

**Parent/Guardian:**

Please carefully read the information that follows and indicate consent for your child's participation through the electronic forms submission process found at [www.familyid.com](http://www.familyid.com). Your consent and indication that you have reviewed and agree to each item with your student-athlete grants permission for your child/ward to participate in the Highline Public Schools' Athletics/Activities program.

**ATHLETICS/ACTIVITIES ELIGIBILITY INFORMATION BULLETIN**

**STUDENT RIGHTS**

Students participating in the Interscholastic Athletics and Student Activities Program are governed by the rights, protection, and responsibilities as prescribed by the Washington Interscholastic Activities Association (WIAA), Highline Public Schools, and the league in which they participate. Students and/or their parent(s)/guardian(s) may make application for exception to these regulations and may appeal any decisions relative to such requests through their building athletic director.

**STUDENT RESPONSIBILITIES**

Participants are required to conform to the rules and regulations of their school, Highline Public Schools, the league in which they participate and the WIAA; and to conduct themselves in a safe and sporting manner. Violators are subject to discipline, suspension or expulsion.

**PARTICIPATION REQUIREMENTS PRIOR TO AND DURING THE SEASON**

**AGE**

Be under fifteen (15) years of age on June 1 of the previous year.

**PRE-PARTICIPATION**

1. Have been in regular school attendance as a full-time student during the semester immediately preceding the season of competition. A full-time student is enrolled in six classes (3.0 credits) at a Highline District school or an equivalent of 3.0 middle school semester credits if a Home School or Alternative Education student. A student failing to meet this requirement is ineligible to practice or compete until a full semester has been completed.

**ACADEMIC**

1. Register for and attend six classes equal to 3.0 semester credits or the equivalent as noted in the section above.
2. Attend and pass a minimum five classes and achieve a minimum grade point average of 2.0.
3. For purposes of determining academic eligibility, the most recent semester, quarter or school administered progress report shall be the determining grade. At the end of the semester the final semester grade will be used.
4. Grades earned during summer school for like classes may count toward fall eligibility. Summer school grades will not count until posted to the student's transcript.
5. An incomplete semester grade may be made up for credit during the first five weeks of the succeeding semester. The student is ineligible for competition until incompletes are cleared and posted to the student's transcript.
6. Must be in attendance the entire school day in order to practice or compete. Students returning from academic or disciplinary suspensions that end on a Friday may return to participation the following Monday. Suspended students not allowed to practice during the suspension period must practice at least one day before being allowed to compete.
7. Students are required to be at practice from start to finish except in rare instances pre-approved by an administrator. Those attending other district schools who return to the home school of residence to access athletics programs must, on a daily basis, be able to arrange their academic schedule in order to be dressed and ready to participate when practice starts.
8. Students must finish the season in good standing in order to attend awards gatherings and be eligible for team awards.

**RESIDENCY AND ACADEMIC PROGRAM REQUIREMENTS**

1. Residency. Participants must live with a parent or court-approved guardian who is a resident of the Highline District provided that guardian has been acting in such capacity for a minimum of one year. In- and out-of-district students attending Highline District schools that do not offer on-campus interscholastic sports must return to their school of residence to participate in interscholastic athletics.
2. Home Schooled Students. Participants who are home schooled must live in the Highline District with a parent or court-approved guardian, provided that guardian has been acting in such capacity for a minimum of one year. Home School students may only compete at their school of residence.
3. Alternative School Students. Alternative school students must reside in the Highline District with a parent or court-approved guardian, provided that guardian has been acting in such capacity for a minimum of one year. Alternative school students may only compete at their school of residence.
4. Students Returning to Resident School to Access Athletics Programs. Students attending other district schools who return to the home school of residence to access athletics programs must, on a daily basis, be able to arrange their academic schedule in order to be dressed and ready to participate when practice starts. Families with a strong interest in athletics are encouraged to look

carefully at the compatibility of schedules when considering non-resident school academic programs. It may be necessary to attend the middle school of residence in order to fully participate in athletics.

#### **TRANSFERS**

1. Students considering a transfer from one school to another may have his/her eligibility affected. The athlete should check with the building administrator in charge of athletics **PRIOR** to the transfer. The building administrator in charge of athletics will consult with the Director of Athletics.

#### **PHYSICAL EXAMINATION AND RETURN TO PARTICIPATION**

1. Students participating in interscholastic athletics must have passed a physical examination from a medical authority licensed to perform a physical examination using the district-supplied physical form. The physical examination shall be valid for 24 months and may not expire during the season.
2. Present to school officials written documentation signed by a medical authority licensed to perform a physical examination before resuming participation following an injury or illness serious enough to require medical care.

#### **GENERAL**

1. Complete and submit all required paperwork prior to first practice.
2. Purchase an ASB Card, pay athletics/activities participation fee and pay any outstanding fines prior to the first competition or by the date required by the school.
3. Complete additional school and coach/advisor requirements.
4. Agree to uphold the standards of the extracurricular activities contract associated with Board Procedure 2151P.
5. Agree to use district-provided transportation when provided.
6. Agree to meet all requirements and finish the season in good standing in accordance with team, school and school district rules to be eligible for a school letter and/or other program awards to include representing the school as a good citizen both on campus and in the community.

#### **SEASON LIMITATION**

After beginning the seventh grade in school, a student is allowed to participate in interscholastic contests only during six interscholastic competitive years. He/she shall have only two years of eligibility in the seventh and eighth grades. If the seventh or eighth grade is repeated, the student shall be eligible only during two years. After entering the ninth grade, a student shall have four consecutive years of interscholastic eligibility.

