

Lakeside Athletics

Athletic Code and Policy 2025-2026



Plummer-Worley School District

PHILOSOPHY

The primary purpose of this policy is to ensure that students representing our school in athletic activities uphold the highest standards of conduct and academic excellence. Athletic activities are a part of the total education program at Lakeside, and students who participate in these programs are expected to be in good standing as students. Their studies and class work must come first. The rules and regulations have been formulated primarily to put academic success and exemplary citizenship in the proper perspective for the students who participate in athletics and school-sponsored activities.

PARTICIPANTS

Students under the jurisdiction of this policy will be those who are managers, stat keepers, or those who participate in:

- Football
- Volleyball
- Basketball
- Track and Field
- Golf
- Wrestling
- Any other extra/co-curricular activity

The sports seasons at Lakeside are split between the two semesters:

Semester One – Football, Volleyball, Wrestling, Boys and Girls Basketball

Semester Two – Wrestling, Boys and Girls Basketball, Track and Field, Golf

IHSAA Eligibility Rules

To be academically eligible for athletics, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous reporting period. Equivalency is determined by the following criteria:

3 classes attempted must pass all three	6 classes attempted must pass at least five
4 classes attempted must pass at least three	7 classes attempted must pass at least five
5 classes attempted must pass at least four	8 classes attempted must pass at least six

Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district. This plan must include monitoring, additional assistance, time provided for assistance, and an appropriate timeline which may include study table. One of the following actions will be taken at that time:

- If no progress or growth is shown after two grade checks, the student must appear before an eligibility committee. Consequences will be determined on a case by case basis.
- If sufficient progress and growth is noted for the student to reach requirement levels, then the student will be removed from probation and placed in good academic standing.

ATTENDANCE

Lakeside High School expects students to attend school consistently. Excessive absences or truancies may result in the withholding of academic credit and athletic ineligibility. All absences are subject to administrative review, and recurring patterns of unexcused or excessive absences may lead to credit denial for affected courses. Students are required to maintain at least 90% attendance in each class.

Exceeding eight (8) absences in any class a semester will result in athletic ineligibility.

Athletes may make up missed time **only for excused absences**, and this must be done on designated **teacher professional development days**. **Unexcused absences** cannot be made up under any circumstances.

SUSPENSION FROM SCHOOL

It is understood that a student under out-of-school suspension will not be able to practice on the date(s) involved in the suspension. The coach, principal, and athletic director will determine a student's team membership following the student's return from suspension. Any participant who quits a sport or is dismissed for disciplinary reasons is not eligible to receive special recognition or awards for that sport.

ECONOMIC ELIGIBILITY

PHILOSOPHY STATEMENT

Sports play a crucial role in the development of many students. We believe all students should have an affordable opportunity to participate in the Lakeside athletic program.

A.S.B. CARD REQUIREMENT

To be eligible to participate in any of the above, a student must hold a current Lakeside Associated Student Body card.

FEES & DUES

Fees are \$30 participation fee per sport (with a maximum annual cost of \$75 per student).

COLLECTION METHOD

Payment of the ASB fee and athletic participation fee will be required prior to the first practice. Special circumstances may be discussed with the principal. Fees can be paid through the online registration process. The building secretary will maintain a list of who has paid the ASB and participation fees and provide this list to the Athletic Director.

COMMUNICATION/NOTIFICATIONS/AFFORDABILITY

Notification of non-payment will be made to the principal, athletic director, and coach. The principal will send letters to parents regarding non-payment.

Some scholarships may be available to students who are unable to afford the participation fee. Students or parents should contact the Coach, Athletic Director, or Principal and discuss possibilities for a scholarship or alternative payment schedule.

PAYMENT

Payment is not a guarantee that your student will participate in all or any events, nor is it refundable should the student stop participating in the sport.

ATHLETIC EXPECTATIONS

TRANSPORTATION

Only activity participants or support staff (i.e., coaches, managers, statisticians, bookkeepers, videographers, chaperones, etc.) will be allowed to ride the team bus. Boys and girls will be separated while riding the bus. All team members will ride the team bus to all games or activities. Students may be released to their parent or

guardian after the game or contest by notifying the coach in writing before or at the game or event. The principal or athletic director must approve any other transportation arrangement in advance. If a student departs without permission, he/she will be ineligible to participate in the sport, team, or club for the remainder of the season.

