

PARTICIPANT FORMS

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CONCUSSION INFORMATION

PARENT AND STUDENT VERIFICATION

In accordance with AS 14.30.142, the School District requires that each athlete, and each minor athlete's parent/guardian, receive written information on the nature and risks of concussions each year. Students may not participate in school athletic activities unless the student and parent/guardian of a student who is under 18 years of age have signed a current verification that they have received the information provided by the District. Parents will be provided with a pamphlet provided by the Alaska School Activities Association entitled "A Parent's Guide to Concussions in Sports." Students will be provided with a fact sheet produced by the U.S. Dept. of Health and Human Services Centers for Disease Control and Prevention entitled "Head's Up: Concussion in High School Sports – A Fact Sheet for Athletes." Students who are 18 years of age or older will also be provided with the Parent's Guide.

Parents and Students should review this information, discuss it at home, and direct any questions to the student's coach, school principal or athletic activities director.

For more information go to: <http://asaa.org/resources/sports-medicine/>

Student Acknowledgement (required for all athletes)

I acknowledge that I have received a copy of "Head's Up: Concussion in High School Sports – A Fact Sheet for Athletes" and understand its contents.

Student Signature

Print Name

Date

Parent/Guardian/Eligible Student Acknowledgement (Parent signature required for all students under 18 years of age; student signature required for students age 18 or older)

I acknowledge that I have received a copy of "A Parent's Guide to Concussions in Sports" and understand its contents.

Parent/Guardian/Eligible Student Signature

Print Name

Date

COVID-19 WAIVER AND RELEASE

The Alaska School Activities Association (“ASAA”) is an IRS 501(c)(3) non-profit corporation that sanctions Alaska high school activities in the State including sports, music, art, drama, debate, language, and student government. In this role, ASAA is working with member school districts to provide activities to the extent possible during the current COVID-19 pandemic. Providing activities during this time cannot be done without inherent risk to all participants. ASAA and many member school districts are planning to allow activities (referred to in this document as an “EVENT”) to take place. This effort to provide student activities comes with inherent risks.

In consideration of being permitted to practice, compete, officiate, observe, work, or participate in an EVENT, I, for myself and my children, agree to the following:

1. I agree that I will immediately notify a school administrator if I, my children, or anyone in my immediate household is diagnosed with the novel corona virus known as COVID-19. I understand that this notification requirement is critical to limit the spread of the virus.
2. I acknowledge ASAA recommends all persons eligible for the COVID-19 vaccination get vaccinated.
3. I acknowledge I have received the ASAA Parent’s COVID-19 Risk Information Sheet.
<https://asaa.org/wp-content/uploads/COVID-Parent-Fact-Sheet.pdf>
4. I acknowledge that I am aware that by entering any EVENT premises and participating in the EVENT that there are inherent risks to me and my children of being exposed to COVID-19, and/or any mutation or variation thereof. I am also aware that such an exposure can occur directly or indirectly.
5. I understand that certain individuals may be more susceptible to becoming seriously ill if they contract COVID-19, including people over the age of 65, people with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised. I understand that if I or my children, including the actual participant(s) in the EVENT, or a household member fall within one or more of these categories, there could be a greater risk that I should discuss with my health care provider.
6. I understand that while ASAA strives to provide safe EVENT premises by providing member school district’s with recommendations and protocols intended to reduce the risk of COVID-19, ASAA and member school districts cannot eliminate all risks. ASAA’s and member school district’s staff may make unintentional mistakes when trying to eliminate or mitigate the risks of contracting COVID-19. By signing this Waiver, I ASSUME ALL RISKS on behalf of myself and my child/children regarding the possibility of contracting the novel corona virus known as COVID-19 or any mutation or variation thereof.
7. I hereby voluntarily agree to RELEASE, WAIVE, DISCHARGE, and COVENANT NOT TO SUE ASAA and/or its officers, directors, and employees; the ALASKA STATE BOARD OF EDUCATION; and member school districts; and any individuals, companies, or associations having anything to do with the EVENT, including but not limited to promoters, participants, officials, and owners of the premises where the EVENT takes place (collectively referred to as “RELEASEES”). By signing this document, RELEASEES WILL BE RELEASED FROM ANY AND ALL LIABILITY for any and all loss or damage whether caused by the negligence of the Releasees or otherwise related to possible exposure to or contracting of the novel corona virus known as COVID-19 or any mutation or variation thereof; and
8. I hereby agree to INDEMNIFY AND HOLD HARMLESS the Releasees from any loss, liability, damage, or cost (including reasonable attorney’s fees) they may incur arising out of or related to my illness or death, or the illness or death of my children, including the actual participant(s) in the EVENT whether caused by the negligence of the Releasees or otherwise.

