



DeKalb County School District Department of Athletics



Student-Athlete Handbook 2017-2018

"DeKalb Athletics: Focusing on Educationally Sound Practices"

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Message to the Student–Athlete and Parents

On behalf of the entire faculty, staff and administration, we are pleased that your son or daughter has expressed an interest in the DeKalb County School District interscholastic athletic program. It is our belief that students who get involved in extra-curricular activities have a much more rewarding and positive school experience.

The District recognizes the importance of a sound interscholastic athletic program. These programs provide lifetime values such as commitment, trustworthiness, respect, responsibility, discipline, leadership, teamwork, and lifelong wellness; all of which are the foundation for academic success. All athletic programs are congruent with the academic goals and objectives set by the Board of Education.

Our teams will always strive to win; however, never at the expense of character, healthy attitudes, and good judgment. We emphasize excellence, cooperation, sportsmanship, pride, and respect for coaches, teammates and officials. Participation in the DeKalb County School District athletics program is a privilege and not a right. With this privilege, student-athletes are expected to conform to the high standards of the athletic program. This privilege may be revoked at any time for failure to comply with rules, policies, and procedures.

The handbook is a compilation of the Georgia Department of Education (GDOE) guidelines, the Georgia High School Association (GHSA) regulations, the DeKalb County School District (DCSD) Board policies, and in accordance with other local government guidelines which govern athletics in the State of Georgia. It serves as a reference for student –athletes and parents. For a complete listing of guidelines rules and regulations, <https://www.ghsa.net/sites/default/files/documents/Constitution2017-18Complete.pdf>.

Please take this opportunity to familiarize yourself with this booklet and understand the District’s guidelines, policies, and expectations for student-athletes.

Requirements for Participation

No student is to participate in an athletic program in the DCSD unless he/she meets the requirements for registration and participation in athletics. Every possible policy and procedure to protect the student have been adopted. PRIOR to any student participating in a tryout, in conditioning, in a practice, or in competition, the student must complete the following:

Academics – Students must be in good standing academically and behaviorally as well as enrolled as a full time day student. Students must have passed a minimum of 5 subjects the previous semester and be on track for graduation in accordance with the Georgia High School Association (GHSA).

Registration - The DeKalb County Interscholastic Athletic Registration form, including parents' signature, must be completed for each sport season. The copy is retained in the principal's office.

Certification - Each student-athlete in grades 9 through 12 must be certified by the Georgia High School Association (GHSA) indicating that the eligibility requirements of the GHSA have been met. The Certificate of Eligibility must be on file in the principal's office.

Physical Examination - The parent or legal guardian must complete the Medical History and Authorization form before the pupil has a physical examination. The physical form must be signed by a physician licensed in the State of Georgia. The form must include the student's name, and the date (month, day, year) the form must be completed by the physician. (Appendix A)

Insurance Policy - Each student-athlete must be covered by either the school approved accident insurance policy or by a family policy if the student is not covered by the school approved insurance policy. A certification (waiver) signed by the parent and a copy of the insurance card stating that the student is adequately covered by accident insurance must be on file in the principal's office.



Competitive Levels

Varsity

Varsity-level programs are the most competitive of the athletic programs and, for that reason, include the most skilled and/or well-prepared student athletes. The student athlete earns the privilege to make the team. It is the coach's responsibility to field the most competitive team available; starting position and athlete playing time is at the coach's discretion.

Junior Varsity (JV)

Junior-varsity programs are focused toward the development of skills necessary for participation on the varsity level. The student athlete earns the privilege to make the junior-varsity team. The coach of any junior-varsity program should emphasize development of areas needing improvement on an individual and team basis. The coach will be encouraged to play as many participants as possible.

Middle School

The Middle School Athletic Program shall be an integral part of the total middle school educational program and seek to provide all students with an opportunity to explore a wide variety of activities at appropriate levels that will contribute to the student's physical, emotional, social, and intellectual development.

Sport Level Offerings

Football, basketball, track, and cheerleading teams will be organized as varsity (grades 9-12), junior varsity (grades 9-11), 9th grade (football and basketball only) and middle school (grades 7-8).



