

Name: _____



SLIDELL HIGH SCHOOL STUDENT-ATHLETE PACKET

For New Athletes ONLY

Attention Coach, Student-Athlete, and Parent/Guardian:
You need to complete the following in your Athletic Packet...

- ☐ Completed LHSAA Medical History Evaluation Form (Physical)
- ☐ Completed LHSAA Athletic Participation/Parental Permission Form
- ☐ Completed LHSAA Substance Abuse/Misuse Contract and Consent Form
- ☐ Completed LHSAA Parent and Student-Athlete Concussion Statement Form
- ☐ Completed St. Tammany Waiver for Extracurricular Activities
- ☐ Completed St. Tammany Athletic Contract-Consent Form
- ☐ Transportation Waiver
- ☐ Social Media Policy Form
- ☐ Copy of Birth Certificate

SLIDELL HIGH SCHOOL ATHLETIC DEPARTMENT

**COACH CHAD GOULAS & COACH MARK JEANMARD
ATHLETIC DIRECTORS**



Louisiana High School Athletic Association



Athletic Participation/Parental Permission Form

*This form must be completed and signed **by the student-athlete's parent** prior to a student's participation in an athletic contest and shall be kept on file with the school. It shall remain in effect for the remainder of the student's eligibility unless the student transfers to another member school. This form is subject to review/inspection by the LHSAA or its representative.*

PART I: STUDENT INFORMATION (Please Print)

Student's Name: (Last, First, Middle) _____ School Year: _____

Date of Birth: _____ Last Four Digits of SSN: _____

Home Address: _____

City: _____ Zip: _____

My child entered ninth grade in _____ (month and year). Last semester/year he/she attended _____ High School.

ARE YOU ELIGIBLE?

A student athlete in an LHSAA school must meet the following rules to be eligible for interscholastic athletic competition:

RULE	COMMENTS
BONA FIDE STUDENT	A student shall be enrolled in and attending an LHSAA member school on a regular basis and taking the required number of subjects which shall be recorded on the student's official transcript unless student is a special education student or in the 8 th grade or below. A student shall must be counted as a student on the daily attendance records of the school he/she attends. Attendance in one class makes you a student at that school.
ENROLLMENT	A student shall be enrolled and attending a school in the first 11 school days of the school semester at any school or will be ineligible for the first 30 school days.
AGE	A student shall not become 19 years of age prior to August 1 of this year.
PROOF OF AGE	A student shall provide legal proof of age, which meets the provisions of the LHSAA handbook, to the school administrator to be kept on file at school.
CONSECUTIVE SEMESTERS	Once a student shall enter the ninth grade, he/she shall have eight consecutive semesters to play athletics. (EXCEPTION: Hold-Back Repeat Student – See Rule 1.26.6 of the LHSAA handbook)
SCHOLASTIC	<p>For regular education high school students at the end of the first semester a student shall pass at least six subjects in all subjects taken.</p> <p>At the end of the year and prior to the next school year, a student shall must have earned at least six units with an overall "C" average for the entire previous school year as determined by the LEA in all units taken. All seniors must take at least four (4) subjects each semester.</p> <p>Special education students must consult the school principal, athletic director, or coach for scholastic information.</p>
RESIDENCE AND SCHOOL TRANSFERS	Upon entering high school for the first time, a student shall have the choice to attend any member school located in the attendance zone in which the student resides with his/her parent(s)/guardian(s) or any other household with whom the student has been residing for the past calendar year and be immediately eligible unless an applicable exception applies. A transfer to another member school in the same attendance zone shall render the student ineligible for one calendar year.
UNDUE INFLUENCE	If a student shall has been recruited to a school for athletic purposes, he/she shall remain ineligible as long as the student attends that school.
AMATEUR	A student cannot play high school athletics if he/she loses their amateur status.
INDEPENDENT TEAM	In certain sports a student cannot play on a school team and an independent team during the same sport season.

MEDICAL EXAMINATION

A student shall **annually** pass a physical examination given by a licensed physician/ nurse practitioner that is in collaboration with a licensed physician or a licensed physician's assistant under the supervision of a licensed physician and complete an LHSAA Medical History Evaluation form prior to participating.

ATHLETIC PARTICIPATION/**PARENTAL PERMISSION FORM**

A school shall **only** be required to have this form completed and signed prior to **the first time** a student participates in LHSAA athletics at the school **unless the student transfers to another member school.**

SUBSTANCE ABUSE/MISUSE**CONTRACT & CONSENT FORM**

A school shall only be required to have this form completed and signed prior to the first time a student participates in LHSAA athletics at the school.

