
4. The student athlete must have the approval of both the sending middle school principal and the receiving high school principal to participate in high school interscholastic competition.
5. Student-athletes must pay a non-refundable “pay to participate” fee for each sport in which they are a confirmed team member prior to the first official contest date.

Middle school interscholastic athletics shall be available only to seventh- and eighth-grade students.

Sixth-grade students, who meet eligibility standards, will be eligible to practice in cross country, track, and wrestling, but not participate in interscholastic activities. A sixth-grade student may be a manager only if he/she meets eligibility requirements as defined below and no other seventh- or eighth-grade student who meets the requirements is available or has expressed an interest. A bona fide sixth-grade student may be granted eligibility if he/she has reached age 13 before August 1st.

Intramural programs should be available for all middle-school students.

### C. Middle School

A student shall pass five full-year courses or their equivalent the previous nine-week quarter in order to participate in any interscholastic activities (includes cheerleaders, managers, or anyone practicing with a team).

### D. Insurance

*Frederick County Public Schools contracts with independent insurance providers to offer low-cost student health coverage that meets the criteria for athletic participation. Application forms can be found on each school's website and at the schools.*

1. All candidates for an athletic team MUST have health insurance.
2. No student athlete will be permitted to begin practice until properly covered by insurance.
3. For students that purchase Virginia's Excess Student Accident Insurance coverage, *it is the responsibility of the student athlete* to report an injury requiring medical attention to the secretary in the main office immediately.
4. Expenses associated with medical treatment resulting from participation in school sponsored athletic activities are the responsibility of the parent or guardian.

### E. Emergency Medical Release Card

No student athlete will be permitted to begin practice until the emergency release form is filled out completely, signed by the parent and athlete, and turned in to his or her respective coach.

### F. Equipment Issue Form

1. Each student athlete will be issued certain basic equipment and uniforms. After receiving the equipment and/or uniform, the student athlete is required to sign the equipment form.
2. Other necessary equipment may be the responsibility of the athlete.
3. Each athlete is responsible for the equipment and uniforms issued to him or her.
4. All lost equipment and/or uniforms must be paid for at the replacement cost.
5. Student athletes *will not* be permitted to participate on other athletic teams or receive any awards until all equipment and/or uniforms issued to them have been properly returned or payment has been made for lost items.
6. Athletic equipment and uniforms belonging to the school are to be worn only for designated school activities.
7. Members of athletic teams in possession of equipment or uniforms not issued to them may be disciplined.
8. All equipment, uniform and other ancillary items purchased for athletic teams, must meet the approval of the principal or his/her designee (CSA). Donations by parents, support groups, or other individuals must seek prior approval from the principal/designee.

## II. During the Season

### A. Practice

1. All members of an athletic team are required to attend all practices.
2. Student athletes who find it necessary to miss practice must make prior arrangements with their coach. This must be done before and not after missing practice. Verified illness may be an exception.
3. If at any time a student experiences a scheduling conflict between a school-sponsored sporting event and student organization activity, the student, in

conjunction with the coach/sponsor, will choose the activity to attend. The student will **not** be penalized by the coach, sponsor, or teacher for the choice, but will be required to make up practice time.

B. Substance Abuse/Training Rule

1. The use of tobacco, alcohol, and/or drugs by student athletes is strictly prohibited.
2. The use of certain energy drinks and supplements is strongly discouraged by state and national athletic governing bodies due to possible detrimental effects on the health of young athletes. **The Virginia High School League has banned the use of energy drinks** (Policy Manual, 27-15-1). If a student-athlete is found to have consumed such drinks, he/she will be unable to participate in any athletic activity for that day. Repeated violations may warrant further disciplinary action.
3. Disciplinary action for violations of this policy will follow the Frederick County Public Schools Policy Manual, 402R Student Code of Conduct.

