

Last Name _____

First Name _____



Herculaneum High School Athletic Participation Packet

Turn this whole packet into the office, not your coach.

- Physical Form
- Pre-Participation Documentation
- HHS Extra-Curricular Code of Conduct
- Parental Activities Contract
- Student Activities Contract
- Emergency Contact List
- Extra-Curricular Participation Guidelines Agreement Form
- Academically Eligible - **OFFICE USE ONLY**

Once everything is completed and turned in to the Activities Director's office, you will receive a Red Card to give to your coach.

Questions: Call or email Heather Roberts at (636) 479-5200 ext 4004 or hroberts@dunklin.k12.mo.us

MSHSAA Preparticipation Physical Forms/Procedure

Medical History Form (Step 1): Issued to Student/Parent(s)/Guardian, Completed by Student/Parent(s)/Guardian, Taken to Healthcare Professional (MD/DO/ARNP/PA/DC), Retained by Healthcare Professional.

Note: If the student is under 18 years old, the Medical History questions are to be completed with assistance from parent(s)/guardian(s).

Note: The health care professional (MD/DO/ARNP/PA/DC) who completes the pre-participation examination (PPE) shall keep this Medical History form in the patient's files for their records.

This Medical History form is NOT returned to the school.

MEDICAL HISTORY				
Name:	Date of Birth:			
Sex assigned at birth (F, M or intersex):	How do you identify your gender? (F, M or other):			
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 of your allergies (i.e., 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.				

(Medical History Continued – Next Page)

Explain “Yes” answers at the end of this form. Circle questions if you don’t know the answer.

GENERAL QUESTIONS	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 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 ordered a test for your heart? (For example, electrocardiography (ECG) or echocardiography?)		
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 (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?		
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?		

IF “YES,” EXPLAIN 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 Student:
Signature of Parent(s) or Guardian:
Date:

Preparticipation Physical Examination Form (PPE) (Step 2): Issued to Student/Parent(s)/Guardian, Taken to Healthcare Professional (MD/DO/ARNP/PA/DC), Retained by Healthcare Professional.

Note: This PPE form is the recommended PPE form intended for guiding the healthcare professional (MD/DO/ARNP/PA/DC) with the completion of a preparticipation physical evaluation.

Note: The health care professional (MD/DO/ARNP/PA/DC) who completes the pre-participation examination shall keep this PPE form in the patient's files for their records. **This PPE form is NOT returned to the school.**

PRE-PARTICIPATION PHYSICAL EXAMINATION

Name:		Date of Birth:	
EXAMINATION			
Height:		Weight:	
BP: / (/)	Pulse:	Vision: R 20/ L 20/	Corrected: <input type="checkbox"/> Yes <input type="checkbox"/> No
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse (MVP) and aortic insufficiency)			
Eyes, ears, nose and throat • Pupils equal • Hearing			
Lymph Nodes			
Heart* • Murmurs (auscultation standing, auscultation supine and +/- Valsalva maneuver)			
Lungs			
Abdomen			
Skin • 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 • Double-leg squat test, single-leg squat test and box drop or step drop test			
* Consider electrocardiography (ECG), echocardiogram, referral to cardiology for abnormal cardiac history or examination findings, or a combination of those.			
Physician Reminders: Consider additional questions on more-sensitive issues. <ul style="list-style-type: none"> • Do you feel stressed out or under a lot of pressure? • Do you ever feel sad, hopeless, depressed or anxious? • Do you feel safe at your home or residence? • Have you ever tried cigarettes, chewing tobacco, snuff or dip? • During the past 30 days, did you use chewing tobacco, snuff or dip? • Do you drink alcohol or use any other drugs? • Have you ever taken anabolic steroids or used any other performance-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? 			



MSHSAA Medical Eligibility Form (Step 3):
Issued to Student/Parent(s)/Guardian, Taken to/Completed by Healthcare Professional (MD/DO/ARNP/PA/DC), Copy Retained by Healthcare Professional, Returned to School Administration.



Note: This Medical Eligibility form is the form to be used by a healthcare professional (MD/DO/ARNP/PA/DC) for granting a medical release for a student to participate in All Sports – Spirit – Marching Band after the completion of a preparticipation physical evaluation.

Note: The health care professional (MD/DO/ARNP/PA/DC) must complete this form, retain a copy in the patient’s files for their records and issue this form to the student/parent.

This Medical Eligibility form MUST be returned to the school.