SUSPENDED AND**INELIGIBLE STUDENTS**

Shall not participate in any interscholastic contest on any team at any school at any level.

LHSAA ELIGIBILITY RULES APPLY TO STUDENT-ATHLETES ON ALL TEAMS AT ALL LEVELS OF PLAY AT ALL LHSAA SCHOOLS

Eligibility to participate in interscholastic athletics is a privilege a student earns by meeting standards outlined on this form and other regulations and policies set by the LHSAA and the student's school. If you have questions or do not fully understand an eligibility rule, check with your child's principal, athletic director or coach. By following the intent and spirit of the rules, you can help prevent violations which may penalize the student, his/her team and/or his/her school.

ONE INELIGIBLE STUDENT MAY DISQUALIFY YOUR WHOLE TEAM – KNOW THE ELIGIBILITY RULES

PART II – PARENTAL PERMISSION

I have read and reviewed the general requirements for high school athletic eligibility on this form and have discussed these requirements with my child. I understand additional questions/explanations and specific circumstances should be directed to my child's principal, athletic director or coach.

I certify the home address listed **on this form** is my sole bona fide residence and **that I** will notify the school principal immediately of any change in **my** residence, since such a move may alter the eligibility status of my child. All other information given is also accurate and current.

I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/ athletic director/principal of his/her school. Additionally, I give the LHSAA or its representative(s) permission to review my child's scholastic records and all required eligibility forms **however submitted by the school or myself.**

If the medical status of my child changes in any significant manner after he/she passes his/her physical examination, I will notify his/her principal of the change immediately.

I hereby give my consent and approval for **my child** to participate in **any** of the following LHSAA sports:

BASEBALL	GOLF	SWIMMING
BASKETBALL	GYMNASTICS	TENNIS
BOWLING	POWERLIFTING	TRACK AND FIELD
CROSS COUNTRY	SOCCER	VOLLEYBALL
FOOTBALL	SOFTBALL	WRESTLING

I certify all the information is correct, that I have read the summary of LHSAA eligibility rules below and I am in compliance with these standards. I also acknowledge that my child, by my signature below, has my permission to participate in interscholastic athletics during his attendance at this school. I also understand that this form shall only be completed prior to my child's first participation in any athletic contest of any sport and shall remain in effect for his/her entire athletic eligibility unless he/she transfers to another member school.

By signing below, I agree that my child and I will support and comply with all rules, policies and procedures of the LHSAA as set forth in its Handbook, including its Constitution and Bylaws.

Date: _____ Parent's Signature: _____

Relationship to Student _____ (Print Name) _____

(Principal Signature)

_____  _____

IMPORTANT: This form must be completed *annually*, kept on file with the school, and is subject to inspection by the Rules Compliance Team.

Please Print

Name: _____ School: _____ Grade: _____ Date: _____
 Sport(s): _____ Sex: M / F Date of Birth: _____ Age: _____ Cell Phone: _____
 Home Address: _____ City: _____ State: _____ Zip Code: _____ Home Phone: _____
 Parent / Guardian: _____ Employer: _____ Work Phone: _____

FAMILY MEDICAL HISTORY: Has any member of your family under age 50 had these conditions?

Yes	No	Condition	Whom	Yes	No	Condition	Whom	Yes	No	Condition	Whom
<input type="checkbox"/>	<input type="checkbox"/>	Heart Attack/Disease	_____	<input type="checkbox"/>	<input type="checkbox"/>	Sudden Death	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arthritis	_____
<input type="checkbox"/>	<input type="checkbox"/>	Stroke	_____	<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	_____	<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	_____
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	_____	<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell Trait/Anemia	_____	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	_____

ATHLETE ORTHOPAEDIC HISTORY: Has the athlete had any of the following injuries?

