

Student's Full Name _____ 2021-2022 Grade Entering _____
Last First Middle

PART 1 – 2021-2022 PARENTAL CONSENT / PERMISSION TO TREAT AUTHORIZATION

**** PARENT/GUARDIAN SIGNATURES & CONTACT INFORMATION ARE REQUIRED FOR YOUR SON TO RECEIVE ANY NECESSARY MEDICAL TREATMENT OR MEDICATION (INCLUDING TYLENOL, ADVIL, ETC). ****

In the event of an injury or illness during the school day or at a school event or, if applicable, an athletic event or practice session, I give permission for my son to receive proper/necessary care from the school nurse, Saint Xavier team physician, staff member, certified athletic trainer or coach. In addition, I authorize treating physicians and/or their representatives to release medical information to representatives of the Saint Xavier Administration, Athletic Department, Sports Medicine Department and coaching staff, as applicable.

X _____
 Parent/Guardian Signature Date

In the event of an emergency during the school day or at a school event or, if applicable, an athletic event or practice session, I give permission for my son to be transported to an appropriate medical facility for treatment. Furthermore, I give permission for the staff at the medical facility to render any and all treatment that is necessary for the well-being of my son. In addition, I authorize treating physicians and/or their representatives to release medical information to representatives of the Saint Xavier Administration, Athletic Department, Sports Medicine Department and coaching staff, as applicable.

X _____
 Parent/Guardian Signature Date

PART 1A – ADDITIONAL INFORMATION

Some insurance companies require treatment by specific physicians and/or specific hospitals. **If your insurance requires this or if you prefer specific treatment arrangements in the event of an emergency, indicate your instructions below.** Treatment may be delayed while the requested doctor is contacted.

Health Care Practitioner Name/Phone _____ Hospital _____

In addition, I authorize treating physicians and/or their representatives to release medical information to representatives of the Saint Xavier Administration, Athletic Department, Sports Medicine Department and coaching staff, as applicable.

X _____
 Parent/Guardian Signature Date

I authorize any physician or representative of The Louisville Orthopedic Clinic to administer medical care, including hospital care where deemed necessary, during the course of school athletic activities or school travel. I also authorize any physician or representative of The Louisville Orthopedic Clinic to release medical information to the Saint Xavier Sports Medicine Department, the St. X coaching staff, representatives of the St. X Athletic Department and Administration.

X _____
 Parent/Guardian Signature Date

PART 2 – CONTACT INFORMATION

Please complete both sides, even if student does not live with one or both parents:

FATHER / GUARDIAN Living Deceased Custodial

Name _____
 Phone _____ Cell Home Work
 Alternate Phone _____ Cell Home Work
 Email Address _____ St. X Alum? (Class Year)

STEP-MOTHER

Name _____
 Phone _____ Cell Home Work
 Alternate Phone _____ Cell Home Work
 Email Address _____

MOTHER / GUARDIAN Living Deceased Custodial

Name _____
 Phone _____ Cell Home Work
 Alternate Phone _____ Cell Home Work
 Email Address _____

STEP-FATHER

Name _____
 Phone _____ Cell Home Work
 Alternate Phone _____ Cell Home Work
 Email Address _____ St. X Alum? (Class Year)

EMERGENCY CONTACT INFORMATION – IF PARENTS CANNOT BE REACHED

Name _____
 Phone _____ Cell Home Work

Relationship _____
 Alternate Phone _____ Cell Home Work

PART 3 – MEDICAL INFORMATION RELEVANT TO IMMEDIATE EMERGENCY TREATMENT

Student's Full Name _____ 2021-2022 Grade Entering _____
Last First Middle

Please list **ALL medications** your son is **currently taking**: _____

Please list your son's allergies (drug allergy, food allergy, etc.): _____

Medical conditions or recent injuries (**within the last two years**): _____

How many (diagnosed by M.D.) **concussions** has your son had **during his lifetime**: _____

Parent signature attests to the above list of medications, allergies, medical conditions, injuries, and concussions.

X _____
Parent/Guardian Signature Date

PART 4 – ATHLETIC TRANSPORTATION AGREEMENT

I am the parent or guardian of the student identified above. I wish for my student to participate in the elective extracurricular programs associated with Saint Xavier High School Athletic Department.

I understand that games and practices for elective activities may be conducted at a location away from the Saint Xavier High School campus. I understand that in certain circumstances Saint Xavier may provide transportation to and/or from such games and practices. In requesting that my student be permitted to participate in elective activities, I agree that my student will ride in School-provided transportation when the school requires my student to do so.