BY SIGNING BELOW, YOU AGREE THAT YOU HAVE READ AND UNDERSTOOD THIS WAIVER AND RELEASE, AND AGREE TO BE BOUND BY ITS TERMS.

Printed Name of Parent/Guardian or Student if Over the Age of 18:

Name: _____

Signature: _____

Date: _____



Play for Keeps
ALASKA SCHOOL ACTIVITIES ASSOCIATION

Student, Parent/Guardian Acknowledgement Form

Please read the following statements, sign below and return to your school's

- I have participated in ASAA's "Play for Keeps" orientation which includes watching the orientation video.
 - I understand the terms of the Tobacco, Alcohol and Controlled Substances Policy as explained during the presentation, including the following penalties for violations.
 - First Offense - 10 days suspension
 - Second Offense - 45 days suspension and additional components
 - Third Offense - 6 months suspension and additional components
 - Fourth Offense - 1 year suspension and additional components
- Additional components can be found within the Play for Keeps - Tobacco, Alcohol and Controlled Substances (TAD) Policy.
- I further understand that it is solely the school's responsibility to determine if a violation has occurred and that the school's decision may not be appealed to ASAA.
 - I further understand that schools are required to report each violation to ASAA and to maintain strict confidentiality as specified in the policy. More specific wording of the confidentiality statement is found in the policy which is available from the school or at www.asaa.org.
 - I further understand that students and parents/guardian must participate in the orientation and sign this form annually as part of the student's eligibility process.
 - I further understand that a copy of this signed form must be returned to the school before the student is permitted to participate in interscholastic activities.
 - I further understand that schools shall keep a copy of the signed forms on file.
 - After participating in the "Play for Keeps" orientation and having the opportunity to review and understand ASAA's Tobacco, Alcohol and Controlled Substances Policy, the violations, penalties and reporting requirements, I agree (both student and parent/legal guardian) to be bound by the terms of the policy.

Printed Name of Student

Student Signature

Date

Printed Name of Parent/Guardian

Parent/Guardian Signature

Date

Sport or Activity

School

SUDDEN CARDIAC ARREST

PARENT & STUDENT INFORMATION SHEET

Sudden Cardiac Arrest (SCA) takes the lives of thousands of students every year. It is the number one cause of death in student athletes. SCA is where the heart stops beating suddenly. An individual will stop breathing and collapse, lying motionless or appearing to have a seizure.

CAUSES OF SCA INCLUDE:

- Structural heart defects (hypertrophic cardiomyopathy, Marfan syndrome etc.)
- Electrical Heart Defects (long QT syndrome, Wolff-Parkinson White Syndrome, etc.)
- Blow to the chest (Comotio Cordis)

RISK FACTORS FOR SCA INCLUDE:

- Fainting or seizures during or immediately following exercise
- Chests pains during exercise
- Unexplained shortness of breath, long time to catch breath
- Dizziness
- Unusually rapid heart rate
- Extreme fatigue, always tired and lack of energy
- Unexplained sudden death of a direct family member under the age of 50

If you have any of the risk factors consult your healthcare provider

TO INCREASE THE CHANCES OF SURVIVING SCA THERE SHOULD BE:

1. An Emergency Action Plan in place for every practice and event
2. Someone immediately calling 911
3. An Automated External Defibrillator (AED) immediately accessible
4. Cardiopulmonary Resuscitation (CPR) hands only started immediately

I have reviewed and understand the symptoms and warning signs of SCA

TO BE COMPLETED BY THE STUDENT AND HIS/HER PARENT OR GUARDIAN.