III. Athletic Trips

- A. Student athletes, acting as official representatives of their respective school, may be required to subscribe to a more rigorous dress code than that set forth by the school.
- B. Athletes must abide by school bus rules and regulations when being transported to and from athletic contests.
- C. All student athletes and managers must travel to and from athletic contests on transportation provided by the school except under special circumstances approved by the administration or designee. Parents may be requested to provide transportation to or from athletic contests.

IV. Attendance

- A. Regular attendance in school is MANDATORY in order to participate in athletics.
- B. A student athlete is expected to have regular attendance and to be at school *on time and remain in school for the entire day*. On days following competition, athletes are expected to be at school on time.
- C. Repeated tardy and attendance violations will result in a one game participation suspension. If such behavior continues, the student athlete may be dismissed from the team. Exceptions may be made for doctor appointments, court appearances, or other absences that receive prior administrative permission. Verification of the aforementioned exceptions must be presented when the student returns to school.
- D. Students will not be excused from school to go home to get uniforms, shoes, lunches, etc.
- E. Students will not be excused from school to secure a “fast food” dinner to eat on the bus traveling to or from a contest. If an eating stop is necessary, the coach will make arrangements or students may bring lunches with them from home.
- F. Students who arrive to school late or who leave school early due to illness may not be permitted to participate in practices or games scheduled for that day.
- G. A student athlete who is found to be delinquent or whom the court places on probation may be declared ineligible for athletic participation.
- H. Student athletes who are suspended from school will not be permitted to practice or play on the day of the suspension.

VI. Other Related Issues

- A. Conduct of Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and sportsmanship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other considerations.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct such as, but not limited to, theft, vandalism, disrespect, immorality, or violations of the law tarnish the reputation of everyone associated with the athletic program and will not be tolerated. Such severe violations may result in suspension or dismissal from the team.

Students who have been charged with a criminal offense may be suspended from participation for a period of time or until certain conditions have been fulfilled. Any and all sanctions are at the discretion of the school principal.

#### B. Bullying

Students, either individually, or as part of a group, shall not harass or bully others. The following conduct is illustrative of bullying:

- ◆ Physical intimidation, making threats, hazing, taunting, name calling, and insults.
- ◆ Comments regarding the race, gender, religion, physical abilities or characteristics of associates of the targeted person.
- ◆ Falsifying statements about other person.
- ◆ The use of electronic media to harass, threaten, or falsify information about another person.

#### C. Sexual Harassment/Harassment

It is the policy of the Frederick County School Board to provide a working and learning environment free of sexual harassment/harassment of any kind. All employees and students must avoid offensive or inappropriate behavior. All employees and students are responsible for assuring that the working and learning environment is free from sexual harassment/harassment at all times and that work and school activities are conducted in a professional manner.

All complaints of sexual harassment/harassment will be investigated promptly and fairly. Any student who has a complaint of sexual harassment/harassment at school by anyone, should report this immediately to a school counselor, a school administrator or to the Title IX compliance officer.

All complaints must be put in writing, and should state in detail the basis for the complaint, the names of the persons involved, and the dates of any specific incidents. Students are assured that the complaint and investigation will be handled confidentially.

All students are assured that they will be free from any and all reprisal or retaliation for filing a complaint of sexual harassment/harassment.

#### D. Use of Electronic Media

The use of any electronic media to bully, threaten, harass, sexually harass, or insult other students, team members, coaches, opponents, or officials, or other actions that reflect negatively on the sport, program, and/or school, will not be tolerated. Such use may include but is not limited to statements, photos, or videos sent to other individuals or posted on social media sites.



#### E. Individual Coach's Rules

A coach may establish additional rules and regulations with the approval of the Coordinator of Student Activities/Athletic Directors and school principal for his or her respective sport. At the start of the season, the coach will explain such rules pertaining to a particular sport to athletes and parents.

#### F. Changing Sports

After the completion of the first official contest, an athlete cannot join another athletic team without the mutual consent of both coaches and with the approval of the Coordinator of Student Activities.