EQUIPMENT

The student will be held responsible for all equipment issued to him/her. If all or part of the equipment is not returned at the end of the season, the individual will be responsible for either returning the uniform or paying the total cost of the missing equipment. Actions could be taken should school-owned equipment not be returned at the end of the season in a timely manner, including:

- The athlete will not be issued equipment for another sport until all other equipment is turned in.
- The athlete will not be allowed to participate in events until their equipment is turned in or their fee is paid.

INSURANCE

All students participating in athletics must have accident insurance coverage and provide proof of adequate insurance before practicing or competing. If a student is not currently insured, applications for student accident insurance are available at the Lakeside Middle/High School Office. Please review the policy details carefully before purchasing coverage.

This requirement can be met in one of two ways:

1. **Purchasing student insurance** through the school district's insurance carrier, or
2. **Providing verification of private insurance** by completing and returning the required form signed by a parent or guardian.

The parent/guardian signature confirms that the student is covered by private insurance and that the family accepts financial responsibility for any medical expenses incurred as a result of participation. The signature page at the end of this handbook verifies that the participant meets the insurance requirement for all such programs.

STANDARDS OF CONDUCT

CONSEQUENCES

The first violation from the list below will result in the student-athlete being ineligible to participate in **one game or contest** immediately following the date of the suspension. In football or track, if a bye week occurs, the suspension will still equal a minimum of one game or contest at the same level. In the case of multiple games or matches held on the same day, the entire day counts as one contest. During the suspension, the student-athlete is expected to attend all practices unless they are also suspended from school.

A second violation will result in a **three-game suspension** from the team or sport.

A third violation will result in **suspension for the remainder of the season**. If the suspension occurs at the end of a season, it will carry over to the next athletic season or school year for that athlete.

If the athletic director and/or principal determines that an offense is serious enough that the normal progression of consequences is insufficient, they may impose a step two or step three consequence immediately.

The following is a partial list of the conduct/actions that can cause a student to be in violation of the activities code. Any conduct determined by the principal/, athletic director, and coaches that is not on the list, but felt to be detrimental to the philosophy of activities in the Plummer/Worley School District can also be dealt with using the guidelines for violations of the activities code.

SCHOOL SUSPENSIONS

Any participant who is suspended from school is in violation of the activities code.

OUTSIDE OF SCHOOL UNLAWFUL ACTIVITY *(excluding misdemeanor traffic violations):*

Any participant receiving a misdemeanor citation will receive a step one consequence. If a participant receives a felony citation, they will receive a step two or step three consequence depending on severity.

ATTITUDE

As a representative of the Plummer/Worley School District, students are expected to display good sportsmanship and a positive attitude toward teammates, coaches, officials, property, and others. Any participant determined to have an attitude detrimental to the program is in violation of the activities code. This may include: being written up for an offense during school, being sent to the office for disciplinary actions, or appropriate action.

LANGUAGE

Swearing during the game or at practice is an obvious breakdown in individual and team discipline. The coach, as part of team discipline, shall handle infrequent or unintentional outbursts. However, swearing at someone, including teammates, the opposition, coaches, officials, or fans in anger or frustration during participation is a violation of the activities code.

TOBACCO / e-cigarettes

Studies indicate there is a reduction in the ability to perform in athletics or resulting behavior issues when a student uses tobacco. Any student determined to have used/possessed/ or distributed these items during the season will be suspended following the rules for all general violations.

ALCOHOL, AND ILLEGAL DRUGS

Studies indicate there is a reduction of ability to perform in athletics, or resulting behavior issues, when a student uses or consumes illegal substances (including alcohol and non-prescription drugs). In addition, the participant is expected to conduct himself/herself in a manner that shows a high regard for sportsmanship, reliability and teamwork. Any student determined to have used/possessed/ or distributed these items during the season will be suspended following the rules for all general violations. **The use or distribution at school or a school sponsored activity will be suspended for the remainder of the sport season.**

SELF REPORTING

Students who come to school personnel and self-report, with the intention of receiving counseling or help, will be dealt with on an individual basis. If the student has a previous violation, and then they self-report, the consequences for the violation will still be enforced. Self-reporting student will need to enroll in a certified substance abuse counseling program, provide proof of enrollment, and meet the requirements of that program to continue to participate. All costs of the program will be paid for by the student's family.

