

THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA
1960 LANDINGS BOULEVARD, SARASOTA, FL 34231
PHONE (941) 927-9000

**PARENT/GUARDIAN RELEASE AND HOLD HARMLESS AGREEMENT FOR
MIDDLE SCHOOL STUDENT ATHLETIC PARTICIPATION**

Instructions: This form must be notarized and returned to the Head Coach/Athletic Director's Office with the Athletic Packet. If you have questions pertaining to this form, contact your child's school.

Student Name (Print) _____ DOB _____ Student No. _____

School Name _____ School Year _____

Initial sport/activity this agreement governs (Grades 6-8) _____ Basketball _____ Track _____ Golf _____
_____ Tennis _____ Volleyball _____ Intramurals _____

Parent/Guardian Home Address _____

Home Phone _____ Work Phone _____ Cell Phone _____

I/We fully understand that playing or practicing to play interscholastic sports may be hazardous and poses a risk of injury, including but not limited to, sprains, strains, contusions, abrasions, broken bones and in extreme cases, paralysis or death. Due to the potential hazards associated with interscholastic sports, I/we recognize the importance of following the instructions of coaches and trainers, regarding playing techniques, training and other rules associated with this sport/activity.

I/We understand that it is the responsibility of the parents/guardians to provide proof of medical insurance coverage prior to participating in any phase of this sport/activity.

Yes I/we will be purchasing the student accident insurance made available through the Sarasota School District.

No I/we have comprehensive medical insurance that covers this student for any expenses he/she may incur as the result of a sports injury.

Insurance Company Name _____

Policy No. _____ Effective Dates _____

This agreement is entered into voluntarily and is made with the understanding that I/we have not violated any of the eligibility rules and regulations the Sarasota School District. I/we give my/our consent for my/our student/child/ward to engage in Sarasota School District approved athletic activities as a representative of the student's school. I/we give my/our consent for him/her to accompany the team on out of town/county trips.

In consideration of The School Board of Sarasota County, Florida, permitting my/our student/child/ward to engage in interscholastic sports, I/we agree to release and hold harmless The School Board of Sarasota County, Florida, and its employees and agents from and against all claims, judgments, cost, expenses, attorney fees, including but not limited to, claims occurring from the negligence of The School Board of Sarasota County, Florida, its employees, and agents arising out of bodily injuries or property damage resulting from participation in interscholastic sports.

I/We acknowledge that I/we have read this agreement and fully understand its meaning, and that I/we will abide by all terms and conditions associated with this sport/activity and in this agreement.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____ Date _____

Student Signature _____ Date _____

STATE OF FLORIDA, SARASOTA COUNTY

Sworn to (or affirmed) and subscribed before me by means of physical presence or online notarization, this _____
day of _____, 20____, by _____ who is

Personally known Produced identification Type of Identification Produced _____

(Seal)

Typed or Printed Name of Notary Public

Signature of Notary Public

My Commission Expires _____ Commission No. _____

RET: Master, 7SY, GS7 172

027-01-DIS
Rev. 5-9-2022

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

Instructions: This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

Part 1. Student Information (to be completed by student or parent).

Student Name (Print) _____ Sex _____ Age _____ Student No _____ DOB _____
 School _____ Grade _____ Sport(s) _____
 Home Address _____ Home Phone _____
 Parent/Guardian Name (Print) _____ E-mail _____
 Person to Contact in Case of Emergency _____ Relationship to Student _____
 Home Phone _____ Work _____ Cell _____
 Personal/Family Physician Name (Print) _____ Office Phone _____

Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	___	___	26. Have you ever become ill from exercising in the heat?	___	___
2. Do you have an ongoing chronic illness?	___	___	27. Do you cough, wheeze or have trouble breathing during or after activity?	___	___
3. Have you ever been hospitalized overnight?	___	___	28. Do you have asthma?	___	___
4. Have you ever had surgery?	___	___	29. Do you have seasonal allergies that require medical treatment?	___	___
5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler?	___	___	30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, shunt, retainer on your teeth or hearing aid)?	___	___
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	___	___	31. Have you had any problems with your eyes or vision?	___	___
7. Do you have any allergies (for example, pollen, latex, medicine, food or stinging insects)?	___	___	32. Do you wear glasses, contacts or protective eyewear?	___	___
8. Have you ever had a rash or hives develop during or after exercise?	___	___	33. Have you ever had a sprain, strain or swelling after injury?	___	___
9. Have you ever passed out during or after exercise?	___	___	34. Have you broken or fractured any bones or dislocated any joints?	___	___
10. Have you ever been dizzy during or after exercise?	___	___	35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints? If yes, check appropriate blank and explain below:	___	___
11. Have you ever had chest pain during or after exercise?	___	___	___ Head	___ Elbow	___ Hip
12. Do you get tired more quickly than your friends do during exercise?	___	___	___ Neck	___ Forearm	___ Thigh
13. Have you ever had racing of your heart or skipped heartbeats?	___	___	___ Back	___ Wrist	___ Knee
14. Have you had high blood pressure or high cholesterol?	___	___	___ Chest	___ Hand	___ Shin/Calf
15. Have you ever been told you have a heart murmur?	___	___	___ Shoulder	___ Finger	___ Ankle
16. Has any family member or relative died of heart problems or sudden death before age 50?	___	___	___ Upper Arm	___ Foot	
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	___	___	36. Do you want to weigh more or less than you do now?	___	___
18. Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	37. Do you lose weight regularly to meet weight requirements for your sport?	___	___
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)?	___	___	38. Do you feel stressed out?	___	___
20. Have you ever had a head injury or concussion?	___	___	39. Have you ever been diagnosed with sickle cell anemia?	___	___
21. Have you ever been knocked out, become unconscious or lost your memory?	___	___	40. Have you ever been diagnosed with having the sickle cell trait?	___	___
22. Have you ever had a seizure?	___	___	41. Record the dates of your most recent immunizations (shots) for:		
23. Do you have frequent or severe headaches?	___	___	Tetanus _____ Measles _____		
24. Have you ever had numbness or tingling in your arms, hands, legs or feet?	___	___	Hepatitis B _____ Chickenpox _____		
25. Have you ever had a slinger, burner or pinched nerve?	___	___			

Explain "Yes" answers here. _____

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s.1006.20, Florida Statutes, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Student Signature _____ Date _____ Parent/Guardian Signature _____ Date _____

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Student Name (Print) _____ DOB _____
 Height _____ Weight _____ % of Body Fat (Optional) _____ Pulse _____ Blood Pressure _____
 Temperature _____ Hearing Right P _____ F _____ Left P _____ F _____
 Visual Acuity Right 20/ _____ Left 20/ _____ Corrected Yes No Pupils Equal _____ Unequal _____

FINDINGS	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
1. Appearance			
2. Eyes/Ears/Nose/Throat			
3. Lymph Nodes			
4. Heart			
5. Pulses			
6. Lungs			
7. Abdomen			
8. Genitalia (males only)			
9. Skin			
MUSCULOSKELETAL			
10. Neck			
11. Back			
12. Shoulder/Arm			
13. Elbow/Forearm			
14. Wrist/Hand			
15. Hip/Thigh			
16. Knee			
17. Leg/Ankle			
18. Foot			

*station based examination only

ASSESSMENT OF EXAMINING PHYSICIAN/ASSISTANT/NURSE PRACTITIONER

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusions(s).

- Cleared without limitation
- Disability _____ Diagnosis _____
- Precautions _____
- Not Cleared For _____ Reason _____
- Cleared after completing evaluation/rehabilitation for _____
- Referred to _____ For _____

Recommendations _____

Physician Stamp (Below)

Physician/Assistant/Nurse Practitioner Name (Print) _____

Address _____
 Street _____ City _____ State _____ Zip _____

Physician/Assistant/Nurse Practitioner Signature _____ Date _____

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (IF APPLICABLE)

Student Name (Print) _____ DOB _____

I hereby certify that each examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s).

Cleared without limitation

Disability _____ Diagnosis _____

Precautions _____

Not Cleared For _____ Reason _____

Cleared after completing evaluation/rehabilitation for _____

Recommendations _____

Physician Stamp (Below)

Physician Name (Print) _____

Address _____
Street City State Zip

Physician Signature _____

Date _____

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.

Insurance Card Upload

Please upload a picture of your insurance card that covers this student athlete.

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EMERGENCY MEDICAL/TREATMENT CONSENT FOR FIELD TRIPS AND/OR OTHER AFTER SCHOOL ACTIVITIES

Instructions: Return completed form to your child's school. If you have questions pertaining to this form, contact your child's school.