#### G. Grooming and Dress

As representatives of the Frederick County high schools, student athletes are expected to adhere to sensible standards of dress and personal appearance.

Virginia High School League (VHSL) and National Federation of High Schools (NFHS) regulations may govern the wearing of certain clothing, jewelry, and/or hair styles. These regulations will be covered in detail by the coach for each sport.

### VII. Post-Season

All school-issued equipment is to be returned to the head coach. Lost or damaged equipment must be paid for as discussed in section I–F.

Student athletes are encouraged to maintain a degree of physical fitness by participating in other sports or off-season conditioning programs.

**All Frederick County Public Schools adhere to the NFHS/VHSL guidelines on recognizing and managing concussions for the safety of its student-athletes as outlined below.**

## INTRODUCTION

Concussions are a common problem in sports and have the potential for serious complications if not managed correctly. Even what appears to be a “minor ding or bell ringer” has the real risk of catastrophic results when an athlete is returned to action too soon. The medical literature and lay press are reporting instances of death from “second impact syndrome” when a second concussion occurs before the brain has recovered from the first one regardless of how mild both injuries may seem.

At many athletic contests across the country, trained and knowledgeable individuals are not available to make the decision to return concussed athletes to play. Frequently, there is undue pressure from various sources (parents, player, and coach) to return a valuable athlete to action. In addition, often there is unwillingness by the athlete to report headaches and other findings because the individual knows it would prevent his or her return to play.

Outlined below are some guidelines that may be helpful for parents, coaches and others dealing with possible concussions. Please bear in mind that these are general guidelines and must not be used in place of the central role that physicians and athletic trainers must play in protecting the health and safety of student-athletes.

## SIDELINE MANAGEMENT OF CONCUSSION

1. **Did a concussion take place?** Based on mechanism of injury, observation, history, and unusual behavior and reactions of the athlete, even without loss of consciousness, assume a concussion has occurred if the head was hit and even the mildest of symptoms occur. (See other side for signs and symptoms)

2. **Does the athlete need immediate referral for emergency care?** If confusion, unusual behavior or responsiveness, deteriorating condition, loss of consciousness, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.
3. **If no emergency is apparent, how should the athlete be monitored?** Every 5-10 minutes, mental status, attention, balance, behavior, speech, and memory should be examined until stable over a few hours. If appropriate medical care is not available, an athlete, even with mild symptoms, should be sent for medical evaluation.
4. **No athlete suspected of having a concussion should return to the same practice or contest, even if symptoms clear in 15 minutes.**

## **MANAGEMENT OF CONCUSSIONS AND RETURN TO PLAY (See “SIDELINE DECISION-MAKING” Below)**

Increasing evidence is suggesting that initial signs and symptoms, including loss of consciousness and amnesia, may not be very predictive of the true severity of the injury and the prognosis or outcome. More importance is being assigned to the duration of such symptoms and this, along with data showing symptoms may worsen some time after the head injury, has shifted focus to continued monitoring of the athlete. This is one reason why these guidelines no longer include an option to return an athlete to play even if clear in 15 minutes and why there is no discussion about the “Grade” of the concussion.

Any athlete who is removed from play because of a concussion should have medical clearance from an appropriate health care professional before being allowed to return to play or practice. The Second International Conference on Concussion held in Prague recommends an athlete should not return to practice or competition in sport until he or she is asymptomatic including after exercise.

Recent information suggests that mental exertion, as well as physical exertion, should be avoided until concussion symptoms have cleared. Premature mental or physical exertion may lead to more severe and more prolonged post concussion period. Therefore, the athlete should not study, play video games, do computer work or phone texting until his or her symptoms are resolving. Once symptoms are clear, the student-athlete should try reading for short periods of time. When one to two hours of studying can be done without symptoms developing, the athlete may return to school for short periods gradually increasing until a full day of school is tolerated without return of symptoms.