Yes	No	Condition	Date	Yes	No	Condition	Date	Yes	No	Condition	Date
<input type="checkbox"/>	<input type="checkbox"/>	Head Injury / Concussion	_____	<input type="checkbox"/>	<input type="checkbox"/>	Neck Injury / Stinger	_____	<input type="checkbox"/>	<input type="checkbox"/>	Shoulder L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Elbow L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arm / Wrist / Hand L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Back	_____
<input type="checkbox"/>	<input type="checkbox"/>	Hip L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Thigh L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Knee L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Lower Leg L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Chronic Shin Splints	_____	<input type="checkbox"/>	<input type="checkbox"/>	Ankle L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Foot L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Severe Muscle Strain	_____	<input type="checkbox"/>	<input type="checkbox"/>	Pinched Nerve	_____
<input type="checkbox"/>	<input type="checkbox"/>	Chest	_____	Previous Surgeries: _____							

ATHLETE MEDICAL HISTORY: Has the athlete had any of these conditions?

Yes	No	Condition	Yes	No	Condition	Yes	No	Condition
<input type="checkbox"/>	<input type="checkbox"/>	Heart Murmur / Chest Pain / Tightness	<input type="checkbox"/>	<input type="checkbox"/>	Asthma / Prescribed Inhaler	<input type="checkbox"/>	<input type="checkbox"/>	Menstrual irregularities: Last Cycle: _____
<input type="checkbox"/>	<input type="checkbox"/>	Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Shortness of breath / Coughing	<input type="checkbox"/>	<input type="checkbox"/>	Rapid weight loss / gain
<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	Hernia	<input type="checkbox"/>	<input type="checkbox"/>	Take supplements/vitamins
<input type="checkbox"/>	<input type="checkbox"/>	Irregular Heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	Knocked out / Concussion	<input type="checkbox"/>	<input type="checkbox"/>	Heat related problems
<input type="checkbox"/>	<input type="checkbox"/>	Single Testicle	<input type="checkbox"/>	<input type="checkbox"/>	Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	Recent Mononucleosi
<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Enlarged Spleen
<input type="checkbox"/>	<input type="checkbox"/>	Dizzy / Fainting	<input type="checkbox"/>	<input type="checkbox"/>	Liver Disease	<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell Trait/Anemia
<input type="checkbox"/>	<input type="checkbox"/>	Organ Loss (kidney, spleen, etc)	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	Overnight in hospital
<input type="checkbox"/>	<input type="checkbox"/>	Surgery	<input type="checkbox"/>	<input type="checkbox"/>	Prescribed EPI PEN	<input type="checkbox"/>	<input type="checkbox"/>	Allergies (Food, Drugs) _____
<input type="checkbox"/>	<input type="checkbox"/>	Medications _____						

List Dates for: Last Tetanus Shot: _____ Measles Immunization: _____ Meningitis Vaccine: _____

PARENTS' WAIVER FORM

To the best of our knowledge, we have given true & accurate information & hereby grant permission for the physical screening evaluation. We understand the evaluation involves a limited examination and the screening is not intended to nor will it prevent injury or sudden death. We further understand that if the examination is provided without expectation of payment, there shall be no cause of action pursuant to Louisiana R.S. 9:2798 against the team volunteer health-care provider and/or employer under Louisiana law.

This waiver, executed on the date below by the undersigned medical doctor, osteopathic doctor, nurse practitioner or physician's assistant and parent of the student athlete named above, is done so in compliance with Louisiana law with the full understanding that there shall be no cause of action for any loss or damage caused by any act or omission related to the health care services if rendered voluntarily and without expectation of payment herein unless such loss or damage was caused by gross negligence. Additionally,

- | | | |
|---|------------|-----------|
| 1. If, in the judgment of a school representative, the named student-athlete needs care or treatment as a result of an injury or sickness, I do hereby request, consent and authorize for such care as may be deemed necessary..... | Yes | No |
| 2. I understand that if the medical status of my child changes in any significant manner after his/her physical examination, I will notify his/her principal of the change immediately..... | Yes | No |
| 3. I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/athletic director/principal of his/her school..... | Yes | No |
| 4. By my signature below, I am agreeing to allow my child's medical history/exam form and all eligibility forms to be reviewed by the LHSAA or its representative(s) or the associated medical personnel. | Yes | No |

Date Signed by Parent

Signature of Parent

Typed or Printed Name of Parent

Health Care Provider section on page 2

IMPORTANT: This form must be completed *annually*, kept on file with the school, and is subject to inspection by the Rules Compliance Team.

