

### STUDENT ELIGIBILITY PARTICIPATION PACKET

I hereby give my consent for	
to compete in athletics for	s noted on the Physical Examination idelines for eligibility as outlined in the
Parent or Guardian Signature	Date
I have read, understand and agree to the General Eligibility Guideline Competitor's Brochure.	es as outlined in the CHSAA
Student Signature	Date

No student shall represent their school in interschool athletics until there is a statement on file with the superintendent or principal signed by his/her parent or legal guardian and a signed physical form certifying that he/she has passed an adequate physical examination within the past year, noting that in the opinion of the examining physician, physician's assistant, nurse practitioner or a certified/registered chiropractor, (DC, Spc.) is physically fit to participate in high school athletics; that student has the consent of his/her parents or legal guardian to participate; and, the parent and participant have read, understand and agree to the CHSAA guidelines for eligibility.



### PHYSICAL EXAMINATION AND PARENT PERMIT FOR ATHLETIC PARTICIPATION - PART I

I hereby o student w	ertify that I have examined as found physically fit to eng	age in high school sports (except as listed on back).	that	the
Student's	birth date	Exp. Date (good for 365 days)		
hazardous INTERSCI FROM MI	Although participation in super in which any student will englocation and the student will english the student will english the student will be supported to the stud	ENT OR GUARDIAN PERMIT  rvised interscholastic athletics and activities may be one  page in or out of school, BY ITS NATURE, PARTICI  UDES A RISK OF INJURY WHICH MAY RANGE IN  STROPHIC INJURY. Although serious injuries are not	PATIO SEVE	N IN RITY
		JLES, REPORT ALL PHYSICAL PROBLEMS TO THEIR ROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAI		HES,
STUDENT SIGN THI shared w	S WHO DO NOT WISH TO AC S PERMISSION FORM. By si	wledge that we have read and understood this warning. PACCEPT THE RISKS DESCRIBED IN THIS WARNING SEGNING this form it allows my students medical inform when necessary in compliance with HIPPA (Health julations.	OULD ation 1	NOT to be
I hereby of High School read and u	ive my consent for of in Colorado High School Activ nderstand the general guidelines	to compete in ities Association approved sports, except as listed on back for eligibility as outlined in the Competitor's Brochure.	athletic and I	s for have
Parent or 0	uardian Signature	Date		
I have read	, understand and agree to the G	eneral Eligibility Guldelines as outlined in the Competitor's Br	ochure	),
Student Sig	nature	Date		
principal a an adequa assistant,	statement signed by his parent of te physical examination within the nurse practitioner or a certified	interschool athletics until there is on file with the super or legal guardian and a signed physical certifying that he/sho ne past year, that in the opinion of the examining physician l/registered chiropractor, he/she is physically fit to particl nsent of his/her parents or legal guardian to particlpate.	e has p i, physi	assed cian's
6 I	events have current tetanus boo	ne Colorado Department of Health that individuals participationsters. Tetanus boosters are recommended every 10 years at the time of injury if more than five years have elapsed states.	throu	ghout
If significa conducted practitione	The physical examination form	njuries have occurred, a more complete physical examination must be signed by a practicing physician, physician assists	on shou ant, or	ıld be nurse
		n practice and/or competition, the nature of which require permitted to return to practice and/or competition until		

**NOTE:** The CHSAA urges an adequate physical examination be given when a student athlete changes levels of competition, i.e. Little League to Middle School, Middle School to High School.

received a release from a practicing physician.

PART II — MEDICAL HISTORY
This form must be completed and signed, prior to the physical formation, for review by examining physical. Explain "Yes" answers below with number of the question. Oricle questions you don't prow the answers to.

