



WESTERN DUBUQUE COMMUNITY SCHOOL DISTRICT



ATHLETIC PARTICIPATION REQUIRED FORMS

(Required for Student Athletes)

STUDENT INFORMATION

STUDENT NAME:	AGE:	GRADE:	DATE OF BIRTH (MM/DD/YYYY)
ADDRESS:	CITY:		ZIP:
HOME PHONE:	CELL PHONE:	EMAIL:	

PARENT/GUARDIAN INFORMATION

PARENT/GUARDIAN NAME:	EMPLOYER:	
HOME PHONE:	CELL PHONE:	EMAIL:
PARENT/GUARDIAN NAME:	EMPLOYER:	
HOME PHONE:	CELL PHONE:	EMAIL:

IN AN EMERGENCY, WHEN PARENTS (OR LEGAL GUARDIANS) CANNOT BE NOTIFIED, PLEASE CONTACT:

NAME:	RELATIONSHIP:	CELL PHONE:
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ACADEMICS REQUIREMENTS

Western Dubuque Community School District will follow the IHSAA/IGHSAU guidelines for academic eligibility. The Iowa Department of Education guidelines requires students to pass **ALL** subjects at the end of each grading period (semester grades). If a student has failed one or more subjects, a period of ineligibility will be assessed. Middle School students will follow district Policy 503.41 academic eligibility.

DOCTOR'S PERMIT/PHYSICAL EXAMINATION

Every student participating in IHSAA and/or IGHSAU athletics, must have a valid physical on file with their school's Activities Office. Physicals are valid for one year (365 days) from the date of examination.

FAMILY PHYSICIAN:	PHONE:
PREFERRED HOSPITAL:	PHONE:
FAMILY DENTIST:	PHONE:
DO YOU WEAR: GLASSES [YES] [NO] CONTACTS [YES] [NO] DENTURES [YES] [NO]	
DATE OF LAST TETANUS BOOSTER:	

LIST ANY KNOWN ALLERGIES, DRUG REACTIONS, OR OTHER PERTINENT MEDICAL INFORMATION:

CONSENT FOR MEDICAL TREATMENT

Iowa law requires a parent's, or legal guardian's written consent before their son or daughter can receive emergency treatment, unless, in the opinion of physician, the treatment is necessary to prevent death or serious injury.

As the parent(s), or legal guardian(s), of the child named on this form, I (we) authorize emergency medical treatment or hospitalization that is necessary in the event of an accident or illness of my (our) child. I (we) understand that this written consent is given in advance of any specific diagnosis or hospital care. This written authorization is granted only after a reasonable effort has been made to contact me (us).

PARENT/GUARDIAN SIGNATURE

DATE

WDCSD SCHOOL BOARD POLICY 503.4/503.42 PARTICIPATION CODE FOR ACTIVITIES

By affixing my signature to this form, I affirm that I have read the Participation Code for Activities. I understand all the rules governing participation in the Western Dubuque County Community School District activities programs and I agree to abide by those rules.

STUDENT'S SIGNATURE

PARENT/GUARDIAN SIGNATURE

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, advanced registered nurse practitioner (ARNP), physician's assistant or qualified doctor of chiropractic, 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 NAME:	FEMALE ___ MALE ___	DATE OF BIRTH (MM/DD/YYYY)	
HOME ADDRESS:		CITY:	ZIP:
SCHOOL DISTRICT:		GRADE:	DATE:
PARENT/GUARDIAN NAME:			
HOME PHONE:	CELL 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	DOES THIS STUDENT HAVE/EVER HAD?
1.			Allergies to medication, pollen, stinging insects, food, etc.
2.			Any illness lasting more than one (1) week?
3.			Asthma or difficulty breathing during exercise?
4.			Chronic or recurrent illness or injury?
5.			Diabetes?
6.			Epilepsy or other seizures?
7.			Eyeglasses or contacts?
8.			Herpes or MRSA?
9.			Hospitalizations (Overnight or longer)?
10.			Marfan Syndrome?
11.			Missing organ (eye, kidney, and testicle)?
12.			Mononucleosis or Rheumatic fever?
13.			Seizures or frequent headaches?
14.			Surgery?
15.			Chest pressure, pain, or tightness with exercise?
16.			Excessive shortness of breath with exercise?
17.			Headaches, dizziness or fainting during, or after, exercise?

	YES	NO	DOES THIS STUDENT HAVE/EVER HAD?
18.			Heart problems (Racing skipped beats, murmur, infection, etc.?)
19.			High blood pressure or high cholesterol?
20.			Head injury, concussion, unconsciousness?
21.			Headache, memory loss, or confusion with contact?
22.			Numbness, tingling or weakness in arms or legs with contact?
23.			Severe muscle cramps or illness when exercising in the heat?
24.			Fracture, stress fracture or dislocated joint(s)?
25.			Injuries requiring medical treatment?
26.			Knee injury or surgery?
27.			Neck injury?
28.			Orthotics, braces, protective equipment?
29.			Other serious joint injury?
30.			Painful bulge or hernia in the groin area?
31.			X-rays, MRI, CT scan, physical therapy?
32.			Has a doctor ever denied or restricted your participation in sports for any reason?
33.			Do you have any concerns you would like to discuss with your health care provider?