Wrestling, volleyball, baseball, soccer, softball, cross-country and lacrosse teams will be organized as varsity (grades 9-12) and junior varsity (grades 8-11).

Golf, swimming, gymnastics, and tennis teams are filled on the varsity level only (grades 9-12).

Eighth graders are not permitted to participate on any varsity level team. An eighth grader who attained his/her 15th birthday prior to May 1st preceding the year of participation may not participate on the

eighth grade football, basketball or track teams.

Dress Code

Student athletes are expected to adhere to a higher standard as they represent not only themselves but the school as well. Each coach has the authority to establish his/her own code, within reason.

Activities Away From School

Student athletes are expected to be positive role-models at all times and are to disassociate themselves from possible factors that could cause them to be arrested and prosecuted under local, state, and/or federal law. The DCSD Student Code of Conduct, and the DCSD Board of Education Policies apply to all students – including athletes. In addition to the consequences that may be imposed for behavior outside of school, additional consequences may be imposed by the school and or District.

Responsibilities of Athletes

In the classroom: Athletes are expected to become good students. A good student means trying to do the best with what you have and following all classroom rules.

On the field/floor: DCSD athletes are expected to compete with a burning desire to win with honor, dedication, pride, and sportsmanship. Conduct outside the realm of sportsmanship and fair play will not be tolerated.

In the community: The conduct of an athlete is closely observed by many and it is important that an athlete's behavior be above reproach. Appearance, expression, and actions always influence people's opinions of the athletes as well as the entire program. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of all athletes.

The way an athlete looks is of great importance. Therefore, proper dress, appearance, grooming and personal cleanliness are expected.

Subordination of self-interest to team values: Team goals must take precedence over individual desires. An athlete must have self-discipline and be willing to make personal sacrifice for the team goals.

Expectations of Student-Athletes

1. Remain in good standing academically, socially, and behaviorally.
2. Represent the community and DCSD in a respectful, high-class manner and never bringing embarrassment to themselves, the team, the school, or the community.
3. Refrain from associations which may be detrimental to the team.
4. Develop and maintain healthy bodies through a rigorous off and on season conditioning plan as outlined by the coaching staff.
5. Be a positive role model, whose character, work ethic, and team spirit are beyond reproach.
6. Keep the team first.
7. Remain tobacco, alcohol, and drug free.

Responsibilities of Parents

Parent involvement is the cornerstone for success in anything involving student athletes in the DCSD. The coaching staff needs your support as today's students have more distractions and options than ever before. We ask that parents commit to helping us develop and nurture sportsmanship in our student athletes.

Practices

Practices are designed to prepare for upcoming events and serve as a time to build skills, enhance techniques, and develop team concepts. Considerable planning and thought are put into every practice in order to

capitalize on the available time and to ensure that the student athlete has time for personal and academic pursuits. Practice, therefore, must be attended in order for the athlete to be prepared to perform. All missed practices will be made up with certain conditioning which the coach has specified. Unexcused absences may be grounds for dismissal from the team.

Parents are welcomed to practices; however, the coach reserves the right to assign areas for viewing that is safe for the spectator and reduces the chance of distractions. In special circumstances, practices can and/or will be closed to the general public.

Holiday Practices and Games

Every attempt will be made to keep scheduled games and practices during school holidays to a minimum. However with games and tournaments occurring during or soon after return from these breaks, coaches in charge may schedule practices during the holiday breaks. Missing these practices or games will fall under the regular athletic attendance guidelines.

Academic Expectations

Athletes' academic performance will be monitored by the coaching staff. Coaches can require an athlete to attend study hall or tutoring if his or her academics fall below the standard. Tutorials will be conducted at each school for all in-season student-athletes who require assistance academically.



Equipment

School equipment, practice and game uniforms used by an athlete are the property of DCSD Athletic Department.

Sportsmanship

All Athletes are expected to:

1. Be courteous to opponents and officials.
2. Play hard to the limits of their abilities, regardless of the game score.
3. Retain their composure at all times so as not to resort to taunting, baiting, physical retaliation, or fighting.
4. Understand and observe the rules of the game and the standards of eligibility.
5. Respect the integrity and judgment of officials as the authorities in the game, and accept their decisions without unsportsmanlike outbursts.
6. Be modest in victory and gracious in defeat.
7. Respect the game and their opponents and further understand that baiting and taunting will not be tolerated. Such actions may result in disciplinary action by the coaching staff and administration.
8. Remain on the bench if an altercation occurs on the playing area.