		2				2	
Has a doctor ever desked or restricted your participation in courte for any respector?	<u> </u>	2	33	DO you have any rashes, pressure sores, or other	2 0	2 0	
Do you have an engoing medical condition (like diabetes or asthma)?	0	0	E,	Have you ever had herpes sidn infection?		0	
Are you currently taking any prescription or non-prescription (over the counter) medicines or oils?	0		×	Have you ever had a head injury or concussion?			
ou have altergles to medicines, pollens, or studing insects?	0	n	35.	Date of tast head injury or concussion:			
Do you have prescriptions for use of epinephrine, adrenatin, inhaler, or other allery medications?	O	0	×	Have you ever been hit in the head and been confused or lost your memory?	O	П	
Have you ever passed but or nearly passed out during or after exercise?	0		37.	Have you ever been knocked unconscious?	O	o	
Have you ever passed out or nearly passed out at any other time?	0	п	38.	Have you ever had a secure?	۵	D	
Have you ever had discomfort, pain, or pressure in your chest during exercise?	0	n	8	Do you have headaches with exercise?	0	0	L
Have you ever had to stop numing after ¼ to 1/2 mile for chest pain or shortness of breath?	0	n	<del>5</del> ,	Have you ever had numbness, thojling, or weakness in your arms or legs after being hit or falling?			क्ष व
Coes your beart race or skip beats during exercise?	0	0	43.	Have you ever been unable to move your arms or leas after being hit or falling?	0		
Has a doctor ever told you that you have (check all that apply):			42.	When exercising in heat, do you have severe muscle cramps or become ill?			FIF
☐ High Blood Pressure ☐ A heart murrur ☐ High cholesterol ☐ A heart infection			43.	Has a doctor told you that you or someone in your family has side cell trait or side cell decase?		а	8 3
Has a doctor ever ordered a test for your heart?	D	0	4,	Have you had any other blood disorders or amenta?	0	0	3 :
Has anyone in your family died suddenly for no apparent reason?	0	0	₹.	Have you had any problems with your eyes or vision?	o		ž i
Does amone in your family have a heart problem?	п	0	Ą.	Do you wear glasses or contact lenses?	n	o	
Has any family member or relative clied of heart problems or sudden death before age 50? (This does not include accidental death.)	D		47.	Do you wear protective eyewear, such as goggles or a face shield?	0		₹ Q ?
Does anyone in your family have Marfan syndrome?	0	0	89	Are you happy with your weight?	В	D	9
Have you ever spent the night in a hospital?	0	a	48.	Are you trying to gain or lose weight?	П	0	
Have you ever had surgery?	0	0	20.	Do you limit or carefully control what you eat?	0	П	
Have you ever had an Injury, like a sprain, muscle or ligament tear, or tendonlits that caused you to miss a practice or game?	a	0	51.	Mas anyone recommended you change your weight or eating habits?	В	п	
Have you had any broken or fractured bones or dislocated joints?	B	0	25.	Do you have any concerns that you would like to discuss with a doctor?	n	П	
Have you had a bone or joint Injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a	[	-	ΕŹ	What is the date of your test Tetanus (immunization? Date:			
Have you ever had a stress fracture?	10	0		PEMALES ONLY	Γ	T	
Have you ever had an x-ray of your neck for addanto-axial instability? OR Have you ever			ž	Have you ever had a menstrual period?	0	а	
peen told that you have that disorder or any neck/spine problem?	0		55.	Age when you had your first menstrual period?			
Do you regularly use a brace or assistive device?	۵	0	56.	How many periods have you had in the last 12 months?			
Have you ever been diagnosed with asthma or other alterglo disorders?	0	0	52.	Do you take a calcium supplement?	0	п	
Do you cough, wheeze, or have difficulty breathing during or after exercise?	0	0		Explain "Yes" answers here:			
Is there anyone in your family who has asthma?	a	0					
Have you ever used an inhaler or taken asthma medicine?	0						
Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	0	0				-	
Have you had intectious monorucleosis (mono) within the last three months?	0	G					
Have you ever had mono or any litness tasting		1					

- 1
IJ
ā
atnre
ü
Signa
ᇤ
ıardian
Ē
Ō
arent
26
ń"