#### **INSURANCE**

Highline Public Schools **requires** that your athlete be covered by an adequate medical insurance plan and that the company name and plan number are clearly stated on the eligibility paperwork. Your family insurance plan may cover athletic participation. Please make certain of this coverage. Third party athletic insurance is available for purchase. Information is available at your school's main office.

## MEDICAL PERMISSION

In case of an emergency involving my child, the coach, District Athletic Trainer or other appropriate Highline District official is authorized to take all steps which may be necessary including, without limitation, the following when and if appropriate in the judgment of the official (not necessarily in the order stated when more than one step is taken): (1) call 911 or an equivalent number to summon emergency medical assistance; (2) call me or any other persons listed on the School District's *Athletics Clearance Form*; (3) call the child's physician/clinic as listed on the School District's *Athletics Clearance Form*; (4) if unable to reach persons identified in (2) and (3) above: (a) call or take my child to a locally available physician or (b) take my child to a local hospital. I hereby authorize any provider of medical assistance listed above including any physician, paramedic and any hospital to provide such medical treatment and procedures as may in his/her or its judgment be necessary.

## INSURANCE

The parent/guardian is responsible for medical expenses that may arise from participation. **Highline School District requires but does not provide medical insurance for participants.** The parent/guardian is required to fill out insurance information on the *Athletics Clearance Form* including both the company name and plan number of the insurance carrier OR the parent/guardian must purchase insurance as indicated on the *Athletics Clearance Form*. Purchased insurance is valid through July 31 of the current school year only. **The parent/guardian must update the school immediately should this information change during the time the child/ward participates in athletics.**

## Student Extracurricular Activities Contract

This contract applies to all extracurricular activities year-round and is in effect from the first day of the first season of participation through the last day of the student's last year in school.

I recognize that being a participant in student athletics or other extracurricular activities in the Highline School District means being a role model for other students and holding myself to a high standard of personal conduct.

In order that I may enjoy the privilege of participation in extracurricular athletics or other activities, I agree to obey and be bound by the rules of the Washington Interscholastic Activities Association, the Highline School District, and my school and coaches/advisors.

I understand that I am subject to these rules year-round, and not only during the seasons or timeframes of extracurricular athletics or other activities.

I understand that the full rules for student extracurricular participation in Highline School District are available to me upon request, or on the Highline School District website.

I understand that I may lose my privilege of participation in extracurricular activities for an entire season or longer if I possess, use, traffic in drugs, alcohol, vape or tobacco; or place myself in the presence of, or remain in the vicinity of, the use of such substance prohibited by criminal law or engage in behavior that enables others to illegally use such substances. I further understand that I may be excluded from participation if I engage in criminal acts or other serious misconduct such as harassment, bullying, hazing, fighting, cheating, forgery, and/or inappropriate use of social media.

I understand that all offenses, including first offenses, for violation of these rules may result in exclusion from participation in extracurricular activities and that exclusion from participation may be avoided or shortened only by self-reporting, truthful cooperation and voluntary assessment and treatment.

I agree to abide by all team/activity rules and to meet and maintain compliance with all pre-participation and academic requirements for eligibility, and I understand that I may be denied participation for failure to meet these standards.

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Signature/Date

## **WARNING AND AGREEMENT TO OBEY INSTRUCTIONS**

I am aware that playing or practicing to play/participate/compete in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate/compete in interscholastic sports include but are not limited to death, serious neck and spinal injuries (which may result in complete or partial paralysis), brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing or practicing to play/participate/compete in interscholastic sports may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating/competing in interscholastic sports, I recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, etc., and agree to obey such instructions.

I further understand that by following the instructions provided by the District, the risk of injury described above may be reduced, but that due to the nature of the sport I have selected, there is still risk of injury regardless of the precautions taken or procedures followed.

I further acknowledge that baseball, basketball, football, soccer, and wrestling are sports which involve sometimes violent person-to-person contact and therefore the risk of injury in these sports is even greater than other sports.

I have read and understand the information provided in the *AD-4 Read and Review Documents*. I request that the Highline School District allow me to participate/compete in the sports or designated activities indicated on the School District's *Athletics Clearance Form*, including but not limited to, trying out, practicing, playing or otherwise participating in these sports.

## **PARTICIPATION FEE**

### **PAYMENT DUE ON OR BEFORE 2nd FRIDAY OF SEASON FOR NON-CUT SPORTS**

### **PAYMENT DUE AFTER CUTS BUT BEFORE FIRST COMPETITION FOR CUT SPORTS**

- The Highline Public Schools Board of Directors has approved a participation fee of \$30.00 per sport for individuals participating in middle school athletics programs. A reduced fee of \$15.00 per sport is charged to individuals approved for free or reduced lunch.
- Individuals are required to pay for no more than two seasons per school year.
- Families with two or more students participating in middle school sports will be charged a maximum of \$105 per year (\$50 per year for families qualifying for free or reduced lunch).
- All participants are required to purchase a school ASB card.

## **REDUCTION OF PARTICIPATION FEE**

Students qualifying for free or reduced lunch are eligible for a reduction of the athletics/activities participation fee noted above. To receive the reduced fee, the parent/guardian must be approved in advance by Nutrition Services by completing the online Free or Reduced Lunch Application.

# Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. **If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.**

## Symptoms may include one or more of the following:

<ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul>
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## Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays lack of coordination</li><li>• Answers questions slowly</li><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul>
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## What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that an adolescent or teenage athlete will often under report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for a student athlete’s safety.

## **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The “Zackery Lystedt Law” in Washington requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

## **RETURN TO PARTICIPATION PROTOCOL**

If your child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The progressive return to play protocol may begin when symptoms have resolved. This progression begins with light aerobic exercise and progresses each day as long as symptoms have resolved.