I further understand that in certain circumstances Saint Xavier High School may not provide, or I would choose not to utilize the School's transportation for such games or practices. In requesting that my student be permitted to participate in elective activities, I agree that in those circumstances where the school does not provide, or I choose not to utilize transportation to such games or practices, I assume full responsibility for personally transporting, or arranging transportation of my student, to and from such games or practices.

I acknowledge that if I elect not to personally drive my student to and from a game or practice, any decision I make instead to allow my student to drive himself, to ride in a vehicle driven by the parent or guardian of another student participant, or to ride in a vehicle driven by another student participant, is solely an exercise of my discretion as a parent or guardian. I acknowledge that the assessment and decision whether it is safe to allow my student to drive to or from a particular game or practice, or to ride with another parent or guardian or student driving, is a family assessment and decision to be made by me or between my student and me.

By requesting permission for my student to participate in elective activities, I agree that no person driving my student to or from practice shall be considered an agent or servant of the school, in any respect or for any purpose, while driving, my student to or from such a game or practice. Further, by requesting permission for my student to participate in elective activities, I agree that should any claim be made against the School based on driving conduct of any such person, including my student, while they are providing transportation, I will defend, indemnify, and hold Saint Xavier High School harmless as to such claim.

X _____
Parent/Guardian Printed Name

X _____
Parent/Guardian Signature Date

PART 5 - SAINT XAVIER HIGH SCHOOL PARTICIPATION HANDBOOK FOR PARENTS AND STUDENT ATHLETES

PARENT/GUARDIAN

As parent/guardian of this student, I have read all the information in the Participation Handbook for Parents and Student Athletes, available online at www.saintx.com. This includes information regarding KHSAA eligibility requirements, training rules, hazards and risks associated with participation in athletics, responsibility for equipment, medical insurance, and tobacco/alcohol/drug policy. Having read this information, I give consent for my son to participate in the athletic program at Saint Xavier High School and agree to accept and support all of the school and KHSAA policies associated with such participation. I execute this release voluntarily and with full knowledge of its significance.

X _____
Parent/Guardian Signature Date

STUDENT

As student/participant, I have read all of the information in the Participation Handbook for Parents and Student Athletes, available online at www.saintx.com. This includes information regarding KHSAA eligibility requirements, training rules, hazards and risks associated with participation in athletics, responsibility for equipment, medical insurance, and tobacco/alcohol/drug policy. I recognize the importance of following the instructions of my coaches and agree to obey such instructions in order to protect my safety and well-being. Having read this information, I agree to participate in the athletic program at Saint Xavier High School and agree to accept and support all of the school and KHSAA policies associated with such participation.

X _____
Student Signature Date

WAIVER AND RELEASE FROM LIABILITY

The undersigned acknowledges for himself/herself and their student that participation in athletics at Saint Xavier High School ("St. X") is completely voluntary. Further, the undersigned acknowledges that he/she has discussed with the student the risks of being exposed to COVID-19 by voluntarily participating in St. X athletics whether on campus or at other locations, and that he/she and the student nevertheless freely choose to allow such participation and hereby assume any and all risk that the student and/or the undersigned may be exposed to COVID-19 at any St. X athletic event and/or practice, team meeting, or any other gathering sponsored by or under the supervision of St. X.

The undersigned further acknowledges that as a result of exposure to COVID-19 at any of the above-described athletic events or gatherings, I or my student may suffer illness, personal injury, disability, pain and suffering, death, damages and/or losses. **I, INDIVIDUALLY AND ON BEHALF OF MY STUDENT, HEREBY FREELY, VOLUNTARILY AND EXPRESSLY WAIVE, RELEASE, DISCHARGE, INDEMNIFY AND AGREE NOT TO SUE ST. X, ITS EMPLOYEES, REPRESENTATIVES OR AGENTS, AND HOLD THEM HARMLESS FROM ANY NEGLIGENCE ON THE PART OF ST. X, ITS EMPLOYEES, REPRESENTATIVES AND AGENTS CAUSING ANY ILLNESS, PERSONAL INJURY, DISABILITY, PAIN AND SUFFERING, DEATH DAMAGES, LOSSES, CLAIMS, ACTIONS, DAMAGES, COSTS OR EXPENSES RESULTING FROM EXPOSURE OT COVID-19 WHICH MAY ARISE, DIRECTLY OR INDIRECTLY, FROM THE STUDENT'S PARTICIPATION IN ANY ST. X ATHLETIC PROGRAM.**

I have had reasonable opportunity to read and understand this Waiver and Release from Liability and consult with legal counsel or have voluntarily waived my right to do so. I knowingly and voluntarily agree to be bound by all of the terms set forth herein.