Sports Agents

Students and their parents must refrain from associating with potential sports agents. Such a relationship could render a student ineligible for both GHSA and NCAA activities.

Georgia High School Association

The GHSA is the governing body that oversees all extracurricular and interscholastic activities of all public schools in the state of Georgia. The Constitution and By-Laws can be found at www.ghsa.net.

Strength and Conditioning

Student-athlete must be in top-notch condition in order to perform at the level necessary to compete in the A - AAAAAAA

classification. Enhanced performance is directly linked to strength, quickness, agility, and stamina all of which come from planned programs of training.



Off Season

The purpose of an off-season program is to prepare a student physically and mentally for participation in athletics; therefore, it is in the student's best interest to have completed a conditioning program before participating in a sport. Such programs are at the discretion of the head coach and are highly recommended if an athlete is going to perform at high levels.

Summer Workouts

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches should inform athletes and their parents of any special workout programs to be followed.

Athletic Injuries

1. Any injury, large or small, should be reported to the coach in charge immediately.
2. Any injuries requiring a doctor's care should be noted and a doctor's release required before the athlete is allowed to play or practice.
3. Injuries not requiring a doctor's care will be left up to the Athletic Trainer and Head Coach to assess the athlete's ability to play or practice.

Complaints

The following procedure should be followed in reporting a complaint. Confer with:

1. The coach who had direct supervision of athlete at the time.
2. The Head coach of the sport the athlete is participating in.
3. The Principal
4. The Executive Director of Athletics

Hazing

Under no circumstances is any form of hazing allowed. Team initiations are strictly prohibited.

Team Trips

1. The DeKalb County School District will provide transportation to interscholastic events.
2. All those who travel to the game on the bus will return on the team bus unless released by the Head Coach to his/her parents or guardians after the game.
3. Buses will leave at a time specified by the coach. It is the individual athlete's responsibility to have him/her and the necessary equipment for participation in the event on the bus ready to go at that time.
4. Coaches may designate appropriate team dress for team travel.
5. Conduct on the bus will be monitored by the coach and will be subject to disciplinary action.
6. No unauthorized personnel will be allowed to ride the bus.

Participation on Independent Teams

Students should not participate with an independent team in an organized event while in season.

Attendance

1. All athletes are required to attend class regularly. Lack of attendance in classes

may result in failure of academic work, resulting in ineligibility in athletics.

2. A student must be counted present on the day of participation.
3. All team members of each sport will be expected to attend all scheduled practices, games, and meetings. Attendance at practices and games requires proper attire and full participation. If circumstances dictate that students cannot attend a practice, game, or meeting, the coach should be notified prior to the event by personal contact, phone call, or written permission from parent/guardian.
4. The Head coach of each sport will give the student athletes' disciplinary consequences for missing a team function; this will include an excused or unexcused absence. (Attendance is important to insure that the student athlete be in the best physical condition so as not to endanger them to injury and to benefit his/her team.)
5. An athlete missing a team function for any reason will be expected to make up for the absence upon returning to practice.
6. After the 3rd unexcused absence in any sport, the student athlete may be removed from the team.

Jobs

Athletes should not obligate themselves to a job that in any way interferes with practice time or regular competition time.



Rules of Eligibility

A student who participates on an athletic team at any level must meet eligibility requirements of the Georgia Department of Education, DeKalb County Board of Education, and of the GHSA. Events in any sport, frequently called exhibition or unattached events, which involve students who are not eligible, or students who are not members of the school team, are strictly prohibited.

Eligibility to participate in practice or in competition is gained or lost on the first day of the semester, except the fall semester, when eligibility shall be declared based on Carnegie units accumulated according to year in school. Summer school is an extension of the second semester.