Athlete's Signature:\_

# PART III -- PHYSICAL EXAMINATION

NAME:			SCHOOL:				
HEIGHT:	ME ME	WEIGHT:	ä	AGE:	4	DOB:	
*Tanner Stage or Maturation Index? (males only):     *Percent Body Fat:	faturation Ind	ex? (males only):		Pulse: *(rest)		BP	
*Audiogram				*(Exercise) *(Recovery) *FEV or Peak	*(Exercise) (Recovery) EV or Peak		
* Vision: Corrected: (L)	3	(F)	(Both)	Pow (Exe	Flow (rest) *(Exercise)		
Uncorrected (L)	(2)	(R)	(Both)	(Mary	i o		
	N Abnormal	mai		Z	Abnormal	rmal	
Eyes			Cervical Spine/neck	*			
Ears			Back	+	4		
Throat			Amiahowiwichi	book	1		
Teeth			Knees/hlps		Ļ		
Stdn			Ankle/feet				
Lymphatic			Marfan Screen		_		
Lungs			*Urine *Hemoglobin or HCT	t			
- Aller	 		and or Iron stores		1		
pulses			^Echocardiogram				
Abdomen			^Neuropsyc Testing	g.	Ц		
Genitalia/hemia (male only)			^Pelvic Examination	 F			
*WHEN MEDICALLY INDICATED (Physician judgment based on history /WITH SPECIAL INDICATIONS (These studies may be recommended before making participation decision)	CALLY INDI ment based or IAL INDICAT may be recom	CATED  I history, exam, and I TONS mended to the athlet ecision.)	*WHEN MEDICALLY INDICATED  (Physician judgment based on history, exam, and knowledge of other recent physical and laboratory evaluations)  AWITH SPECIAL INDICATIONS  (These studies may be recommended to the athlete because of history or physical findings and may or may not before matricipation decision.)	ent physical and physical finding	laborato s and ma	*WHEN MEDICALLY INDICATED  (Physician judgment based on history, exam, and knowledge of other recent physical and laboratory evaluations)  *WITH SPECIAL INDICATIONS  (These studies may be recommended to the athlete because of history or physical findings and may or may not be required before making participation decision.)	
I have review recommendal	ed the data dions for his/ RED WITHO	I have reviewed the data above, reviewed his/her med recommendations for his/her participation in athletics.  CLEARED WITHOUT RESTRICTIONS  Cleaned AFTER further evaluation or treatment for:	I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics.  □ CLEARED WITHOUT RESTRICTIONS  □ Cleared AFTER further evaluation or hearment for:	form and ma	ke the f	ollowing	
	ed for Limite	ned for Limited participation (the	Cleared for Limited participation (check and explain "reason" for all that apply):	for all that app	;;		
ם	leared only for	Geared only for (specific sports):					
ION	CLEARED PC	Reason(s): NOT CLEARED FOR PARTICIPATION:	-				
	Reason(s): Other Recommendations:	ations.					
8000	Recommend mor Recommend rest Other: Reasons:	onttoring during early strictions or monitori	Recommend monitoring during early conditioning because of weight/fitness/other Recommend restrictions or monitoring of weight loss or gain Other: Reasons;	of weight/fitness	/other		
MD/DO, PA, NP, DE-SPC#, Signature:	P, DE-SPC#,	, Signature:					
Date of Examination.	atlon:			Date Signed:	ned:		
NAME OF PHY	SICIAN/PA/	NURSE PRACTITION	ONER/CERTIFIED-RE	GISTERED CH	IROPRA	NAME OF PHYSICIAN/PA/NURSE PRACTITIONER/CERTIFIED-REGISTERED CHIROPRACTOR and degree: (print);	ä
Address:		ŀ					
É			State		Zp		