DRUG TESTING

Participation in extracurricular activities is a privilege that carries the expectation of maintaining a healthy lifestyle. The student's performance, conduct, and the reputation of the school are influenced by individual behavior. By participating in extracurricular activities, students and their parents/guardians agree to abide by all standards, rules, and regulations set forth by the Plummer/Worley School District.

As part of this commitment, students may be required to submit to drug and alcohol testing. This can include:

- Pre-season testing at the start of each activity or sport season.
- Random testing throughout the season.

Testing will be conducted using urine specimens provided by the student and is designed to detect illegal drug and alcohol use. Parents and students unconditionally authorize the release of test results to the Plummer/Worley School District. Once released, results will be treated with the same level of confidentiality as other student records in accordance with the Family Educational Rights and Privacy Act (FERPA).

In the event of a positive test result, the student athlete will be suspended for one game. If a student receives a second positive test result, they will be suspended for the remainder of the season.

By signing the agreement at the start of the season, the student and parent/guardian acknowledge understanding of this policy and consent to testing as a condition of participation.

STUDENT/PARENT CONCUSSION AWARENESS

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in Lakeside athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

FOR MORE INFORMATION SEE IDAHO STATUTE TITLE 33, SECTION 16 OF THE EDUCATION CODE:

<https://legislature.idaho.gov/statutesrules/idstat/title33/t33ch16/sect33-1625/>

It is the policy of Lakeside Athletics that:

- No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.
- Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

By signing the attached concussion acknowledgement, I give Lakeside Athletics permission to transfer this concussion acknowledgement to the other sports that my child may play. I am aware of the dangers of concussion, and this signed concussion form will represent myself and my child during the school year. This form will be stored with the athletic physical form and other accompanying forms required.

NOTIFICATION OF RISK

YOU MUST READ AND SIGN THE WARNING OF RISK STATEMENT BEFORE YOUR SON OR DAUGHTER MAY PARTICIPATE IN LAKESIDE ATHLETICS.

Athletics are a voluntary, extra-curricular activity. As a condition of participation in this activity, you and your parent(s) or guardian(s) must agree to ASSUME THE RISKS OF INJURY OR DEATH involved in this activity and agree to RELEASE the Plummer-Worley Joint School District from liability or ordinary NEGLIGENCE in the conduct of its athletic programs.

Every sport contains inherent risks and it is impossible to eliminate all the risks of injury in a sport. Although the contact in athletics is limited by the rules, athletics by its makeup creates contact which can and does cause injuries to the participants. The danger and risk of participating in athletics includes, but is not limited to injuries incurred while running, jumping, and lifting. Contact while performing these activities, with the ground, participants, or other objects can also produce a variety of injuries. While most of these injuries are not of a serious nature, they do range from minor bumps, bruises, contusions to major sprains, breaks or spinal or head injuries. Thus it is important that you and your son or daughter, know, understanding, and appreciate the risk.

HELMET WARNING OF RISK - FOOTBALL ONLY

Do not strike an opponent with any part of your helmet or face mask. This is a violation of football rules and may cause you to suffer severe brain or neck injury, including paralysis or death. Severe brain or neck injury may also occur accidentally while playing football. NO HELMET CAN PREVENT ALL SUCH INJURIES. YOU USE A HELMET AT YOUR OWN RISK.

Parent Code of Conduct

Parents and guardians play an essential role in supporting student-athletes and promoting a positive athletic environment. To ensure sportsmanship and respect for all participants, parents are expected to:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or event.
- Place the emotional and physical well-being of their child and all student-athletes above personal desire to win.
- Support coaches and officials by allowing them to do their jobs without interference.
- Discuss concerns at appropriate times and through proper channels (beginning with the coach).
- Refrain from negative or confrontational behavior toward players, coaches, officials, or spectators.
- Uphold the values of respect, responsibility, and integrity as representatives of our school community.

Failure to follow the Parent Code of Conduct may result in removal from athletic events and/or loss of privileges related to athletic participation.

PARENT/STUDENT ACKNOWLEDGEMENT

I/We have read and understand the **Activities Code/Eligibility Policy** and the agreement of the Plummer/Worley School District and all points held within. I have read and understand the insurance waiver. My student athlete is adequately covered through our own insurance program for all accidents and injuries which may occur while at school or during participation in school activities. I will assume responsibility for all expenses incurred in an emergency.