Student Name (please print)

Student Signature

Date

Parent or Guardian Name (please print)

Parent or Guardian Signature

Date

PARENT/GUARDIAN CONSENT FOR STUDENT TRAVEL AND PARTICIPATION

STUDENT

Student Last Name	Student First Name	MI	Date of birth	Grade
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Phone	Email
<input type="text"/>	<input type="text"/>

School

PARENT/GUARDIAN

Parent/Guardian Last Name	Parent/Guardian First Name	MI
<input type="text"/>	<input type="text"/>	<input type="text"/>

Address	City	Zipcode
<input type="text"/>	<input type="text"/>	<input type="text"/>

Primary Phone	Secondary Phone
<input type="text"/>	<input type="text"/>

Email

CONSENT FOR PARTICIPATION

I hereby give my consent for the above named student to engage in ASAA or school district approved interscholastic activities as a representative of his/her school. I also give my consent for the the above named student to accompany the group as a member on out-of-town trips.

Parent/Guardian name (please print)	Parent/Guardian signature	Date
<input type="text"/>	<input type="text"/>	<input type="text"/>

INSURANCE COVERAGE

I understand that the Alaska State Board of Education and Alaska School Activities Association (ASAA) do not carry medical or liability insurance covering students traveling for interscholastic activities. I HEREBY WAIVE ON BEHALF OF MYSELF AND THE ABOVE NAMED STUDENT ANY LIABILITY RESPONSIBILITIES OF THE BOARD OF EDUCATION OR ASAA, EITHER ORGANIZATIONALLY OR FOR ANY OF ITS OFFICERS, AGENTS OR EMPLOYEES, FOR INJURIES OR DAMAGES SUSTAINED IN THE INTERSCHOLASTIC PROGRAM. I also understand that medical or liability insurance is my responsibility.

Parent/Guardian name (please print)	Parent/Guardian signature	Date
<input type="text"/>	<input type="text"/>	<input type="text"/>

PARENT/GUARDIAN CONSENT FOR STUDENT TRAVEL AND PARTICIPATION

Continuation

HEALTH CONDITIONS

For the welfare of the above named student, it would helpful to know if they have any of the following medical conditions (not required):

- Allergies (explain): _____
- Asthma
- Cardiac Condition
- Diabetes
- Prosthetic
- Seizure Disorder
- Other (explain): _____
- None

CONSENT FOR EMERGENCY MEDICAL TREATMENT

In consideration of the above named student’s opportunity to participate in interscholastic activities, I hereby give my consent to medical examination, emergency medical treatment, hospitalization or other medical treatment as may be necessary for the welfare of the above named student, by a physician, nurse practitioner, PA, athletic trainer, certified community health aid, and/or hospital in the event of illness or injury during all periods of time in which the student is away from his or her legal residence as a member of an interscholastic activity group. I further hereby waive on behalf of myself and the above named student, any liability of the school district or ASAA, its officers, agents or employees, arising out of such medical treatment.

Coverage is provided as follows: Native Health Service Private Insurance Carrier
 Military I assume financial responsibilities for injuries.

Name of Insurer: _____ Policy Number: _____
Phone of Insurer: _____

Parent/Guardian name (please print) <input style="width: 90%;" type="text"/>	Parent/Guardian signature <input style="width: 90%;" type="text"/>	Date <input style="width: 90%;" type="text"/>
--	--	---

Parent/Guardian phone number <input style="width: 90%;" type="text"/>	Parent/Guardian emergency phone number <input style="width: 90%;" type="text"/>
---	---

Personal Physicians Name <input style="width: 90%;" type="text"/>	Personal Physicians phone number <input style="width: 90%;" type="text"/>
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AUTHORIZATION TO RELEASE MEDICAL INFORMATION

TO:

Medical Provider

I hereby authorize you to release copies of all medical information in your possession, whether paper or electronic, relating to student health review/exams of the student identified below to the school or school district in which the student is enrolled and to appropriate health care providers.

Name of school or school district

This release authorizes disclosure of this information to the school for purposes of the school's determining the fitness of the student to participate in strenuous physical activities, including but not limited to competitive athletic events.

I understand that the medical information disclosed by the medical provider to the school may be further disclosed by the school to the school's administrators, athletic director and coaches of any interscholastic activities in which I seek to participate.

I understand that once the information is disclosed, it may be re-disclosed by the recipient and federal law may not protect the information.