### STUDENT ATHLETES: RETURN THIS PAGE WITH YOUR CURRENT PHYSICAL FORM, CHSAA FORM AND PROOF OF INSURANCE

### DEER TRAIL SCHOOL DISTRICT 26J CONTRACT FOR 2021-2022 ATHLETIC COMPETITION

### INSURANCE

In order for your child to participate in interscholastic sports competition, Deer Trail School District 26J requires all athletes have insurance coverage, either purchased from companies available through the school or by family coverage. Students purchasing insurance through the school program will need to submit the application and payment directly to the insurance company at least two (2) weeks prior to the start of practice for that season. Verification of insurance coverage from the company will be required before a student may start practice. The insurance offered through the school is not in any way controlled by the District. Your insurance with them is between you and that insurance company. It is recommended that application for insurance for fall sports be submitted at least by August 1. If at any time during the school year, an athlete's insurance information is changed, Deer Trail School District must be notified immediately so the student athlete does not lose his/her eligibility to practice or compete in athletic events. If at any time, an athlete is not covered by insurance, they will not be eligible to compete in interscholastic practices or contests.

Please indicate your personal insurance carrier in the space below and sign indicating that your child is covered by said insurance. A photocopy of PROOF OF INSURANCE is required before the athlete will be allowed to participate in the athletic program. PLEASE ATTACH A COPY OF PROOF OF INSURANCE TO THIS FORM. IF YOUR INSURANCE COVERAGE IS CHANGED, NOTIFY THE SCHOOL IMMEDIATELY, OR ELIGIBILITY TO PARTICIPATE MAY BE FORFEITED.

_
I will abide by and
ead and understand on Packet from the
ool District must be

### **Emergency Athletic Manifest Information**

By filling out the following information, the Deer Trail School District will make every attempt to have the necessary information on hand to keep the lines of communication open between the District Coaches, Parents and Student Athletes. This information will be kept in the main office and compiled for each coach for emergency use only.

Athlete's Name						
	(First)	(Middle)	(La	st)		
Athlete's Grade Level?			Date of Birth?			
Physical Address						
	(Street)		(City)	(Zip)		
Mailling Address						
	(PO Box)		(City)	(Zip)		
Emergency Phone Informa Parent's Home F	ntion Phone Number					
Male of Household's Name						
Male of Househo	old's Cell Phone Number	·				
Male of Household's Work Phone Number						
Female of Household's Name						
Female of Household's Cell Phone Number  Female of Household's Work Phone Number						
Female of House	ehold's Work Phone Nur	nber				
Athlete's Cell Phone Number						
The Deer Trail School uses an Auto Caller (Infinite Campus Messenger). This service will be extended to all families and school personnel when there is a school closing: attendance issue; school emergency warning; and change or cancellation of school activities, etc  What phone numbers would you like the system to call your household with this information? You can list up to four (4) numbers that will receive this information:						
1,		2				
3						
If you would like to receive information pertaining to the Deer Trail School Athletic Program via e-mail please list your e-mail address information:						
Name		E-mail Add	ress:			
L						

If you have any medical concerns that the coaches should be made aware of, please provide the appropriate Documentation and/or medication and turn it into the main office with this form.



### CHSAA BYLAWS – PARENT & STUDENT INFORMATION

Welcome to the 2020-2021 school year!

Participation in educational athletics and activities is a privilege that is earned in the classroom as well as on the playing field, court and stage. The CHSAA encourages all students to engage and explore in sports and activities of their choosing to enhance and enrich their high school experience. Parents are also encouraged to contribute to this experience through their positive support and encouragement. Please remember that with that participation comes the accountability of earning the privilege to take part.

\*Per Bylaw 1800.54, CHSAA requires that all information provided regarding any aspect of the eligibility of a student must be true, correct, accurate, complete and/or not false; penalty for providing false information is ineligibility and/or contest forfeitures.

A student's participation in high school activities is dependent on his/her eligibility. Protect that eligibility. Read the following summary of Colorado High School Activities Association rules that govern a student's participation. Students and parents alike need to review these rules and ask questions of their coaches/directors, athletic director and school administrators.

\*\*Per Bylaw 1710.1, Please review the following information and acknowledge your understanding of the CHSAA Bylaws by signing at the end and submitting to your School's Athletic Director. Click the blue underlined links to be directed to the CHSAA Bylaws.