Name: _____ Date of Birth: _____ Age: _____ Date: _____
 School: _____ Grade: _____ Sport(s): _____

II. COMPLETED ANNUALLY BY MEDICAL DOCTOR (MD), OSTEOPATHIC DR. (DO), NURSE PRACTITIONER (APRN) or PHYSICIAN'S ASSISTANT (PA)

Height _____	Weight _____	Blood Pressure _____	Pulse _____
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GENERAL MEDICAL EXAM :

	Norm	Abnl
ENT	<input type="checkbox"/>	<input type="checkbox"/>
Lungs	<input type="checkbox"/>	<input type="checkbox"/>
Heart	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Skin	<input type="checkbox"/>	<input type="checkbox"/>

ORTHOPAEDIC EXAM :

I. Spine / Neck

	Norm	Abnl
Cervical	<input type="checkbox"/>	<input type="checkbox"/>
Thoracic	<input type="checkbox"/>	<input type="checkbox"/>
Lumbar	<input type="checkbox"/>	<input type="checkbox"/>

II. Upper Extremity

	Norm	Abnl
Shoulder	<input type="checkbox"/>	<input type="checkbox"/>
Elbow	<input type="checkbox"/>	<input type="checkbox"/>
Hand / Fingers	<input type="checkbox"/>	<input type="checkbox"/>
Wrist	<input type="checkbox"/>	<input type="checkbox"/>

III. Lower Extremity

	Norm	Abn
Knee	<input type="checkbox"/>	<input type="checkbox"/>
Hip	<input type="checkbox"/>	<input type="checkbox"/>
Ankle	<input type="checkbox"/>	<input type="checkbox"/>

Health Care Provider notes (if needed): _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for certain sports _____

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

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

This recommendation is from a limited screening.

 Printed Name of MD, DO, APRN or PA

 Signature of MD, DO, APRN or PA

 Date of Medical Examination



LHSAA SUBSTANCE ABUSE/MISUSE CONTRACT AND CONSENT FORM

This form must be completed and signed and kept on file with the school and is subject to inspection by the LHSAA Rules Compliance Team.

As an LHSAA athlete, I, _____, agree to avoid the abuse or misuse of legal or illegal substances, including anabolic steroids and other performance enhancing drugs. I hereby grant permission to be tested for substance abuse/misuse as a participant in any LHSAA sports program. I furthermore agree to cooperate by providing a urine or hair specimen for testing upon the request of my principal. I understand that should my specimen indicate the abuse or misuse of legal or illegal substances, I will be subject to action specified in my School Drug Policy for Student Athletes.

I, _____, parent/guardian of the undersigned student athlete, individually, and on behalf of my child, do hereby grant permission for and consent to said child being tested for substance abuse/misuse in accordance with his/her School Drug Policy for Student Athletes and I understand that if any specimen taken from him/her indicates abuse or misuse of legal or illegal substances, including anabolic steroids and other performance enhancing drugs, he/she will be subject to action specified in the School Drug Policy for Student Athletes for his/her school.


Dated: _____

Student Athlete

Dated: _____

Parent/Guardian

Dated: _____



Dated: _____

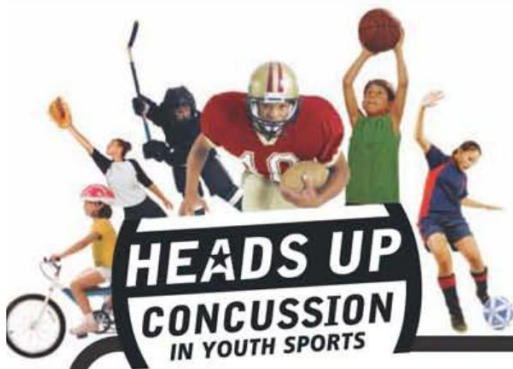
Head Coach or AD

1.10 ABUSE AND/OR MISUSE OF ILLEGAL SUBSTANCES - Each member school shall develop and implement a substance abuse/misuse policy including procedures for chemical testing of student-athletes. To be eligible for interscholastic athletics, prior to practicing or participating in a sport at an LHSAA school, a student-athlete and his/her parent(s)/guardian shall sign the LHSAA Substance Abuse/Misuse Contract developed and distributed to all schools by the LHSAA. Once signed, the LHSAA Substance Abuse/Misuse Contract shall remain in effect for the remainder of the student-athlete's eligibility. Schools may also have the student and parent/guardian sign a school issued form in addition to the LHSAA Substance Abuse/Misuse Contract. Schools shall be required to keep the signed form on file at the school.