STUDENT'S NAME: _____

PARENT(S)/LEGAL GUARDIAN(S) NAMES: _____

Print Name

Print Name

PARENT(S)/LEGAL GUARDIAN(S) SIGNATURES: _____

DATE: _____



**Athletic Participation Form
Parental and Student Consent and Release
For High School Level (grades 9-12) participation**

KHSAA Form GE04
High School Parental Permission and Consent
Rev. 7/19, page 1 of 2
© KHSAA, 2019

*The student and parents/guardian must read this statement carefully and sign where required. By signing this form, all parties agree that they have accurately completed all sections of the form and have read and agree to the terms of this form as detailed. This form **must** be completed before the student participates (hereinafter including try out for, practice and/or compete) in interscholastic athletics. This form should be kept in a secure location until the student has exhausted eligibility, graduated from high school and reached the age of 19.*

ATHLETE INFORMATION (This part must be completed by the student and family)

Name (Last, First, Initial) _____ School Year _____

Home Address (Street, City, State, Zip): _____

Gender _____ Grade _____ School _____

Date of Birth: _____ Birth Place (County, State): _____

School Attendance History

Grade	School Name	School Year	Varsity Play – (Yes/No)?
9			
10			
11			
12			

I am planning to participate in the following (check all you might try to play):

- | | | | | | |
|--------------------------------------|---------------------------------------|--|--|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Basketball | <input type="checkbox"/> Cross Country | <input type="checkbox"/> Football | <input type="checkbox"/> Golf | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Softball | <input type="checkbox"/> Swimming | <input type="checkbox"/> Tennis | <input type="checkbox"/> Track and Field | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> Archery | <input type="checkbox"/> Bass Fishing | <input type="checkbox"/> Bowling | <input type="checkbox"/> Competitive Cheer | <input type="checkbox"/> Dance | |
| <input type="checkbox"/> Other _____ | | | | | |

EMERGENCY CONTACT INFORMATION

Name (please print) Relation to Student

Emergency Contact Address, including City, State and Zip

Daytime Phone Cell Phone

REQUIRED INSURANCE INFORMATION (KHSAA Bylaw 12)

Prior to participation in practice or contests (including trying for a place on a team) in any sport or sport activity during the limitation of seasons as defined in Bylaw 23, all students are required to have medical insurance with coverage limits of at least \$25,000. If this coverage is provided through the school, contact the Principal or Athletic Director regarding any potential claim. Individual schools and districts may impose additional requirements for insurance or coverage during additional periods for activities outside of Bylaw 23.

Insurance Carrier Policy Number / ID Number Group Number Plan

EMERGENCY TREATMENT INFORMATION

The following information is recorded solely for potential hospitalization and emergency care needs and is not required to be recorded on this form. However, those failing to provide this information should be aware that this might be required by emergency treatment facilities prior to rendering service, and failure to provide could result in lack of appropriate care.

Social Security Number Birth Date

**CONSENT INFORMATION TO PARTICIPATE, ACKNOWLEDGMENT OF RISK, ACKNOWLEDGEMENT OF ELIGIBILITY
RULES, LIABILITY WAIVER AND CONSENT AND RELEASE**

As parent/legal guardian, I agree to allow my child to participate in interscholastic athletics.

The student and parent/legal guardian recognize that participation in interscholastic athletics involves some inherent risks for potentially severe injuries, including but not limited to death, serious neck, head and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to internal organs, serious injury to bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and

serious injury or impairment to other aspects of the body, or effects to the general health and well being of the child. Because of these inherent risks, the student and parent/legal guardian recognize the importance of the student obeying the coaches' instructions regarding playing techniques, training and other team rules. By signing this form, the student and parent/legal guardian acknowledge that the student's participation is wholly voluntary and to having read and understood this provision.

The student and parent/legal guardian individually and on behalf of the student, hereby irrevocably, and unconditionally release, acquit, and forever discharge the KHSAA and its officers, agents, attorneys, representatives and employees (collectively, the "Releasees") from any and all losses, claims, demands, actions and causes of action, obligations, damages, and costs or expenses of any nature (including attorney's fees) that the student and/or parent/legal guardian incur or sustain to person, property or both, which arise out of, result from, occur during or are otherwise connected with the student's participation in interscholastic athletics if due to the ordinary negligence of the Releasees.

The student and parent/legal guardian acknowledge that they have read and understood the KHSAA Bylaws by distribution under the handbook links at <http://khsaa.org/>. Please be aware that a student is subject to the one-year period of ineligibility the bylaw commonly referred to as the "Transfer Rule," upon participation in any varsity contest regardless of the amount of participation or lack thereof.