	YES	NO	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, please 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: 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? _____

FOR FEMALES ONLY
How old were you when you had your first menstrual periods?
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). ***This evaluation is only to determine readiness for sports participation. It should NOT be used as a substitute for regular health maintenance examinations.***

Athlete's Name:	Height:	Weight:
Pulse:	Blood Pressure: ____ / ____ (Repeat, if abnormal ____ / ____)	Vision: R 20 / ____ L 20 / ____

		NORMAL	ABNORMAL FINDINGS	INITIALS
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 (especially 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

_____ **FULL AND UNLIMITED PARTICIPATION**

_____ **LIMITED PARTICIPATION** – May **NOT** participate in the following (checked):

Baseball Basketball Bowling Cross Country Football Golf Soccer
 Softball Swimming Tennis Track Volleyball Wrestling

_____ **CLEARANCE PENDING** – Document Follow-up to _____

_____ **NOT CLEARED FOR ATHLETIC PARTICIPATION** Due to _____

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.

Name of Parent or Guardian (Printed)	Signature of Parent or Guardian
Address (Street/PO Box, City, State, Zip)	Phone Number

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.

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

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 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.”

Student’s Signature

Date

Student’s Printed Name

Parent’s/Guardian’s Signature

Date

Student’s School

SETON CATHOLIC SCHOOL- COVID-19- School Activities Student Permission Form, Release and Hold Harmless

In consideration of _____(hereinafter "Student") being allowed to attend and participate in-person in Seton Catholic School (hereinafter "School") school related activities (hereinafter "Activities"), to include but not limited to educational, cocurricular, and extracurricular programs, the undersigned acknowledges and agrees that:

1. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to coronavirus disease 2019 (hereinafter "COVID-19") or other medical conditions, diseases, or maladies does exist, and, despite School's good faith implementation of the Iowa Department of Education's recommended health, hygiene, and social distancing best practices, it is impossible to eliminate the risk that Student might be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease. Risk from contracting such communicable disease might include, illness, permanent disability, or death.

2. COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Based on Center for Disease Control (hereinafter "CDC") guidance, those at high-risk for severe illness from COVID-19 are: people 65 years and older; people who live in a nursing home or long-term facility.

Those at severe risk also include people of all ages with underlying medical conditions, particularly if not well controlled, including, but not limited to: chronic lung disease or moderate to severe asthma; serious heart conditions; those who are immunocompromised (many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications); severe obesity (body mass index [BMI] of 40 or higher); diabetes; chronic kidney disease undergoing dialysis; and, liver disease.

3. By signing below the undersigned acknowledges that Student does not have an underlying medical condition, as referenced herein, or that if Student has such underlying medical condition that the undersigned will first obtain written permission from a licensed healthcare professional prior to Student attending or participating in School Activities, which written approval will be provided to School in advance of attendance or participation.

4. People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19: cough; shortness of breath or difficulty breathing; fever of 100.3 degrees Fahrenheit or above; chills; muscle pain; sore throat; new loss of taste or smell. This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

5. Student will not attend School Activities and Student or Student's parent or guardian will notify School officials if Student currently has symptoms or have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days.

6. If Student has been diagnosed with COVID-19. Student will not attend or participate in School Activities until they have received written medical approval from a licensed health care professional, which approval will be provided to School prior to Student's attendance.

7. Student will not attend or participate in School Activities if they are subject to state or federal government directed quarantine or isolation.

8. School retains the right to deny Student's attendance or participation in School Activities, if School determines that such attendance or participation is an undue health risk to Student or others. School similarly has the right to deny any other individual from attending School Activities if said individual's attendance poses an undue health risk to that individual or others.

____ STUDENT'S INITIALS----'PARENT OR LEGAL GUARDIAN'S INITIALS

9. THE UNDERSIGNED KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS for Student's attendance or participation in School Activities.

10. The undersigned agrees that the undersigned and Student will comply with any safety or health related rules, terms, or conditions for participation in School Activities.

11. If Student or Student's parent or legal guardian observe any unusual, significant hazard during their presence or participation in School Activities, Student or Student's parent or guardian will remove Student from participation and bring such observation to the attention of the nearest School employee.

After fully and carefully considering all the potential risks involved, I hereby assume the same and agree not to release and hold-harmless (Seton Catholic School) and its employees, officers, agents, contractors and vendors ("School") from and against, all claims and liability resulting from exposure to disease-causing organisms and objects, such as COVID-19, associated with Student participating in School Activities, to include, but not limited to educational, cocurricular, or extracurricular programs.

Date _____

Printed Name of Student _____

Signature of Student

Printed Name of Student's Parent or Legal Guardian _____

Signature of Student's Parent or Legal Guardian