Student Name _____ Date _____
Last First Middle

DOB _____ Student No. _____

Home Address _____
Street City State Zip

Parent/Guardian Name (Print) _____ Relationship _____

Address of above (if different) _____
Street City State Zip

Home Phone _____ Work Phone _____ Cell Phone _____

List a person other than the parent or guardian who could be contacted in case of emergency below:

Emergency Contact Name (Print) _____ Phone _____

Is above student allergic to foods, medications, or insects? Yes No

If Yes, list what they are and emergency medication/treatment, if any. _____

Does the above student have any chronic medical problems (such as asthma, diabetes, seizures)? Yes No

If Yes, list and describe medical requirements for field trip _____

Does the above student take any daily medication(s)? Yes No

If Yes, complete the medication treatment authorization form (if not previously on file in the school Health Room) and list the medication(s) and time to be administered _____

Family Physician Name (Print) _____ Physician Phone _____

In case of non-life threatening emergency, list hospital preference _____

In case of serious illness or injury where immediate care is needed, the school or its representative has my permission to contact the appropriate emergency medical service. The emergency medical service has my consent to provide necessary treatment or transportation for my child. I then request that I be notified of the situation. The undersigned will be responsible for emergency treatment cost.

In the case of an accident or illness where immediate treatment of my child is not indicated, but where (s)he is unable to remain at the field trip, I request that the school contact me or my designee to arrange transportation for my child. If the school is unable to contact me, I request that the other person listed on this form be contacted and requested to care for my child.

I understand that I must notify the school in writing if there are any changes in this health emergency information. I understand that this statement remains in effect until the end of this school year unless revised or cancelled by me in writing to the school.

Parent/Guardian Signature _____ Date _____

RET: Master, ESY, GS7 37 Distribution: Original - Office Copies - Teachers/Coaches

**MIDDLE SCHOOL STUDENTS CONSENT AND RELEASE FROM LIABILITY CERTIFICATE FOR
CONCUSSION AND HEAT-RELATED ILLNESS**

Heat-Related Illnesses Information

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

Heat Stroke is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

Heat Exhaustion is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

Heat Cramps usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

Who's at Risk?

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

By signing this agreement, the undersigned acknowledges that the information on page 1 and page 2 have been read and understood.

Student Athlete Name (Print)	Student Athlete Signature	Date
Parent/Guardian Name (Print)	Parent/Guardian Signature	Date

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**ACKNOWLEDGEMENT OF STANDARDS FOR PARTICIPATION
IN MIDDLE SCHOOL ATHLETIC ACTIVITIES**

Instructions: This form must be signed and returned to the Head Coach/Athletic Director's Office. This form should be filed in the Athletic Director's office. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

Student athletes and parent(s)/guardian(s) must comply with the following standards for athletes and cheerleaders representing The School Board of Sarasota County, Florida. These standards apply to all cheerleading and athletic activities. The School Board of Sarasota County, Florida, maintains high expectations for academic achievement and appropriate behavior. All students must comply with the Sarasota County School District Code of Student Conduct and all school-specific behavior expectations.

To be eligible to play or to participate in either a practice or an event/game, a student must

1. meet all eligibility requirements as set by The School Board of Sarasota County, Florida. Included in the rules is the expectation that student athletes maintain a minimum 2.0 cumulative GPA.
2. be present in school for at least one-half (1/2) of the academic day unless excused by an administrator and approved by the Athletic Director.
3. attend required practices prior to an event or game unless excused by a coach, trainer, teacher, or administrator.
4. not have left another sport during that season.

These are the minimum expectations set by the Athletic Department. A Coach/Principal may add additional rules to those listed above that he/she feels are in the best interest of the program.

The following violations will result in immediate suspension from a team:

- The confirmed use of tobacco or alcohol*
- The sale or use of any illegal drugs*
- Being charged with a felony* (Must be reviewed by the District)
- Failure to adhere to the attendance policy of The School Board of Sarasota County, Florida
- Failure to adhere to the discipline policy of The School Board of Sarasota County, Florida
- Any act of unsportsmanlike conduct at practice or game/event
- Any act that brings embarrassment to the school
- Falsifying information to gain school residency

*Automatic suspension for the remainder of the season

By signing below, you acknowledge the rules and responsibilities as specified above.