The student and parent/legal guardian agree to abide by the KHSAA Bylaws and Due Process Procedure as now enacted or later amended. The student and parent/legal guardian further acknowledge that they agree to abide by the rulings of the Commissioner, Assistant Commissioner, Hearing Officer and Board of Control.

The student and parent/legal guardian acknowledge that the student must have medical insurance coverage up to a limit of \$25,000 in order to be eligible to participate in interscholastic athletics.

The student and parent/legal guardian, individually and on behalf of this student, give the high school, the KHSAA and their representatives permission to release this student's demographic information (including motion picture and still photographic images) and participation statistics (including height, weight and year in school, participation history and other performance based statistics) and other information as may be requested, and agree that the student may be photographed or otherwise digitally or electronically captured during school-based competition. All of this material may be used without permission or compensation specifically related to the KHSAA and its events.

The student and parent/legal guardian consent to this student receiving a physical examination as required by the KHSAA.

The student and parent/legal guardian, individually and on behalf of this student, consent to the high school and the KHSAA and their representatives to use and disclose the necessary personally identifiable information from the student's education records including academic, financial and health care information, to third parties including school representatives, coaches, athletic trainers, medical facilities, medical staffs, KHSAA legal counsel and the media, for the purpose of receiving proper/necessary medical care and complying with the KHSAA bylaws, including making determinations regarding eligibility to participate in interscholastic athletics and any administrative or legal proceedings resulting from participation or attempted participation in interscholastic athletics, without such disclosure constituting a violation of rights under the Family Educational Rights and Privacy Act. The student and parent/legal guardian, individually and on behalf of this student, further release the high school, the KHSAA and their representatives from any and all claims arising out of the use and disclosure of said necessary personally identifiable information, and agree to release to the high school, the KHSAA, and their representatives, upon request, the detailed and completed application for financial aid.

The student and parent/legal guardian, individually and on behalf of the student, hereby acknowledge that they are aware of and will review if desired, the education materials available through the KHSAA, the Centers for Disease Control and other agencies regarding education all individuals with respect to nature and risk of concussion and head injury, including the continuance of play after concussion or head injury.

The student and parent/legal guardian, individually and on behalf of the student, hereby consent to allow the student to receive medical treatment that may be deemed advisable by the high school, the KHSAA, and their representatives in the event of injury, accident or illness while participating in interscholastic athletics, including, but not limited to, transportation of the student to a medical facility.

STUDENT AND PARENT/GUARDIAN ACKNOWLEDGMENT OF RISK, ELIGIBILITY RULES, LIABILITY WAIVER AND CONSENT AND RELEASE AND EMERGENCY PERMISSION FORM

Students' Name (please print)

School

Student and Parent/Guardian Address including City, State and Zip

Signature of Student

Date

Please list above any health problems/concerns this student may have, including allergies (medications / others) and any medications presently being used

Name of Parent(s)/Guardian(s) who has/have custody of this student (please print)

Emergency Phone Number

Signature of Parent(s)/Guardian(s) who has/have custody of this student

Date

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex at birth (F, M): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects).

Patient Health Questionnaire Version 4 (PHQ-4)
Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)			Yes	No
1. Do you have any concerns that you would like to discuss with your provider?				
2. Has a provider ever denied or restricted your participation in sports for any reason?				
3. Do you have any ongoing medical issues or recent illness?				
HEART HEALTH QUESTIONS ABOUT YOU			Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?				
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?				
7. Has a doctor ever told you that you have any heart problems?				
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.				

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)			Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?				
10. Have you ever had a seizure?				
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?				
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?				
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?				

BONE AND JOINT QUESTIONS		Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?			
MEDICAL QUESTIONS		Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?			
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?			
22. Have you ever become ill while exercising in the heat?			
23. Do you or does someone in your family have sickle cell trait or disease?			
24. Have you ever had or do you have any problems with your eyes or vision?			

MEDICAL QUESTIONS (CONTINUED)		Yes	No
25. Do you worry about your weight?			
26. Are you trying to or has anyone recommended that you gain or lose weight?			
27. Are you on a special diet or do you avoid certain types of foods or food groups?			
28. Have you ever had an eating disorder?			
FEMALES ONLY		Yes	No
29. Have you ever had a menstrual period?			
30. How old were you when you had your first menstrual period?			
31. When was your most recent menstrual period?			
32. How many periods have you had in the past 12 months?			

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN/STATUTORILY AUTHORIZED PROVIDER 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, e-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-enhancing 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 (Q4–Q13 of History Form).

EXAMINATION		
Height:	Weight:	
BP: / (/)	Pulse:	Vision: R 20/ L 20/ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart ** <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 		

** Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

Medically eligible for all sports without restriction

Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

Medically eligible for certain sports

Not medically eligible pending further evaluation

Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are 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 medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____