1.10.1 The penalties for failure to have the required LHSAA Substance Abuse/Misuse Contract(s) for all students completed, properly signed, and maintained in the school files shall be:

1. A school shall be fined \$50 per student, per sport for each LHSAA Substance Abuse/Misuse Form not completed, properly signed, and on file with the school not to exceed \$500 per sport.
2. A student in violation of this rule shall not be ruled ineligible for this infraction, but shall be withheld from further team practices and interscholastic athletic participation until a copy of this form is completed and submitted to the Executive Director. The completed form must be faxed or postmarked prior to the athlete's participation

Signature of the LHSAA's contract does not necessarily mean the student athlete will be tested.



A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

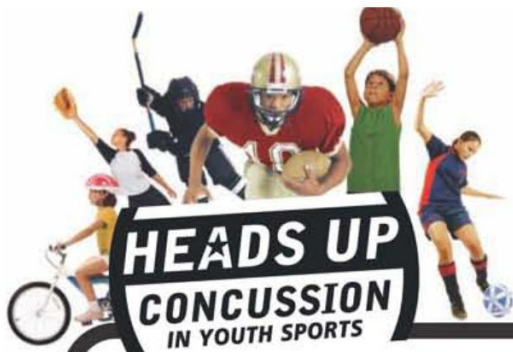
- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - > The right equipment for the game, position, or activity
 - > Worn correctly and fit well
 - > Used every time you play

It's better to miss one game than the whole season.



A Fact Sheet for **PARENTS**

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.



Louisiana High School Athletic Association
Parent and Student-Athlete Concussion Statement



☐ I understand that it is my responsibility to report all injuries and illnesses to my coach, athletic trainer and/or team physician.

☐ I have read and understand the Concussion Fact Sheet.

After reading the Concussion Fact Sheet, I am aware of the following information:

Parent Initial	Student Initial	
_____	_____	A concussion is a brain injury, which I am responsible for reporting to my coach , athletic trainer, or team physician.
_____	_____	A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance
_____	_____	You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
_____	_____	If I suspect a teammate has a concussion, I am responsible for reporting the injury to my coach, athletic trainer, or team physician.
_____	_____	I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.
_____	_____	Following concussion the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.
_____	_____	In rare cases, repeat concussions can cause permanent brain damage, and even death.

Signature of Student-Athlete

Date

Printed name of Student-Athlete

Signature of Parent/Guardian

Date

Printed name of Parent/Guardian





SCHOOL WAIVER FORM

EXTRACURRICULAR ACTIVITIES



THIS DOCUMENT MUST BE SIGNED BY THE STUDENT AND BY THE STUDENT'S PARENT OR LEGAL CUSTODIAN BEFORE PARTICIPATION. STUDENTS MAY NOT PARTICIPATE WITHOUT THE STUDENT'S AND PARENT'S/LEGAL CUSTODIAN'S SIGNATURE.

PARENTS, LEGAL CUSTODIANS, OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. The student and parent/legal custodian recognize that participation in interscholastic athletics and related extracurricular activities involves some inherent risks for potentially severe injuries including, but not limited to, serious neck, head and spinal injuries, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, serious injury or impairment to other aspects of the body, or effects to the general health and well-being of the child, and in rare cases death. Although serious injuries are not common in supervised school athletic programs and related extracurricular activities, it is impossible to eliminate all risk. Because of these inherent risks, the student and their parent/legal custodian have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

I authorize medical treatment should the need arise for such treatment while I or my child/ward ("student") is under the supervision of the St. Tammany Parish School Board school. I consent to medical treatment for the student following an injury or illness suffered during practice and/or a contest. I understand that in the case of injury or illness requiring treatment by medical personnel and transportation to a health care facility, that a reasonable attempt will be made to contact the parent/legal custodian in the case of the student being a minor, but that, if necessary, the student will be treated and transported via ambulance to the nearest hospital. I further authorize the use or disclosure of my student's personally identifiable health information should treatment for illness or injury become necessary.

I understand all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further, I understand that if my student is removed from a practice or competition due to a suspected concussion, he or she will be unable to return to participation that day. After that day, written authorization from a physician (M.D. or D.O.) or an athletic trainer working under the supervision of a physician will be required before the student is allowed to return to participation.

The student and parent/legal custodian individually and on behalf of the student, hereby irrevocably, and unconditionally release, acquit, and discharge, without limitation, the St. Tammany Parish School Board, 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 legal custodian 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 or sports and related extracurricular activities. The student and parent(s)/guardian(s) assume any and all risks, including without limitation risk of injury and risk of incurring medical expenses associated with the participation by the student.