Student Initial _____

Parent Initial _____

I/We understand that the dangers and **risks of participating** in the sport of athletics include, but are not limited to death, serious neck and spinal injuries which may result in, complete or partial paralysis, brain damage, and other aspects of the muscular skeletal system, serious injury, impairment to other aspects of players body and general health and well-being or death.

Student Initial _____

Parent Initial _____

I/We understand that **Drug Testing** is a part of the Plummer/Worley School district athletic lifestyle and we authorize the Plummer/Worley School District No. 44 to conduct required and random drug/alcohol tests of urine specimens, which the student provides, to test for illegal drug and alcohol use. We also unconditionally authorize the release of information concerning the results of such test to the Plummer/Worley School District.

Student Initial _____

Parent Initial _____

I/We have been given information on **concussion signs and symptoms** and the steps to take in case of a suspected concussion, including a time table for return to practice and games, after being released by a physician.

Student Initial _____

Parent Initial _____

I/We have read and understand the **Parent Code of Conduct** and will abide by the requirements found within. I understand that my first contact for any issues is with the coach. I understand what is appropriate to discuss with a coach. I understand that discussions about playing time, team strategy, and other athletes is INAPPROPRIATE and, while informal conversations are permitted with coach approval, formal conversations about these topics will not occur and that coaches are the sole decider of these topics. I understand the chain of command and that if I have an issue that is formally brought up with a coach and is not resolved, I will contact the Athletic Director for help in resolution.

Student Initial _____

Parent Initial _____

I/We have read this packet and agree to follow the PWSD Athletic Code, the Drug Testing Consent Form, and the Notification of Risk (and Helmet Risk if applicable). I/We agree to follow the athletic code and all its terms and understand that athletics is a privilege allowed through being a good community member, student, and athlete.

1st Parent Signature _____

2nd Parent Signature _____

Optional Insurance Wavier

I have read and understand the insurance waiver. _____ is adequately covered through our own insurance program for all accidents and injuries which may occur while at school or during participation in school activities. I will assume responsibility for all expenses incurred in an emergency.



INTERIM QUESTIONNAIRE

It is required all students complete a history and physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the school administration prior to the first practice.

Name: _____ Date of birth: _____ Sex: M / F
Address: _____ Phone: _____
School: _____ Participation Grade: _____

MEDICAL HISTORY

SINCE LAST PHYSICAL EXAMINATION, HAS THIS STUDENT:

Fill in details of "YES" answers in space below:	Yes	No
1. Had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
2. Been hospitalized?	<input type="checkbox"/>	<input type="checkbox"/>
3. Been under a physician's care	<input type="checkbox"/>	<input type="checkbox"/>
4. Had serious illness?	<input type="checkbox"/>	<input type="checkbox"/>
5. Had an injury requiring a physician's care?	<input type="checkbox"/>	<input type="checkbox"/>
6. Been rendered unconscious?	<input type="checkbox"/>	<input type="checkbox"/>
7. Been diagnosed with a concussion?	<input type="checkbox"/>	<input type="checkbox"/>
8. Started taking any new medications?	<input type="checkbox"/>	<input type="checkbox"/>
9. Developed any new drug allergies?	<input type="checkbox"/>	<input type="checkbox"/>
10. Developed any health problems?	<input type="checkbox"/>	<input type="checkbox"/>

Explain "YES" answers: _____

CONSENT FORM

(Parent or guardian and student permission and approval)

"I hereby consent to the above-named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to the student receiving health care services deemed necessary by health care providers or designated school authorities for any condition resulting from his/her athletic participation. I also consent to the release of any information contained in this form to carry out health care services including but not limited to screening, examination, and treatment for the above-named student. This meets the parental consent requirements set forth in Idaho Code Section 32-1015. If the health care provider's exam will be performed without compensation as part of the school's health examination program for participation in high school activities, I agree to the waiver provisions as set forth in Idaho Code Section 39-7703 and agree that the health care provider shall be immune from civil liability as specified in said section."

PARENT OR GUARDIAN SIGNATURE _____ DATE _____

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the Eligibility rules and regulation of the State Association.

SIGNATURE OF STUDENT _____ DATE _____

Note: The original copy of this form **MUST** be returned to the school



HEALTH EXAMINATION *and* CONSENT FORM

It is required all students complete a history and physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the school administration prior to the first practice.