NAME (Last) _____ (First) _____ (Middle Initial) _____ Date of Birth _____
 Age _____ Sex assigned at birth (F,M, intersex) _____ Grade _____ School _____ City _____
 Present Address _____ Telephone _____

- Medically eligible for all Sports-Spirit-Marching Band without restrictions for two (2) years.
- Medically eligible for all Sports-Spirit-Marching Band without restriction for two (2) years with recommendations for further evaluation or treatment of: _____
- Medically eligible for all Sports-Spirit-Marching Band without restriction for less than two (2) years. Specify reasons and duration of approval: _____
- Medically eligible for certain Sports-Spirit-Marching Band: _____
- NOT medically eligible for Sports-Spirit-Marching Band
- NOT medically eligible pending further evaluation: _____

I have examined the above-named student and completed the pre-participation physical evaluation. Unless otherwise indicated, the student does not present apparent clinical contraindications to practice and participate in the sport(s) or activities as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the student has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the student (and parents/guardians).

Name of health care professional (Print/Type) _____ Date of Examination ____ / ____ / ____

Signature of Healthcare Professional (MD/DO/PA/ARNP/DC): _____

Clinic Address _____ City _____ State _____ Zip _____

Telephone _____

Student’s Physician _____

Student’s Dentist _____

MSHSAA PRE-PARTICIPATION DOCUMENTATION – ANNUAL REQUIREMENTS (All Sports & Activities)

CURRENT HEALTH AND INJURY UPDATE (INTERIM MEDICAL UPDATE)	
<p>Note: Complete and sign this form (with your parents if younger than 18). Note: An injury or medical condition results in a separate medical release.</p>	
Student Name:	Date of Birth:
Date:	
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 of your allergies (i.e., medicines, pollens, food, stinging insects):	
Have you had any medical conditions/concussions/orthopedic injuries this past year that has resulted in a health care professional (MD/DO/ARNP/PA) denying or restricting your participation in any sport – spirit – marching band?	
If yes to the preceding question, have you provided appropriate documentation to the school clearing you back to such participation by a health care professional (MD/DO/ARNP/PA) for those medical conditions/concussions/orthopedic injuries?	
Are there any medical conditions you wish to disclose to the school that may need attention during the student's participation in any sport – spirit – marching band?	
I hereby state that, to the best of my knowledge, my answers to the questions herein are complete and correct.	
Signature of Student:	
Signature of Parent(s) or Guardian:	
Date:	

EMERGENCY CONTACT INFORMATION		
Parent(s) or Guardian	Address	Phone Number
Name of Contact	Relationship to Student	Phone Number

PARENT PERMISSION (Authorization for Treatment, Release of Medical Information, and Insurance Information)

Informed Consent: By its nature, participation in interscholastic athletics/activities includes risk of serious bodily injury and transmission of infectious disease such as HIV, Hepatitis B, severe acute respiratory syndrome (COVID-19) and/or any mutation or variation thereof. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic/activity programs, it is impossible to eliminate all 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. **PARENTS, GUARDIANS, OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN MSHSAA- SPONSORED SPORT WITHOUT THE STUDENT’S AND PARENT’S/GUARDIAN/S SIGNATURE.**

I understand that in the case of injury or illness requiring transportation to a health care facility, a reasonable attempt will be made to contact the parent or guardian in the case of the student being a minor, but that, if necessary, the student will be transported via ambulance to the nearest hospital.

We hereby give our consent for the above student to represent his/her school in interscholastic athletics/activities. We also give our consent for him/her to accompany the school group on trips and will not hold the school responsible in case of accident, injury or illness whether it be en route to or from another school or during practice or an interscholastic contest; and we hereby agree to hold the school district of which this school is a part and the MSHSAA, their employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

In the event of an emergency or when the Parent(s) or Guardian is unable to directly supervise health care services needed by the student for injuries or illnesses sustained at any athletic/sport and/or activity practice, conditioning exercise or contest, I also give my consent to the rendering of necessary health care services for the student by a qualified provider (QP) covering the athletic/activity practice, conditioning exercise or contest, including an athletic trainer, physician, physician assistant, nurse practitioner or other medically-trained professional licensed by the State of Missouri (or the state in which the student injury or illness occurs) and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by state law. In emergency situations, the QP may also be a certified paramedic or emergency medical technician for the purpose of providing emergency health care and transport. Health care services are defined as services including, but not limited to, evaluation, diagnosis, first aid, emergency care, stabilization, treatment and referral. I further authorize the QP who provides such health care services to disclose such information about the student’s injury or illness, diagnosis, care and treatment in the professional judgment of the QP to the student’s athletic director, coaches/directors, school nurse and any classroom teacher required to provide academic accommodation to assure the student’s recovery and safe return to activity. If the Parent(s) or Guardian believes that the student is in need of further evaluation, treatment, rehabilitation or health care services for the injury or illness, the student may be treated by the physician or provider of his or her choice.