Once the athlete is able to complete a full day of school work, without PE or other exertion, the athlete can begin the gradual return to play protocol as outlined below. Each step increases the intensity and duration of the physical exertion until all skills required by the specific sport can be accomplished without symptoms. These recommendations have been based on the awareness of the increased vulnerability of the brain to concussions occurring close together and of the cumulative effects of multiple concussions on long-term brain function. Research is now revealing some fairly objective and relatively easy-to-use tests which appear to identify subtle residual deficits that may not be obvious from the traditional evaluation. These identifiable abnormalities frequently persist after the obvious signs of concussion are gone and appear to have relevance to whether an athlete can return to play in relative safety. The significance of these deficits is still under study and the evaluation instruments represent a work in progress. They may be helpful to the professional determining return to play in conjunction with consideration of the severity and nature of the injury; the interval since the last head injury; the duration of symptoms before clearing; and the level of play.

## SIDELINE DECISION-MAKING

1. No athlete should return to play (RTP) on the same day of concussion.
2. Any athlete removed from play because of a concussion must have medical clearance from an appropriate health care professional before he or she can resume practice or competition.
3. Close observation of athlete should continue for a few hours.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based on return of any signs or symptoms

## MEDICAL CLEARANCE RTP PROTOCOL

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
5. Full contact in practice setting.
6. If athlete remains asymptomatic, he or she may return to game/play.
  - a. ATHLETE MUST REMAIN ASYMPTOMATIC TO PROGRESS TO THE NEXT LEVEL.
  - b. IF SYMPTOMS RECUR, ATHLETE MUST RETURN TO PREVIOUS LEVEL.
  - c. MEDICAL CHECK SHOULD OCCUR BEFORE CONTACT.

## SIGNS AND SYMPTOMS OF CONCUSSION

Concussions can appear in many different ways. Listed below are some of the signs and symptoms frequently associated with concussions. Most signs, symptoms and abnormalities after a concussion fall into the four categories listed below. A coach, parent or other person who knows the athlete well can often detect these problems by observing the athlete and/or by asking a few relevant questions of the athlete, official or a teammate who was on the field or court at the time of the concussion. Below are some suggested observations and questions a non-medical individual can use to help determine whether an athlete has suffered a concussion and how urgently he or she should be sent for appropriate medical care.

1. PROBLEMS IN BRAIN FUNCTION:
  - a. Confused state – dazed look, vacant stare or confusion about what happened or is happening.
  - b. Memory problems—can't remember assignment on play, opponent, score of game, or period of the game; can't remember how or with whom he or she traveled to the game, what he or she was wearing, what was eaten for breakfast, etc.
  - c. Symptoms reported by athlete—headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
  - d. Lack of sustained attention—difficulty sustaining focus adequately to complete a task, a coherent thought or a conversation.
2. SPEED OF BRAIN FUNCTION:

Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.

### 3. UNUSUAL BEHAVIORS:

Behaving in a combative, aggressive or very silly manner; atypical behavior for the individual; repeatedly asking the same question over and over; restless and irritable behavior with constant motion and attempts to return to play; reactions that seem out of proportion and inappropriate; and having trouble resting or “finding a comfortable position.”

### 4. PROBLEMS WITH BALANCE AND COORDINATION:

Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

**IF NO MEDICAL PERSONNEL ARE ON HAND AND AN INJURED ATHLETE HAS ANY OF THE ABOVE SYMPTOMS, HE OR SHE SHOULD BE SENT FOR APPROPRIATE MEDICAL CARE.**

## CHECKING FOR CONCUSSION

The presence of any of the signs or symptoms that are listed in this brochure suggest a concussion has most likely occurred. In addition to observation and direct questioning for symptoms, medical professionals have a number of other instruments to evaluate attention, processing speed, memory, balance, reaction time, and ability to think and analyze information (called executive brain function). These are the brain functions that are most likely to be adversely affected by a concussion and most likely to persist during the post-concussion period.