Name: _____ Sex: M / F Date of birth: _____ Age: _____
 Address: _____ Phone: _____
 School: _____ Sports: _____ Participation Grade: _____

MEDICAL HISTORY

Fill in details of "YES" answers in space below:

- | | Yes | No | | Yes | No |
|--|--|--------------------------|--|--------------------------|--------------------------|
| 1. Have you ever been hospitalized? | <input type="checkbox"/> | <input type="checkbox"/> | 6. Have you ever had a head injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been knocked out or unconscious? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you presently taking any medication or pills? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been diagnosed with a concussion? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have any allergies (medicine, bees, other insects)? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you ever passed out during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a stinger, burned or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 7. Have you ever had heat or muscle cramps? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had chest pain during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been dizzy or passed out in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you tire more quickly than your friends during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you have trouble breathing or do you cough during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you use special equipment (pads, braces, neck rolls, mouth guard or eye guards, etc.)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you been told you have a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> | 10. Have you ever had problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had racing of your heart or skipped heartbeats? | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear glasses, contacts or protective eyewear? | <input type="checkbox"/> | <input type="checkbox"/> |
| Has anyone in your family died of heart problems or a sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you had any other medical problems (infectious mononucleosis, diabetes, ect.)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have any skin problems (itching, rash, acne)? | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| 12. Have you had a medical problem or injury since your last evaluation? | <input type="checkbox"/> Yes <input type="checkbox"/> No | | | | |
| 13. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any of bones or joints? | | | | | |
| <input type="checkbox"/> head <input type="checkbox"/> back <input type="checkbox"/> shoulder <input type="checkbox"/> forearm <input type="checkbox"/> hand <input type="checkbox"/> hip <input type="checkbox"/> knee <input type="checkbox"/> ankle | | | | | |
| <input type="checkbox"/> neck <input type="checkbox"/> chest <input type="checkbox"/> elbow <input type="checkbox"/> wrist <input type="checkbox"/> finger <input type="checkbox"/> thigh <input type="checkbox"/> shin <input type="checkbox"/> foot | | | | | |
| 14. Were you born without a kidney, testicle, or any other organ? | <input type="checkbox"/> Yes <input type="checkbox"/> No | | | | |
| 15. When was your first menstrual period? | _____ | | | | |
| When was your last menstrual period? | _____ | | | | |
| What was the longest time between your periods last year? | _____ | | | | |

Explain "YES" answers: _____

CONSENT FORM

(Parent or guardian and student permission and approval)

"I hereby consent to the above-named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to the student receiving health care services deemed necessary by health care providers or designated school authorities for any condition resulting from his/her athletic participation. I also consent to the release of any information contained in this form to carry out health care services including but not limited to screening, examination, and treatment for the above-named student. This meets the parental consent requirements set forth in Idaho Code Section 32-1015. If the health care provider's exam will be performed without compensation as part of the school's health examination program for participation in high school activities, I agree to the waiver provisions as set forth in Idaho Code Section 39-7703 and agree that the health care provider shall be immune from civil liability as specified in said section."

PARENT OR GUARDIAN SIGNATURE _____ DATE: _____

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulation of the State Association.

SIGNATURE OF STUDENT _____ DATE: _____

Idaho High School Activities Association Physical Examination Form

Name: _____ Date of Birth: _____

Height _____	Weight _____	BP _____ / _____	Pulse _____
Vision R 20 / _____ L 20 / _____		Corrected: Y N	
	Normal	Abnormal findings	
Medical			
Pulses			
Heart			
Lungs			
Skin			
Ears, nose, throat			
Pupils			
Abdomen			
Genitalia (males)			
Musculoskeletal			
Neck			
Shoulder			
Elbow			
Wrist			
Hand			
Back			
Knee			
Ankle			
Foot			
Other			

CLEARANCE / RECOMMENDATIONS

Clearance:

- A. Cleared for all sports and other school-sponsored activities.
- B. Cleared after completing evaluation/rehabilitation for:

- C. NOT cleared to participate in the following IHSAA sponsored sports /activities:
 baseball basketball cheer/dance cross country football golf
 soccer softball swimming tennis track volleyball wrestling
NOT cleared for other school-sponsored activities (*example: lacrosse*):

- D. Student is NOT permitted to participate in high school athletics.
 Reason: _____
 Recommendation: _____

Name of physician:

Address: _____ Phone: _____

Signature of physician/medical provider: _____ Date: _____

(This Physical Examination Form MUST be signed by a licensed physician, physician assistant or nurse practitioner)