To enable the MSHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics/activities in the MSHSAA member school, I consent to the release of any and all portions of school record files to MSHSAA, beginning with sixth or seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received, and attendance data.

We confirm that this application for the above student to represent his/her school in interscholastic athletics/activities is made with the understanding that we have studied and understand the eligibility standards that our son/daughter must meet to represent his/her school and that he/she has not violated any of them. We also understand that if our son/daughter does not meet the citizenship standards set by the school or if he/she is ejected from an interscholastic contest because of an unsportsmanlike act, it could result in him/her not being allowed to participate in the next contest or suspension from the team or group either temporarily or permanently.

I consent to the MSHSAA’s use of the herein named student’s name, likeness, and athletic/activity-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

We further state that we have completed that part of this certificate which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete’s performance or treatment and we certify that it is correct and complete.

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has healthcare insurance coverage or healthcare expense payment plan.

The parent(s) or guardian below verify that the student is covered by a healthcare insurance coverage or healthcare expense payment plan.

 Yes

 No

I have read and acknowledge the information presented above and hereby grant consent for the named student to participate.

Signature of Parent(s) or Guardian:

Date:

STUDENT AGREEMENT (Regarding Conditions for Participation)

This application to represent my school in interscholastic athletics/activities is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them.

I have read, understand, and acknowledge receipt of the MSHSAA brochure entitled "How to Maintain and Protect Your High School Eligibility," which contains a summary of the eligibility rules of the MSHSAA. (I understand that a copy of the *MSHSAA Handbook* is on file with the principal and athletic administrator and that I may review it in its entirety, if I so choose. All MSHSAA by-laws and regulations from the *Handbook* are also posted on the MSHSAA website at www.mshsaa.org).

I understand that a MSHSAA member school must adhere to all rules and regulations that pertain to school-sponsored, interscholastic athletics/activities programs, and I acknowledge that local rules may be more stringent than MSHSAA rules.

I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team or group either temporarily or permanently.

I understand that if I drop a class, take course work through Post -Secondary Enrollment Option, Credit Flexibility, or other educational options, this action could affect compliance with MSHSAA academic standards and my eligibility.

I understand that participation in interscholastic athletics/activities is a privilege and not a right. As a student participant, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and laws of my community, state, and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.

I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.

Signature of Student:	Date:
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PARENT AND STUDENT SIGNATURE (Concussion Materials)

I have received and read the MSHSAA materials on Concussions, which includes information on the definition of a concussion, symptoms of a concussion, what to do if I have a concussion and how to prevent a concussion. I will inform my school and athletic trainer/team physician immediately if I experience any of these symptoms or if I witness a teammate with these symptoms.

Signature of Student:	Date:
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Signature of Parent(s) or Guardian:	Date:
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PARENT AND STUDENT SIGNATURE (Injury Risk/Disclosure)

I accept responsibility for reporting all injuries and illnesses, to my school and medical staff (athletic trainer/team physician). We acknowledge that there is a risk of injury by participation in all sports and activities and failure to disclose injuries may result in further complications.

Signature of Student:	Date:
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Signature of Parent(s) or Guardian:	Date:
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CO-CURRICULAR AND EXTRA-CURRICULAR CODE OF CONDUCT

The Student Code of Conduct is designed to foster student responsibility and respect for the rights of others and to ensure the orderly operation of district schools. No code can be expected to list every offense that may result in the use of disciplinary action. However, it is the purpose of this code to list certain offenses which, if committed by the student, will result in the imposition of a certain action. Any conduct not included herein or an aggravated circumstance of any offense or action involving a combination of offenses may result in disciplinary consequences that extend beyond this code of conduct as determined by the principal, Superintendent, and/or the Dunklin R-5 Board of Education. In extraordinary circumstances where the minimum consequence is judged by the superintendent or designee to be manifestly unfair or not in the interest of the district, the superintendent or designee may reduce the consequences listed in this policy, as allowed by law.

