

# PARTICIPANT FORMS

## 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**



**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 - 5 days suspension and must complete the first offence educational component
    - 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](http://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) is the leading cause of death in student athletes. It happens suddenly and often without warning. 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 Signature

\_\_\_\_\_  
Date

# PARENT/GUARDIAN CONSENT FOR STUDENT TRAVEL AND PARTICIPATION

## STUDENT

|                          |                           |                      |                      |                      |
|--------------------------|---------------------------|----------------------|----------------------|----------------------|
| <b>Student Last Name</b> | <b>Student First Name</b> | <b>MI</b>            | <b>Date of birth</b> | <b>Grade</b>         |
| <input type="text"/>     | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <b>Phone</b>             | <b>School</b>             |                      |                      |                      |
| <input type="text"/>     | <input type="text"/>      |                      |                      |                      |

To comply with the requirements of the Alaska Department of Education and Early Development regulation 4 AAC 06.115, indicate what gender the student was assigned at birth:

☐ Male ☐ Female

## PARENT/GUARDIAN

|                                  |                                   |                      |
|----------------------------------|-----------------------------------|----------------------|
| <b>Parent/Guardian Last Name</b> | <b>Parent/Guardian First Name</b> | <b>MI</b>            |
| <input type="text"/>             | <input type="text"/>              | <input type="text"/> |
| <b>Address</b>                   | <b>City</b>                       | <b>Zipcode</b>       |
| <input type="text"/>             | <input type="text"/>              | <input type="text"/> |
| <b>Email</b>                     |                                   |                      |
| <input type="text"/>             |                                   |                      |

## CONSENT FOR PARTICIPATION AND PHOTO/VIDEO RELEASE

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 give my consent for the the above named student to accompany the group as a member on out-of-town trips.

I hereby grant to the ASAA the right to record, as it relates to participation in an ASAA activity, the image and/or voice and use the artwork and/or written work of myself and/or my child on videotape, on film, on photographs, in digital media and in any other form of electronic or print medium and to edit such recording at their discretion. I further grant the right to use, and to allow others to use, my and/or my child's image, voice, artwork, and/or written work on the internet, television, in brochures, and in any other electronic or print medium.

I hereby release the ASAA and their successors using my and/or my child's image and/or voice, artwork, and/or written work pursuant to this media release from any and all claims, damages, liabilities, costs and expenses which I and/or my child now have or may hereafter have by reason of any use thereof. I understand this release means that I and/or my child are to receive no compensation with respect to the use described above. I also hereby relinquish any right that I or my child may have to examine or approve any completed media product that may be used by the ASAA.

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

# PARENT/GUARDIAN CONSENT FOR STUDENT TRAVEL AND PARTICIPATION

## Continuation

### 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.

### 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):

|   |   |
|---|---|
| <input type="checkbox"/> Allergies (explain): _____ | <input type="checkbox"/> Prosthetic             |
| <input type="checkbox"/> Asthma                     | <input type="checkbox"/> Seizure Disorder       |
| <input type="checkbox"/> Cardiac Condition          | <input type="checkbox"/> Other (explain): _____ |
| <input type="checkbox"/> Diabetes                   | <input type="checkbox"/> 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)**

**Parent/Guardian signature**

**Date**

**Parent/Guardian phone number**

**Parent/Guardian emergency phone number**

**Personal Physicians Name**

**Personal Physicians phone number**

# 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 guardian**

**Printed or typed name of parent / legal guardian**

# STUDENT HEALTH REVIEW/EXAM

To be completed by parent or guardian.

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

|  | YES                      | NO                       |
|--|--------------------------|--------------------------|
| 1. Have you ever been hospitalized? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you 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, pills or supplements? .....   | <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<br><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. Are you Diabetic? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Are you Asthmatic? .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Have you had any medical problem or injury since your last evaluation? .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Do you have any allergies ( <i>medicine, bees or other stinging insects</i> )?? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| List all allergies: _____  |                          |                          |
| 31. Have you ever had other medical problems ( <i>infectious mononucleosis, etc.</i> )? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 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<br>• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) |        |  |
| Eyes/ears/nose/throat<br>• Pupils equal<br>• Hearing  |        |  |
| Lymph nodes   |        |  |
| Heart <sup>a</sup><br>• Murmurs (auscultation standing, supine, +/- Valsalva)<br>• Location of point of maximal impulse (PMI)   |        |  |
| Pulses<br>• Simultaneous femoral and radial pulses  |        |  |
| Lungs   |        |  |
| Abdomen   |        |  |
| Genitourinary (males only) <sup>b</sup>   |        |  |
| Skin<br>• HSV, lesions suggestive of MRSA, tinea corporis   |        |  |
| Neurologic <sup>c</sup>   |        |  |
| MUSCULOSKELETAL   |        |  |
| Neck  |        |  |
| Back  |        |  |
| Shoulder/arm  |        |  |
| Elbow/forearm   |        |  |
| Wrist/hand/fingers  |        |  |
| Hip/thigh   |        |  |
| Knee  |        |  |
| Leg/ankle   |        |  |
| Foot/toes   |        |  |
| Functional<br>• Duck-walk, single leg hop   |        |  |

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.

<sup>c</sup>Consider 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 resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

**Name of M.D., D.O. P.A., ANP or DC (circle)**

**Signature**

**Date**

**Address**

**Phone**