Make-up Work

Make-up work for athletes will be accepted on the same basis that make-up work is accepted for all other students in the school. Make-up work to remove an incomplete must be completed within fourteen calendar days after the close of the semester. If the make-up work is necessary for the student to pass the minimum of five courses or to be “on track”, the student is ineligible until the make-up work is completed and the passing grade assigned. Academically ineligible students shall not be allowed to participate in conditioning, in tryouts, in practice, in competition, or to travel with any team.



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No Pass/ No Play

Once a failing grade is assigned in a respective course, and the student is ineligible as a result, the student does not regain eligible status for the semester even if the grade is changed to a passing grade within the fourteen calendar days. The one exception is when the grade is changed to passing due to an error by the teacher in assigning the failing grade. In this event, the student can regain eligible status with proper notification to the State Department of Education through the Director of Athletics.

Under usual circumstances, a student will not be permitted to join an athletic team after the second scheduled contest. Exceptions to this will be students who enter the school after that date and students who were unable to participate earlier due to eligibility, medical reasons, or play-offs in another sport. Under no circumstances will a student be permitted to come out for a team after the second contest if the result is the displacement of a member of the team.

Participation in Multiple Sports

A student-athlete can participate in two sports (including cheerleading) with coinciding season dates as long as he/she gets permission from both coaches and parents. A practice/play plan should be instituted by the coaches involved to allow the student-athlete’s participation to be maximized by each of the sports involved. Withdrawal from one of the sports after the season begins will require permission from the coach of the sport the student-athlete wished to drop out of participation along with a written excusal request from the student signed by his/her parents. Dropping out of participation of one of the two sports without permission will also disqualify the student-athlete from participation in all sports for the rest of that season.

Dropping a Sport/Quitting a Team

In virtually all circumstances quitting is unacceptable. Once a student has been named as a member of a team by the coach, he/she is making a commitment to the team for the entire season. Therefore, under usual circumstances, when a student quits a team, he/she will not be permitted to go out for a team during the same season, or for the ensuing season, until after the season for the sport he/she quit has ended.

Any exception to this rule must be approved in writing by the principal with a copy of the approval to the Director of Athletics. Example -- A student who quits the football team will not be permitted to go out for basketball until the football season at his/her level of competition is over. Maximum Game Limit No player may exceed the maximum game limit for any sport.

Maximum Game Limit

No player may exceed the maximum game limit for any sport.

Amateur Status

A student must be an amateur. An amateur is one who has never violated his or her amateur standing by receiving money, tuition, board, or pay of any description as compensation for playing on a professional athletic team or in a professional participation.

Miscellaneous

The coaches reserve the right to develop any rules and consequences for any action, which is subversive to good order, and conduct and any other behavior not specified in the preceding rules and regulations.

Transfers

A student who transfers from one school to another with a corresponding change of residence by the parents into the attendance

area for the new school, shall maintain eligibility as soon as it is certified that he meets all other eligibility requirements. The migratory rule applies only to varsity level competition and does not affect eligibility for any other level of competition. The migratory rule DOES apply to Majority-to-Minority or School of Choice transfer students and to magnet students.

A student who transfers from a non-member school to a member school where the parents reside shall be eligible as soon as properly certified, provided that:

1. The student was a bona fide enrolled student in the ninth grade or above in his home high school prior to attending the non-member school, OR
2. The student has not yet established a home school in grades 9-12 in his area of residence, AND
3. It is the initial move of the student from the non-member school to the member school of his family's residence.
4. The student has not participated in any unauthorized game or contest.
5. The student is listed on a properly certified eligibility list. A Certificate of Eligibility, which shows the eligibility status of the student-athlete, must be on file in the principal's office prior to any participation.
6. The student has not participated in a non-school sponsored athletic event coached directly or indirectly by a coach of the high school attended by the student during the school year.

A student loses eligibility to participate in the corresponding GHSA school sponsored athletic activity if the athlete has participated in or practiced in a non-school sponsored athletic activity or instructional camp during the school year which was coached, directly or indirectly, by the coach of that school's athletic activity. This does not prohibit individual instruction of a student by a

coach outside a team or competitive setting.

7. The student has not received an unauthorized award. Only awards of no intrinsic value and approved by GHSA may be accepted by a high school student athlete as a result of participation in school or non-school competition in a sport recognized by GHSA.