DEFINITION FOR DISCIPLINARY ACTION

- Association: Defined as being viewed by a faculty/staff/administrative member.
- Conference: a formal conference is held between the student, parent/guardian, sponsor/coach, activities director, and/or an administrator. During this conference, the student must agree to correct his or her behavior.
- Denial: Prohibiting a student from participating in their next projected season.
- Dismissal/Termination: The student is informed that he/she is being removed from the activity that he/she is participating in for the remainder of the season. These actions will be implemented in addition to the School Disciplinary Code in incidents where it is applicable.
- Extra Work: The student may be required to do extra conditioning or work (i.e., running or written materials) or be required to spend extra time at practice. Extra work will be at the discretion of the instructor in charge of the activity.
- Season: The school year will be divided into three activity sessions and one off-season.
- Season One: The first day of the fall activity season, as determined by MSHSAA, until the conclusion of the fall activity season, depending upon that activity.
- Season Two: The first day of the winter activity season, as determined by MSHSAA, until the conclusion of the winter activity season, depending upon that activity.
- Season Three: The first day of the spring activity season, as determined by MSHSAA, until the conclusion of the school year or when the activity is finished.
- Off-season: The conclusion of the school or the end of an activity in which the student participates until the beginning of the fall activity season, as determined by MSHSAA
- Out of School Suspension: Missing a certain length of that specific season. The student will not be permitted to be at a school function during the out-of-school suspension.
- In-School suspension: The student will be placed in an alternative area during the school day and will be allowed to participate in practices during the in-school suspension, but the student will not be allowed to participate in any scheduled games, practices, contests, etc., on the day the violation occurs.

OFFENSES

ASSAULT — Attempting to cause injury to another person; intentionally placing a person in reasonable apprehension of imminent physical injury.

In Season:

· First Offense: Minimum one-week suspension from activity and conference. The suspension will include no less than one scheduled activity.

· Second Offense: Termination/Dismissal

ILLEGAL DRUGS/SUBSTANCES: ASSOCIATION, POSSESSION, USE, OR SALE

In Season:

· First Offense: Termination/dismissal from activity.

· Second Offense: Denial for one full year in any school activity (365 days)

TOBACCO: POSSESSION, USE OR SALE - Possession of any tobacco products, electronic cigarettes, or other nicotine-delivery products on district property, district transportation, or at any district activity. Nicotine patches or other medications used in a tobacco cessation program may only be possessed in accordance with district policy JHCD.

In Season:

· First Offense: One-week suspension from activity and conference. Second Offense: Termination/dismissal from activity.

ALCOHOL: ASSOCIATION, POSSESSION, USE OR SALE

In Season:

· First Offense: The student will miss two weeks of season activities and hold a conference. The penalty will be no less than two (2) scheduled activities and no more than five (5) scheduled activities.

· Second Offense: Denial of participation in upcoming activity. Must be an activity the student normally would participate in. Example: student may not claim to participate in spring play in order to participate in fall marching band.

CRIMES (MISDEMEANORS)

In Season/Out of Season:

- First Offense: Conference with the student, possible denial, suspension/termination, and compliance with MSHSAA guidelines (By-law 212). This must be a decision by the coach/sponsor and administration. (A minor traffic violation is not as serious as stealing \$475.00; however, both would be listed as misdemeanor crimes.)
- Second Offense: Same as First Offense.

CRIMES (FELONY)

In Season/Out of Season

- First Offense: Denial of participation for a possible (365) days or 1 year.
- Second Offense: Denial of participation for a possible (730) days or 2 years.

STOLEN PROPERTY: THEFT AND/OR RECEIPT (KNOWINGLY), SALE, OR DISTRIBUTION

In Season/Out of Season

- First Offense: Restitution — conference and possible termination/dismissal.
- Second Offense: Restitution — conference and possible termination/dismissal.

Although every reasonable effort has been made to identify the more common incidents of unacceptable behavior and the range of disciplinary consequences for such actions, it is impossible to anticipate every situation that may be faced. When such situations occur, the administration and activity sponsor/coach will take appropriate action consistent with the student handbook adopted by the Dunklin R-5 School Board and the provisions of the policy. In the case of multiple violations that occur at the same time or over a period of time, the sequence of penalties may be altered.