I understand that I may revoke this authorization in writing at any time, except to the extent action has been taken in reliance on this authorization.

I certify that the signatures on this release are voluntary.

Photocopies of this release shall have the same authority as the original. This release will expire one year from the date of signatures on this form, unless revoked earlier by me in writing.

Date of signature

Signature of student

Printed or typed name of student

Student's social security number (optional)

Date of birth

CONSENT OF PARENT

I am the parent or legal guardian of the above student, and authorize the foregoing release of medical information to the student's school/school district and to appropriate health care providers.

Date of signature

Signature of parent / legal guard-

Printed or typed name of parent / legal guardian

STUDENT HEALTH REVIEW/EXAM

To be completed by parent or guardian.

Student Last Name <input style="width: 95%;" type="text"/>	Student First Name <input style="width: 95%;" type="text"/>	MI <input style="width: 95%;" type="text"/>	Date of birth <input style="width: 95%;" type="text"/>	Grade <input style="width: 95%;" type="text"/>
Address <input style="width: 95%;" type="text"/>		City <input style="width: 95%;" type="text"/>		Zipcode <input style="width: 95%;" type="text"/>
Phone <input style="width: 95%;" type="text"/>	Emergency Phone <input style="width: 95%;" type="text"/>		Date of last physical exam <input style="width: 95%;" type="text"/>	
Are your immunizations up to <input type="checkbox"/> Yes <input type="checkbox"/> No		Last tetanus shot <input style="width: 95%;" type="text"/>	Last measles shot <input style="width: 95%;" type="text"/>	Last TB skin test <input style="width: 95%;" type="text"/>

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Have you ever been hospitalized? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you or a household contact been diagnosed with COVID-19? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you presently taking any medications or pills? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever passed out during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever had chest pain during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you tire more quickly than your friends during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have you ever had high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you ever been told that you have a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you ever had racing of your heart or skipped beats? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Has anyone in your family died of heart problems or sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Do you have any skin problems (<i>itching, rashes, acne</i>)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Have you ever had a head injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Have you ever had a concussion? If yes, how many _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Have you ever been knocked out or unconscious? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Do you suffer from migraines? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Have you ever had a stinger, burner or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you ever had heat or muscle cramps? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Have you ever been dizzy or passed out in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Do you have trouble breathing or do you cough during or after activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Do you use any medical assistant devices (<i>insulin pump, prosthetic, implanted device, etc.</i>)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Have you ever had problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Do you wear glasses or contacts or protective eye wear? | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries in any of the following bones or joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Head <input type="checkbox"/> Shoulder <input type="checkbox"/> Thigh <input type="checkbox"/> Neck <input type="checkbox"/> Elbow <input type="checkbox"/> Knee <input type="checkbox"/> Chest
<input type="checkbox"/> Forearm <input type="checkbox"/> Shin/calf <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Ankle <input type="checkbox"/> Hip <input type="checkbox"/> Hand | | |
| 27. Have you ever had other medical problems (<i>infectious mononucleosis, diabetes, etc.</i>)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Have you had any medical problem or injury since your last evaluation? | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Are you Diabetic? | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Are you Asthmatic? | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Do you have any allergies (<i>medicine, bees or other stinging insects</i>)? | <input type="checkbox"/> | <input type="checkbox"/> |
| List all allergies: _____ | | |
| 32. When was your first menstrual period? _____ | | |
| When was your last menstrual period? _____ | | |
| What was the longest time between your periods last year? _____ | | |
| 33. Explain all "yes" answers: _____ | | |

I hereby state that, to the best of my knowledge, my answers to the above questions are correct and give consent for my student to be examined.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

STUDENT HEALTH REVIEW/EXAM

To be completed by physician, physician assistant, advanced nurse practitioner or doctor of chiropractic
This form to be sent to the school (do not send to ASAA)

Student Last Name	Student First Name	MI	Date of birth	Grade
			____/____/____	

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ (_____ / _____)	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart ^a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) ^b		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic ^c		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
^bConsider GU exam if in private setting. Having third party present is recommended.
^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete had been cleared for participation, the physician may rescind the clearance until the problem is resolve and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of M.D., D.O. P.A., ANP, CHAP or DC (circle)	Signature	Date
		____/____/____
Address	Phone	