Enrollment Criteria

To be eligible to participate and/or try-out for a sport or activity, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.

1. Enrollment is defined as follows:
 - a. Fall Semester: when the student participates in a practice or contest before classes begin, or the student attends classes.
 - b. Spring Semester: when the student attends classes.
 - c. A student may be enrolled in only one (1) high school at a time.
2. The student must be in regular attendance.
3. The student must be taking courses that total at least 2.5 Carnegie Units that count toward graduation.
4. All or part of the course load of a student may be taken online through a virtual school as long as the student's grades are being kept at the school in which the student is enrolled. Grades from virtual school courses must be on file at the school by the first day of the new semester in order for the student to be eligible. State Board Rules apply to grades 6th, 7th, and 8th the previous semester must be used to determine eligibility. Therefore, fall sport eligibility is determined by the grades earned for second semester after the previous year.

Example: The eligibility for middle school football or cheerleading would be determined

by checking the grades from second semester of the previous year. It should not be assumed that because a child is in the next grade they are automatically eligible. Eligibility to participate or try out always depends on the number of courses passed in the semester preceding participation.

...student athletes.
Student
comes
first.
-Coach Carter

Eligibility and Age Requirements

To be eligible to participate in interscholastic activities, a student must not have reached his 19th birthday prior to May 1st, preceding his year of participation. A student has **eight (8)** consecutive **semesters** or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition. Eligibility for middle school basketball and cheerleading is also determined by the grades for second semester of the previous years.

Basketball starts October 25th and students must have passed five of seven courses in the second semester of the previous year. Grades for first semester need to be checked to determine continued eligibility in second semester sports. (winter and spring sports). Students gain or lose eligibility on the first day of the new semester based on the credits earned the 1st semester of the current year.

1. A student is not considered to have entered the 9th grade when a 9th grade course is taken if:
 - a. the student is regularly enrolled in a member's feeder school in a grade below the ninth, AND

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- b. the course is taken as an advanced course, AND
 - c. the principal of the school attended by the student certifies to the GHSA that the subject and course(s) meet the criteria set forth above. Eighth grade participation on high school JV teams must meet the same requirements and their transcripts must be checked by the high school coach using the same criteria.
2. Credits earned toward high school graduation which are taken below the ninth grade may be used when considering high school eligibility. Students enrolled in grade 8 in a middle school or junior high school which is a feeder school to the member high school may participate in spring football practice. These students must be eighth graders may only participate one year on an athletic middle school athletic team as an eighth grader. Seventh graders may participate one year on middle school athletic teams as a seventh grader.
 4. Fourth-year students must have accumulated sixteen (16) Carnegie units in the first three years, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.

Carnegie Unit Requirements

Pre-enrolled at that member high school, and once pre-enrolled, the student has established eligibility at that high school.

Students must accumulate Carnegie units towards graduation according to the following criteria:

1. First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least 2.5 Carnegie units the previous semester in order to participate.
2. Second-year students must have accumulated five (5) total Carnegie units in the first year, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
3. Third-year students must have accumulated ten (10) Carnegie units in the

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Compliance Statement

My signature indicates that I have had an opportunity to read and ask questions concerning the DCSD Athletic Handbook. I understand what is expected of me and know that I must follow these guidelines in order to participate as an athlete.

Athlete's name _____

Signature _____

Date _____

Parent's Signature _____

APPENDIX A:

■ PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep 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: <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur </div> <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection </div> <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> <input type="checkbox"/> Kawasaki disease Other: _____ </div>		
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 _____

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9-2010/04/10

■ PREPARTICIPATION PHYSICAL EVALUATION

THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
6. Do you regularly use a brace, assistive device, or prosthetic?	Yes	No
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "yes" answers here

Please indicate if you have ever had any of the following.