SCHOOL WAIVER FORM



EXTRACURRICULAR ACTIVITIES

The St. Tammany Parish School Board, its employees, agents and insurers have no liability, and accepts no liability for injuries or accidents occurring to students during their participation in interscholastic athletics or sports and related extracurricular teams or activities. The student and parent(s)/guardian(s) assume any and all risks, including without limitation risk of injury and risk of incurring medical expenses associated with the participation by the student.

Student's Name: _____ Sports/Activities: _____ Sex: M F

School: _____ Grade: _____ Age: _____ Date of Birth: ____/____/____

Parent's/Guardian's Name: _____

Father's/Guardian's SS#: XXX-XX-_____ Mother's/Guardian's SS#: XXX-XX-_____

Work Address: _____

Phone Number () _____

Home Address: _____

Phone Number: () _____

Another Person to Contact: _____

Relationship: _____ Phone Number: () _____

Insurance Company: _____

Policy Number and/or Group Numbers: _____

ALLERGIES: _____

Parent's Signature: _____ Date: _____

Student's Signature: _____ Date: _____
(if over age 18)

IMPORTANT NOTICE – It is the policy of the St. Tammany Parish School Board that **ALL ATHLETES PARTICIPATING IN OUR SCHOOL SPORTS PROGRAMS** must have either medical or accident insurance in order to participate! Please be sure to provide that information on this form. This information also becomes important in case of injury or illness and we are unable to immediately contact parents/guardians.



ST. TAMMANY PARISH SCHOOL BOARD STUDENT
ATHLETIC CONTRACT AND AUTHORIZATION/CONSENT FORM



As a student athlete in St. Tammany Parish schools, and as an LHSAA athlete, I fully realize the importance of being physically, mentally and morally fit. I vow to avoid the abuse or misuse of illegal substances. I hereby grant permission to be tested for substance abuse/misuse during my tenure as a participant in any LHSAA sports program. I furthermore agree to cooperate by providing a specimen for testing upon request of my Principal. I understand that should my specimen indicate the abuse or misuse of legal or illegal substances, I will be subject to action as stated in the St. Tammany Parish School Board Drug Testing and Referral Program for Athletes and in the Official Handbook of the Louisiana High School Athletic Association. I understand that since athletics is an extra-curricular activity, St. Tammany Parish School Board takes added precautions to assure that an athlete will be afforded reasonable safety measures. I further understand that athletics is not an essential part of the educational process and thus is not mandated by the St. Tammany Parish School Board. I also understand and agree that participation in athletic activities is a privilege that may be withdrawn for violations of St. Tammany Parish School Board Policy and/or School Policy.

I understand that to pursue excellence on the playing field, I must not experiment with alcohol, illegal drugs or banned substances. I understand that the St. Tammany Parish School Board's main purpose of the random drug testing program is not to invade the privacy of the student athlete, but rather its intent is to identify a health or controlled substance dependence which by its very nature would be counterproductive to the safety of the athlete and his/her companions. I have received and read, and I am fully aware of and thoroughly understand the St. Tammany Parish School Board Drug Testing and Referral Program for Athletes, which includes (1) a Policy for Random Drug Testing of St. Tammany Parish School Board High School Students Participating in Interscholastic Sports and (2) Procedures for Random Drug Testing of St. Tammany Parish School Board District Students Participating in Interscholastic Sports, dealing with drug use and also the additional rules set forth by the St. Tammany Parish School Board and my school's athletic department.

I understand and realize that there is risk of injury in participating in athletic activities, and I understand that when I participate in any athletic program, I will be subjected to random drug testing, and if I refuse, I will not be allowed to participate in any athletic activities. I have read the St. Tammany Parish School Board Student Athlete Contract and Authorization/Consent Form and agree to its terms. I understand that these tests will be strictly enforced and participation will be mandatory, since the parent(s)/guardian(s)/custodian(s) have freely chosen to allow their son(s)/daughter(s)/ward(s) to participate in athletic programs. No athlete will be tested unless at least one parent/guardian/custodian and the athlete sign a form giving permission to have drug testing performed. By signing, the parent(s) and athlete acknowledge that they have consented to the administration of the test and waive any claim of invasion of privacy and waive any objection to the necessary action in the furtherance of these safety proceedings. The undersigned do hereby authorize the St. Tammany Parish School Board to have the tests enumerated herein to be administered as part of its athletic program. I understand and agree that my refusal to allow and/or submit to extra-curricular activity and do further agree and understand that failure and/or refusal to allow and/or submit to these tests shall be considered by the St. Tammany Parish School Board as a Positive result under the (1) Policy for Random Drug Testing of St. Tammany Parish School Board High School Students Participating in Interscholastic Sports; and (2) Procedures for Random Drug Testing of St. Tammany Parish School Board District Students Participating in Interscholastic Sports.