Student Name (Print) _____ Student No. _____ DOB _____

Student Signature _____ Date _____

School Name _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____ Date _____

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PARENT PLEDGE

Instructions: Student and parent/guardian must sign the form. Student must return the form to the school Athletic Director's office.

Player Name (Print) _____ Student No. _____ DOB _____

My child has been chosen to represent their school and community on a Sarasota County School's athletic team. This is a tremendous privilege and responsibility that will be reflected in the months to come.

I pledge, along with the coaches, to encourage my child to become the best person, student, and player they can be. I understand there may be consequences, including dismissal from the team, for issues with academics and behavior.

I understand that they will be held to a higher standard. I will provide transportation to and from all practices. I will not allow my child to miss practices or games unless given prior permission from their coach.

I pledge to support the decisions made by the coaches regarding my child and team.

I pledge to cheer as loud as possible, without criticizing players and coaches. I understand that coaches will not answer questions after games concerning game decisions (i.e. playing time).

I pledge to encourage my child to abstain from drugs, alcohol, and tobacco. I realize that these are harmful to them and not permitted on the team. I understand there may be consequences, including dismissal from the team, for breaking these rules.

I understand that the team comes before the individual player and decisions made will reflect that.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____ Date _____

Player Signature _____ Date _____

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PLAYER PLEDGE

Instructions: Student and parent/guardian must sign the form. Student must return the form to the school Athletic Director's office.

Player Name (Print) _____ Student No. _____ DOB _____

I have been chosen to be one of the elite. I have been chosen to represent my school and community on a Sarasota County School's athletic team. As such, I realized that I will be expected to perform on the highest level on the team, in the school, and in the community.

I pledge to represent my team, school and community at all times. I will do my best to bring pride to Sarasota County Schools athletics.

I pledge to become the best person, student, player I can be. I understand there may be consequences, including dismissal from the team, for issues with academics and behavior.

I understand that I will be held to a higher standard. I will be on time for school, practices, and games.

I pledge to not use drugs, alcohol, or tobacco. I understand there may be consequences, including dismissal from the team, for breaking these rules.

I pledge to respect my parents, teachers, and coaches. I know they have my best interest at heart.

I am young and will make mistakes. I will do my best to admit to them and learn from them. I will look for guidance from my parents, teachers, and coaches.

If I have made a mistake, bring it to my attention and I will try to correct it.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____ Date _____

Player Signature _____ Date _____

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**MIDDLE SCHOOL STUDENTS CONSENT AND RELEASE FROM LIABILITY CERTIFICATE
FOR CONCUSSION AND HEAT-RELATED ILLNESS**

Instructions: This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

What is a concussion?

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

What are the signs and symptoms of concussion?

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- Vacant stare or seeing stars
- Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo (spinning) or loss of equilibrium (being off balance or swimming sensation)
- Decreased coordination, reaction time
- Confusion and inability to focus attention
- Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

What do I do if I suspect my child has suffered a concussion?

Any athlete suspected of suffering a concussion should be removed from the activity immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

When can my child return to play or practice?

Following physician evaluation, the *return to activity process* requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit <http://www.cdc.gov/concussioninyouthsports/> or <http://www.seeingstarsfoundation.org>

Statement of Student Athlete Responsibility

I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

Student Athlete Name (Print) _____ Student No. _____

Student Athlete Signature _____ Date _____

Parent/Guardian Name (Print) _____ Parent/Guardian Signature _____ Date _____

Sarasota Military Academy Prep
Consent to Ride Form

SMA Prep Athletics relies on parent volunteers to transport our student athletes to all away events. We appreciate that an early release to away events does not always mean each parent can provide transportation for their own athlete which makes carpooling necessary to get all members of a team to away events.

By signing below, you acknowledge that it is the responsibility of the listed athlete to inform you, the parent/guardian, how they are getting to and from an away event.

SMA Prep coaches are NOT allowed to transport athletes to/from away events.

Please read and sign the following statement:

I/We understand that it is the responsibility of the parent/guardian to ensure whomever is driving their athlete has proper insurance and cannot hold Sarasota Military Academy Prep liable for any injury that may occur during transportation to and from away events.

I/We acknowledge that I/We have read this agreement and fully understand its meaning.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____ Date _____

Student Name (Print) _____

Student Signature _____ Date _____