### The CHSAA

The Colorado High School Activities Association has been the governing body of high school athletics and activities (speech, student council and music) in the state since 1921. CHSAA's Code of Ethics is integral to its Mission and Vision. The student's school is a voluntary member of the CHSAA and has agreed to follow its rules. Both your school and the Association believe in equal competition among schools and the close relationship between academics and activities.

### Discrimination (300)

A student-participant will not participate in or condone unfair discriminatory practices against a fellow participant due to age, gender, race, ethnicity, religion, sexual orientation, or disability, nor shall the student be discriminated against under the same criteria.

### The CHSAA Rules of Participation

### Academic (1710)

<u>A school</u> must select one of three options for determining the eligibility of all its students, and schools have the right to impose stricter academic and behavioral standards.

### Make-up Work (1740)

Each student must be academically eligible in accordance with the above section at the time of participation and during the previous semester. Make-up work shall not be permitted after the close of the semester for the purpose of becoming eligible. (Cases involving special circumstances should be referred to your principal). If eligibility has been lost from a previous semester, students may regain their athletic eligibility per the "Fall Regain Dates" Table in the Bylaws, and on the Monday of Week 36 for the second semester.

Summer school credits accepted by the school may be used to replace credits in subjects failed during previous semesters as long as the course is completed by the Monday of Week 9. Dropping a class may make you ineligible. If you play while ineligible, you may cause your team to forfeit any contests in which you played.

### Citizenship (1710)

The school principal must approve the student to be representative of the school's standards of citizenship, conduct and sportsmanship.

### Conduct – Ejections (2200)

If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one fewer contest than the maximum allowed each participant in the sport.

A second ejection during the season shall result in a 2 contest suspension. A third ejection will result in a review of the student's future eligibility by the CHSAA Commissioner.

If a student is ejected in the final contest of a season, he/she is ineligible for the first contest of the next sport in which he/she competes and completes the season. Players leaving the bench during a fight shall be ejected and ineligible for the next contest.

### 3. Outside Competition (2100.2)

As a member of any high school team, a student may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal.

Members of high school teams may compete in non-school events in that sport without written permission on the day following the completion of the season for the level (freshman, sophomore, junior varsity, varsity) of the team on which they are



### CHSAA BYLAWS – PARENT & STUDENT INFORMATION

competing. NOTE: A student becomes subject to the outside competition rule on or after the first date of formal practice, when he or she reports out for practice and is in contention for a berth on the team.

### 4. Undergraduate (1710)

A student may not be a graduate of any high school and participate in high school athletics.

### 5. Recruiting (1900)

Any recruiting based on athletic ability or interest is prohibited.

### 6. Age (1770.1)

A student's 19th birthday must fall on or after August 1 of the current school year. Exceptions to this rule, based on educational handicaps, may be requested, provided the student's original class has not graduated.

### 7. <u>Semesters (1770.3)</u>

Upon entering high school, a student's eligibility will continue only until his/her original class graduates. Once entering ninth grade, a student has eight consecutive semesters of eligibility. NOTE: If a student drops out of school or misses competition due to an injury, he/she will not receive additional eligibility.

### 8. Seasons (1770.71)

A student is allowed a maximum of 4 seasons in any sport.

### 9. **Physical Exam (1780)**

A student may not practice or compete (music, student council and speech participants are exempt) without a physical exam that is:

- Signed by an MD, DO, chiropractor who is school physical certified (DC, SPC), nurse practitioner or physician's assistant licensed by the State of Colorado.
- · Current within the last 12 months.
- On file with principal or athletic director prior to first practice.

### 10. Practice (2310)

**NEW:** A total of **3** different days of practice is required before participating in any interscholastic game or scrimmage (<u>except football which needs 9 days</u>). OTHER EXCEPTIONS: (A) Golf, skiing, softball and tennis players. (B) Participants in state playoff games completed on or after the first day of formal practice. \*\*No contact between a coach and player is allowed on <u>Sundays</u> during the school year unless it is for a social, academic or service related activity that is strictly voluntary. A student cannot be required to practice or compete outside of the season as a condition of making the team.