**If an athlete seems “clear” he or she should be exercised enough to increase the heart rate and then evaluate if any symptoms return before allowing that athlete to practice or play.**

Computerized tests that can evaluate brain function are now being used by some medical professionals at all levels of sports from youth to professional and elite teams. They provide an additional tool to assist physicians in determining when a concussed athlete appears to have healed enough to return to school and play. This is especially helpful when dealing with those athletes denying symptoms in order to play sooner.

For non-medical personnel, the Centers for Disease Control and Prevention (CDC) has also developed a tool kit (“Heads Up: Concussion in High School Sports”), which has been made available to all high schools, and has information for coaches, athletes and parents. The NFHS is proud to be a co-sponsor of this initiative.

## PREVENTION

Although all concussions cannot be prevented, many can be minimized or avoided. Proper coaching techniques, good officiating of the existing rules, and use of properly fitted equipment can minimize the risk of head injury. Although the NFHS advocates the use of mouthguards in nearly all sports and mandates them in some, there is no convincing scientific data that their use will prevent concussions.

Prepared by NFHS Sports Medicine Advisory Committee. 2009

### References:

NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.

NFHS. <http://www.nfhs.org>.

National Federation of State  
High School Associations  
PO Box 690 | Indianapolis, Indiana 46206  
Phone: 317-972-6900 | Fax: 317.822.5700  
[www.nfhs.org](http://www.nfhs.org)

*The VHSL further strongly recommends that all participants and parents/guardians take advantage of the NFHS's online video, "Concussion in Sports, What You Need to Know" to learn about the signs, symptoms and treatment of concussions. The video takes approximately 15 minutes and is FREE. To access the video go to [www.nfhslearn.com](http://www.nfhslearn.com).*

## Human Rights

Let it be known and understood clearly by all members of this school system, that the philosophy of this system is that we are all members of the same family—the human family—and as such are each to be accorded respect, fairness, and equal treatment. We are not educated members of this school family until we understand that we are all to honor and respect each other and the differences we represent.

It is important that each student in this system comes to school and employs freedom from intimidation or discrimination by threat, force, violence, or harassment.

Any treatment of another in this school family that is not in accord with this standard is not acceptable and will be dealt with pursuant to prescribed standards for student conduct.



## 2018-19

I have read and understand the Frederick County Public Schools' Handbook for Student Athletes and have reviewed information regarding concussions. Furthermore, I pledge to abide by these rules.

Student athlete's name (please print): \_\_\_\_\_

Student athlete's signature: \_\_\_\_\_

Date: \_\_\_\_\_

I have read, understand, and agree to support the above pledge as signed by my son/daughter and have received information regarding concussions.

Parent's name (please print): \_\_\_\_\_

Parent's signature: \_\_\_\_\_

Date: \_\_\_\_\_

## PERMISSION FOR MEDICAL TREATMENT

In the event of an emergency requiring medical attention, I hereby grant permission to a physician or other hospital personnel designated by the school coaching staff to attend my son/daughter.

I expect every effort will be made to contact me in order to receive my specific authorization before any treatment or hospitalization is undertaken.

Home phone \_\_\_\_\_ Signature \_\_\_\_\_

Bus. phone \_\_\_\_\_ Address \_\_\_\_\_

Cell phone \_\_\_\_\_ Date \_\_\_\_\_

NOTE: Once the athlete has been seen by a physician, further information should be obtained from the physician by the parent.

Family physician \_\_\_\_\_ Phone no. \_\_\_\_\_

## HEALTH HISTORY

Kidney injuries Yes No

Heart condition Yes No

Diabetes Yes No

Asthma Yes No

While competing, do you wear:

Glasses \_\_\_\_\_

Contacts \_\_\_\_\_

Date of last tetanus shot: \_\_\_\_\_

Please state:

Allergy to any medication: \_\_\_\_\_

Other conditions: \_\_\_\_\_

Parent special request: \_\_\_\_\_

Insurance is required: Company: \_\_\_\_\_ Policy # \_\_\_\_\_



**Frederick County Public Schools**  
**Department of Student Support Services**