	Yes	No
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

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 _____

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PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

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, hyperextensibility, 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)*			
Skin * HSV lesions suggestive of MRSA, tinea corporis			
Neurologic*			
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).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

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4-2010/04/10

■ PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name _____ Sex ☐ M ☐ F Age _____ Date of birth _____

☐ 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).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____ MD or DO

EMERGENCY INFORMATION

Allergies _____

Other information _____

APPENDIX B:



DEKALB COUNTY SCHOOL SYSTEM DEPARTMENT OF ATHLETICS STUDENT/PARENT CONCUSSION AWARENESS FORM

SCHOOL _____

DANGER OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes)

BY-LAW 2.68 GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include, licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

- a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, or (b) cannot be ruled out.
- b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.
- c) It is mandatory that every coach in each GHSA sport participate in a free, online course on concussion management prepared by the NFHS and is available at www.nfhslearn.com at least two years- beginning with the 2016-2017 school year.
- d) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT

SIGNED:

STUDENT

PARENT OR GUARDIAN

DATE _____

APPENDIX C:
WAIVER FOR FOOTBALL INSURANCE



WAIVER FOR FOOTBALL INSURANCE
(GRADES 9-12)

I understand that one requirement for eligibility to participate in football is adequate insurance coverage against injury while in practice or play. My child is adequately covered by accident insurance with appropriate policies which I already carry and I do not desire to obtain coverage under the standard DeKalb Insurance Plan for Athletics. Such coverage would result in a duplication of insured benefits.

My Insurance is:

Company providing insurance _____

Name of Insured _____

Policy number _____

Copy of the insurance card must be attached.

I have presented evidence to show my child is adequately covered with personal or family accident insurance and I do not wish to purchase the football accident insurance sponsored by the DeKalb County Board of Education. I hereby state that I am the legal guardian of said child and I am authorized to make this decision.

DATE

SIGNATURE OF PARENT OR GUARDIAN

SIGNATURE OF STUDENT
(Witnessed by Principal or representative)

SIGNATURE OF PRINCIPAL OF
REPRESENTATIVE Having Witnessed Student Signature

APPENDIX D:
WAIVER FOR ATHLETIC INSURANCE
FOR ALL ACTIVITIES EXCEPT FOOTBALL IN GRADES 9-12



I understand that one requirement for eligibility to participate in athletics or cheerleading is adequate insurance coverage against injury while in practice or in play. Since my child is adequately covered with such accident insurance with appropriate policies which I already carry and I do not desire to obtain coverage under the standard DeKalb Insurance Plan for Athletics. Such coverage would result in a duplication of insured benefits. I certify that my child is adequately covered with personal or family accident insurance, and I do not wish to purchase accident insurance through the **Student Scholastic Accident Insurance Program** sponsored by the DeKalb County Board of Education.

Copy of the insurance card must be attached.

I hereby state that I am the legal guardian of said child and I am authorized to make this decision.

Company providing insurance _____

Name of Insured _____

Policy number _____

SPORT/ACTIVITY _____

DATE

SIGNATURE OF PARENT OR GUARDIAN

SIGNATURE OF STUDENT
(Witnessed by Principal or representative)

SIGNATURE OF PRINCIPAL OF
REPRESENTATIVE Having Witnessed Student Signature

APPENDIX E
TRANSPORTATION PERMISSION FORMS



Transportation Authorization

School _____

Student _____

This is to certify that for the _____ school year, the student named above has permission to ride to and from an athletic practice or athletic contest in an automobile, which is driven by another person.

I acknowledge that the DeKalb County School District assumes no responsibility for nor gives any assurances as to the safety or insurance coverage of the car or driver. I also acknowledge that the Georgia High School Association (GHSA) assumes no responsibility for nor gives any assurances as to the safety or catastrophic insurance coverage of the car or driver.

Signature of Parent

Signature of Principal

Date

Date



Authorization to Drive Automobile

School _____

Student _____

This is to certify that the student named above has permission to drive his/her automobile, and to transport other persons, to and from athletic practices and/or athletic contests during the _____ school year. I acknowledge that the DeKalb County School District assumes no responsibility for nor gives any assurances as to the safety or insurance coverage of the car or driver.

I acknowledge that the Georgia High School Association (GHSA) assumes no responsibility for catastrophic insurance coverage of the car or driver. I further certify that the automobile in question is properly and adequately insured.

Signature of Parent

Signature of Principal

Date

Date