### 11. Transfer Rule (1800)

The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their

academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.

### Varsity Eligibility 1800.1

A student who establishes his/her eligibility at a member school and subsequently transfers, will be ineligible for <u>varsity competition</u> for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.

### Athletic Transfer (1800.4)

Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for varsity competition for 365 days from the date of the transfer in any sports(s) they participated in during the last 365 days. This includes transferring with a club coach or previous coach (*Transfer with Club Coach or Previous Coach* (1800.4).

### Return to Original School (1800.43)

A student who participates in a sport (practice, scrimmage, contest, foundation games) at School A and subsequently transfer to School B and participates in any sport at School B, will be sub-varsity eligible only upon their return to School A in any sports they have participated in during the last 365 days at either School A or School B. NOTE: Participation is defined as an interscholastic practice, contest, scrimmage, or foundation game.

### **General Transfer Information (1800)**

It is the parent's and student's responsibility to know the CHSAA Transfer Rule and how it affects the student's eligibility. The CHSAA Commissioner *may* grant exceptions to this rule in unusual cases. Only schools may submit a waiver. If a waiver of the transfer rule is requested, *the student is not eligible until the waiver is approved by the CHSAA Commissioner.* 

Any waiver submitted that contains legal guardian references must have the appropriate court signed legal documentation of that guardianship before the waiver will be considered. Parents should review all situations with the school administration.

### 12. Awards (2010)

Individuals participating in any interscholastic athletic/activity sponsored and/or approved by the Association shall not accept cash or merchandise awards. Awards must be



## CHSAA BYLAWS – PARENT & STUDENT INFORMATION

symbolic in nature with no functional or intrinsic value with a cost of no more than \$100.00.

### 13. Amateur (2000)

If a student participates in a CHSAA approved sport, in other than CHSAA competition, his/her amateur status is determined by the rules of the amateur governing body of that sport. Amateur status of Colorado high school athletes applies only to sports sanctioned by the CHSAA.

### 14. Bullying & Hazing (1710.2)

The Colorado High School Activities Association, in conjunction with its member school, prohibits bullying, hazing, intimidation or threats. Hazing includes humiliation tactics, forced social isolation, verbal or emotional abuse,

forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity. I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

After reviewing the above information, if you still have questions, please contact your school's athletic director. This list is by no means inclusive; however, it is intended to outline the most common questions and bylaws. For more information, please visit our website CHSAANow.com.

### **Checklist for Student Eligibility**

If a stud	lent cannot check any of the items, he/she need	s to contact the	e athle	tic director or principal.
[ ]	At least 5 full credit classes,		1	Has not been in high school longer than 8
[]	Will abide by the rules as outlined and/or define	ed by	•	consecutive semesters.
	school's academic plan.	· .	1	Will not play more than 4 seasons in any sport.
[]	Physical exam within the last calendar year.		j	Will not compete or practice in any non-school
	Parent permit form on file at the school.	,	,	events in my sport once reporting out for the team,
ii	Have not changed schools during the current sc	hool		without the permission of my principal.
	year without a corresponding move by parents.		1	Has complied with all other school, district, and local
[ ]	Will not or have not turned 19 before August 1.			eligibility requirements.
school of law enformations The CHS trainer to	COVID-19 cases, and to ONLY PARTICIPATE WH or team consequences that could include dismiss procement.  AA retains athletic trainers for all Championship	EN HEALTHY. I sal from the act	also u tivity o	responsibility to prevent and report hazing, to report nderstand that any violation of this could result in r further disciplinary consequences and/or referral to selow, you agree to allow CHSAA's on-site athletic v-up care to your student-athlete, school coaches,
Signed:	(Pa	rent) _	· ·	(Participant)
	(Sc	hool)		(Date)