I understand that this is binding while I am a student in the St. Tammany Parish School Board school system and I understand the consequences that I will face should I violate these rules and/or policies, and understand that I am subject to penalties, including loss of athletic participation privileges.

I understand that should I have the need to discuss or seek, assistance in reference to a drug or alcohol related matter, it is my responsibility to do this immediately. This can be done with a member of the coaching staff, a guidance counselor or administrator. I know that if I ask for help I will receive help. I also understand that this does not relieve my obligation through the mandatory drug testing program.

As a Parent/Guardian/Custodian:

We have received and read and we are fully aware of and thoroughly understand the St. Tammany Parish School Board Drug Testing and Referral Program for Athletes, which includes (1) a Policy for Random Drug Testing of St. Tammany Parish School Board High School Students Participating in the Interscholastic Sports; and (2) Procedures for Random Drug Testing of St. Tammany Parish School Board District Students Participating in Interscholastic Sports, dealing with drug use and also the additional rules set forth by the St. Tammany Parish School Board and my student's athletic department. We have also read the St. Tammany Parish School Board Student Athlete Contract and Authorization/Consent Form and agree to all of its terms and conditions. As such, we pledge to promote healthy lifestyles for all student athletes of the School District.

We understand and realize that there is an assumed risk of injury involved for our son/daughter/ward as a participant in athletic activities. We also understand that our son/daughter/ward, when participating in any athletic program will be subjected to random drug testing, and if they refuse, will not be allowed to participate in any athletic activities. We do hereby consent to allow the student named in this St. Tammany Parish School Board Student Athlete Contract and Authorization/Consent Form to undergo drug testing for the presence of illicit drugs or banned substances in accordance with the St. Tammany Parish School Board Drug Testing and Referral Program for Athletes.

We do hereby give our consent to the medical Vendor selected by the St. Tammany Parish School Board, their laboratory, doctors, employees, or agents, together with any clinic, hospital or laboratory designated by the selected medical vendor, to conduct random drug testing on the student named herein below. We understand that these results will be forwarded to the Building Principal and will also be made available to us.

We understand that consent pursuant to this informed Consent Agreement will be effective for all athletic sports in which this student athlete might participate during the current school year, and we do hereby release the St. Tammany Parish School Board and its employees, designees and agent from any legal responsibility or liability for the release of such information and records, and for any responsibility in connection with the administration of test results, warranties as to accuracy of said tests and medical procedures used by the Vendor and/or any referring laboratory.

We further agree and understand that the St. Tammany Parish School Board and its Athletic Department assumes no responsibility for diagnosing or treating any disease that may become known as a result of said laboratory test(s) and that if the athlete has been taking medication, we should indicate this prior to the administration of the tests and notify the School Principal of the prescribing physician.

Student Athlete (Print and sign name)

Date: _____

SS#: _____

Parent/Guardian/Custodian (Print and sign name)

Date: _____

Telephone No.: _____

Address: _____

Parent/Guardian/Custodian (Print and sign name)

Date: _____

Telephone No.: _____

Address: _____

Slidell

Transportation Waiver

STUDENT'S NAME: _____, _____
LAST NAME FIRST NAME

Please read carefully. The following are guidelines for use of private vehicles for driving to and from practices or athletic events:

1. Prior approval must be obtained from the Athletic Director or by the Head Coach.
2. The coach must have the complete form on file in order for an athlete to use private transportation.
3. While private vehicles will be considered for use to attend practices, it is school policy that all athletes use school transportation, ride with a parent, or carpool with a coach or another parent for contests when available.
4. Your cooperation is necessary for this policy to be successful.

I hereby give permission to my son/daughter, _____, to travel to and from athletic practices/events in private automobiles. I agree to hold harmless indemnify and defend the school and its employees and volunteers against any liability in any way arising from such private transportation.