UNSPORTSMANLIKE CONDUCT INTERSCHOLASTIC ATHLETICS IN ANY DISTRICT-SPONSORED EXTRACURRICULAR ACTIVITIES AND GROUPS

Student Technical Fouls/Unsportsmanlike Conduct/Flagrant Fouls

- Any foul that requires the attending official to file a report with the district's Activities Association or with the school.
- Any foul that flagrantly ignores the rules and intent of the game when penalized by the official.
- Any flagrant foul that the official determines to be malicious or with intent to harm another player.

This regulation applies to any player, manager, or any other student associated with a district team. All disciplinary actions are up to coaches/administrators discretion, including dismissal from the team prior to the fourth transgression.

· First Penalty — The first time the student-athlete is penalized before, during or immediately after a contest, that player will be removed from the contest immediately. He/she will not be allowed to participate any further in that contest. If a foul or penalty occurs after the contest has ended, the athlete will be held out of the next contest.

· Second Penalty — The athlete is immediately removed from the game. He/she will not be allowed to return to action that game. The athlete will not be allowed to participate in the next game.

· Third Penalty — The athlete is immediately removed from the game. He/she will not be allowed to return to action that game. The athlete will not be allowed to participate in the next two contests. The athlete will be referred to the counselors for counseling. Status to return to the team will be reviewed by the coach, athletic director, building principal, and the parents.

· Fourth Penalty — The athlete is immediately removed from the game; no further participation will be allowed in that contest. The athlete will be suspended from action for the next three games. The athlete must receive further counseling. The athlete's status to continue to participate will be further reviewed by the athletic director, building principal, and superintendent.

Parental Activities Contract

As a member of the Missouri State High School Activities Association, it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

Fundamentals of High School Activities: When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and goodwill and should not be looked at negatively.

Expectations of Parents: Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and our community. Parents are expected to:

- Know and demonstrate the fundamentals of good sportsmanship.
- 24 Hour Rule - please don't approach coaches with concerns until 24 hours after the contest.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Respect the judgment and strategy of the coach (even if you disagree).
- Respect the judgment of game officials (even if you disagree).
- Avoid profane language and obnoxious behavior at all times.
- Avoid applauding errors or penalties of the opponents.
 - Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws
- Refrain from being critical of players, coaches or officials for a loss.
- Refrain from throwing objects on the playing area or in the bleachers.
- Avoid stomping of bleachers or the use of artificial noisemakers.
- Refrain from using cheers that taunt or ridicule opposing players, coaches, or spectators.
 - Refrain from booing or showing displeasure with game officials or game activities.

I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that I am a role model for my son/daughter and that I represent our school and our community when I attend an activities function. I also understand that if I do not comply with the above-listed responsibilities that I may forfeit my privilege of attending future activities involving our school.

Date

Parent's Signature

Student Activities Contract

As a member of the Missouri State High School Activities Association, it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

Fundamentals of High School Activities: When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and goodwill and should not be looked at negatively.

Expectations of Students: Your enthusiasm as a participant or spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and community. Students are expected to:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect, cooperate, and respond to cheerleaders.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Respect the judgment and strategy of the coach (even if you disagree).
- Respect the judgment of game officials (even if you disagree). Avoid profane language and obnoxious behavior at all times.
- Avoid applauding errors or penalties of the opponents.
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.
- Refrain from being critical of players, coaches or officials for a loss.
- Refrain from throwing objects on the playing area or in the bleachers.
- Avoid stomping of bleachers or the use of artificial noisemakers.
- Refrain from using cheers that taunt or ridicule opposing players, coaches, or spectators.
- Refrain from booing or showing displeasure with game officials or game activities.

I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that if I do not comply with the above-listed responsibilities that I may forfeit my privilege of participating in the school's activities program.

Date

Student's Signature

Emergency Contact Sheet

Athletes Name (First & Last)

DOB _____ **Grade Level** _____

Parent's Name (First & Last)

Phone Number _____

Please List 2 additional people that we should contact if you are unavailable.

Name _____ **Phone Number** _____

Name _____ **Phone Number** _____

In case of an emergency, athletes will be sent to the nearest hospital.

Doctor _____

Insurance _____

Parent's Signature _____

Coach _____



Extra-Curricular Participation Guidelines Agreement Form

I have read and understand the Dunklin R-5 Co-Curricular and Extra-Curricular Participation Guidelines. I agree to abide by the guidelines, Dunklin R-5 Board of Education Policies, and the Missouri State High School Activities Association (MSHSAA) By-Laws as a prerequisite to participate during the 2023-24 calendar year.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____