Parental Permission for Student Driving (ALL 3 must be checked)

- ☐ *I give permission to my son/daughter to drive to competitions/practices (home and away).*
- ☐ *I understand my son/daughter is **not allowed** to transport other students in his/her vehicle.*
- ☐ *I understand my son/daughter is **not to be a passenger** in a car driven by another student.*

Student Signature: _____

Signature of parent/guardian: _____

Date: _____

Slidell

Transportation Waiver

STUDENT'S NAME: _____
LAST NAME FIRST NAME

Please read and sign ALL that apply to you.

By signing all three, you cover all possible scenarios for transportation of your child.

1. TRANSPORTING YOUR KID

I, _____ the parent/guardian will take full responsibility for the transportation of my child to and/or from the athletic practices/events.

Signature of parent/guardian: _____ *Date:* _____

2. TRANSPORTING AN ATHLETE THAT IS NOT YOUR KID

I, _____ agree to drive other athletes that are in need of a ride to and/or from the athletic practices/events.

Signature of parent/guardian: _____ *Date:* _____

3. CARPOOLING WITH ANOTHER DRIVER

I, _____ give permission for my son/daughter to ride with another parent or coach to and/or from the athletic practices/events.

Signature of parent/guardian: _____ *Date:* _____

Slidell

Social Media Policy

The purpose of this policy is to establish a clear and concise set of guidelines for student-athletes to follow to help them make the best possible judgements and safeguard their personal privacy, as well as protect the integrity of Slidell High School Athletics.

Our student-athletes, coaches, and staff represent Slidell High School both on and off the field/court and are seen as role models on campus and in the community. Thus, they have the responsibility to represent our teams, our school, and themselves in a responsible and positive manner.

Third parties, including the media, faculty, future employees, and college recruiters can easily access social media profiles and view all personal information that is contained in it. This includes pictures, videos, comments, posts, links, etc. It is important to understand that once something is posted on social media it never disappears. Inappropriate material found by third parties affects the perception of the student-athlete, Slidell High School Athletics, and Slidell High School. With that in mind, the policy requires that student-athletes and all coaches:

1. **Protect** and **Enhance** the value of Slidell High Athletics; avoid making derogatory comments about athletics, students, faculty or employees and protect confidential information.
2. **Be Aware** that readers and followers on social media sites include media, current and future athletes, students, faculty, administrators, alumni, parents, coaches, community leaders, and recruiters.
3. **Think Before You Post** and anticipate how all the third parties will see that post and may react to it.

For Your Protection:

1. Set your security and privacy settings so that only friends can view profiles, posts, and other information.
2. Do not post your email, home address, local address, telephone number or other personal information that could lead to unwanted attention, stalking, identity theft, etc.
3. Be aware of who you add as a friend on social media services.

Rules Regarding Social Networking Sites

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy will be unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletic Department, or the campus (including, but not limited to obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, team, coach, faculty member, or entity (including, but not limited to: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach, or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the Slidell High School Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete's injuries and eligibility status, travel plans/itineraries or information).

TEN SOCIAL MEDIA GUIDELINES FOR TODAY'S SPORTS PARENT

1. Your student-athlete is the number one priority in the triangular relationship between you, them, and their coach. Keep that in mind every time you post. Your student-athletes wishes are most important, not yours. Will your post cause your student-athlete to be embarrassed?
2. If you wouldn't say it in front of the Coach with your student-athlete standing there, then don't say it online.
3. If you wouldn't say it in front of the Athletic Director and/or Principal, then don't say it online.
4. Let yourself cool off for 24 hours after the game or 'incident' before posting.
5. Ask yourself, "What is my purpose in posing this?" and "What am I going to accomplish by posting this?" before posting it. Does it serve your student-athlete well? Or will it only serve your own interests?
6. Remember, before posting about another student-athlete that there are others that could be hurt indirectly.
7. Follow Slidell High School's Athletic Chain of Command, even online.
8. Praise the strengths and efforts of your student-athletes team, and not the weaknesses and deficits of others.
9. Don't troll your student-athletes coach, teammates, athletic program, or opponents online.
(Trolling is when you put things on social media to entice someone. Posting something really vague about your emotions or an incident to get others to chime in and do the talking for you.)
10. Be smart, be responsible, be appropriate, and keep your student-athlete's best interests as your top priority.

By signing below, you affirm that you understand the Slidell High School Athletic Department's Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as a Slidell High School Student-Athlete.

Also, you affirm that failure to adhere to this policy and guidelines will subject you to disciplinary action, which may include suspension or permanent removal from the team.

Student-Athlete Signature

Date

Parent Signature

Date