ACKNOWLEDGEMENT OF RULES

Attention School Authorities: This form must be signed yearly by both the student and parent/guardian and be on file at your school before the student may participate in any practice session, scrimmage, or contest. A copy of the student's medical history and physical examination form signed by a physician or medical history form signed by a parent must also be on file at your school.

Student's Name _____ Date of Birth _____

Current School _____

Parent or Guardian's Permit

- I hereby give my consent for the above student to compete in University Interscholastic League approved sports, and travel with the coach or other representative of the school on any trips.
- It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the Texas Christian Athletic League nor the high school assumes any responsibility in case an accident occurs.
- I have read and understand the Texas Christian Athletic League rules are based upon UIL guidelines (with specific exceptions decided by Members). I also have read the rules and regulations from the school and agree that my son/daughter will abide by all rules governing their participation in Athletics.
- The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.
- If, in the judgment of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, licensed athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative as well as TCAL from any claim by any person whomsoever on account of such care and treatment of said student.
- I have been provided the TCAL approved UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on all forms could subject the student in question to penalties.
- The UIL Parent Information Manual is located at http://www.uiltexas.org/files/athletics/manuals/Parent_Manual12.pdf
- Your signature below gives authorization that is necessary for the school district, its licensed athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

Signature of parent or guardian _____ Date _____

Street address _____

City _____ State _____ Zip _____

Phone _____ Business Phone _____ Other _____

CONCUSSION AND TRAUMATIC BRAIN INJURY

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way a student's brain normally functions
- Can occur during practice or contests in any sport
- Can occur in activities both associated and not associated with the school
- Can occur even if the student has not lost consciousness
- Can be serious even if a student has just been "dinged" or had their "bell rung"

Are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, one or more of the following symptoms may become apparent. The student may not "feel right" soon after, a few days after or even weeks after the injury event.

Headache	"Pressure" in the head	Nausea	Vomiting
Balance problems	Dizziness	Blurry Vision	Double Vision
Sensitivity to Light	Sensitivity to Noise	Confusion	Memory Problems
Difficulty paying attention	Feeling sluggish, hazy, foggy or groggy		

If you have concerns regarding any of the above symptoms, your doctor should be consulted for further information and/or examination. Your physician or medical professional can best determine your student's physical condition and ability to participate in athletics.

What should students do if they believe that they or someone else may have a concussion?

- Students should immediately notify their coach or school personnel.
- Student should be examined by appropriate medical personnel of the parent's choosing. The medical provider should be trained in the diagnosis and treatment of concussions
- If no concussion is diagnosed, the student shall be cleared to return to athletic participation.
- If a concussion is diagnosed, the school protocol for return to play from a concussion shall be enacted. Under no circumstances shall the student be allowed to return to practice or play without the approval of a licensed medical provider trained in the treatment of concussions.

I have reviewed the above material. I understand the symptoms and warning signs of CONCUSSIONS. All concussions should be reported to the school as soon as possible. Previous concussions should be reported on the Medical History form to allow the medical practitioner the best information possible when conducting the annual physical examination.

Parent Signature / Date: _____

Student Signature / Date: _____

CONCUSSIONS – Don't hide it. Report it. Take time to recover.

PARENT AND STUDENT NOTIFICATION
STEROID USE AGREEMENT FORM

State law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.

State law requires that only a medical doctor may prescribe a steroid for a person.

State law provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person in good health is not a valid medical purpose.

Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

HEALTH CONSEQUENCES ASSOCIATED WITH ANABOLIC STEROIDS

(source: National Institute on Drug Abuse)
hhtp://www.nida.nih.gov/Infofacts/steroids.html

For boys and men – shrinking of the testicles, reduced sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer.

For girls and women – growth of facial hair, male-pattern baldness, changes in or cessation of the menstrual cycle, enlargement of the clitoris, deepened voice.

For adolescents – growth halted prematurely through premature skeletal maturation and accelerated puberty changes. This means that adolescents risk remaining short for the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

For all ages – potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension which can promote heart attack and stroke; and acne. Available evidence may suggest that anabolic steroid abuse, particularly in high doses, promotes aggression that can manifest as fighting, physical and sexual abuse, and property crimes. Upon stopping anabolic steroids, some abusers may experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, headaches, muscle and joint pain and the strong desire to return to the use of anabolic steroids.

For Injectors – infections resulting from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

STUDENT CERTIFICATION

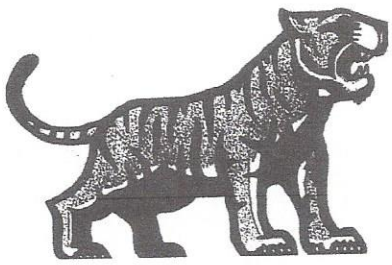
I have read the above information and agree that I will not use illegal anabolic steroids.

Student Signature_____Date_____

PARENT / GUARDIAN CERTIFICATION

I have read the above information and agree to my knowledge my student will not use illegal anabolic steroids.

Parent/Guardian Signature_____Date_____



SUDDEN CARDIAC ARREST

What is Sudden Cardiac Arrest (SCA)?
Sudden Cardiac Arrest is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is not a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction of the heart's electrical system, causing the heart to stop beating.

How common is Sudden Cardiac Arrest?
While studies differ in the actual rate of occurrence, the American Heart Association information indicates that there are approximately 300,000 SCA events outside hospitals each year in the United States. About 2000 patients under the age of 25 die of SCA each year. Studies now being performed in Texas and other states indicate the occurrence rate for high school age athletes may be greater than this figure.

Are there warning signs?
Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

Dizziness	Fatigue	Lightheadedness
Extreme tiredness	Shortness of breath	Nausea
Difficulty breathing	Vomiting	Racing or fluttering heartbeat
Chest Pains	Syncope (fainting)	

These symptoms can be confusing and unclear in athletes. Often people confuse these warning signs as physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

For this reason these symptoms are included on the Medical History form and required for each student prior to participation in athletic events each year. As parents and student athletes, your truthful answers to these simple questions will assist your medical practitioner when performing the annual physical examination.

What are the risks of participation and playing with these symptoms?
Continued participation brings with it increased risk. This includes playing in practices and games. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just minutes. Most people who experience a SCA die from the event.

While Texas Christian School does not mandate Cardiac Screening prior to participation, TCS does recognize the importance of our students' health and highly recommend discussing screening options with your healthcare provider. Any Student who shows signs of SCA should be removed by the parents from play. This includes all athletic activity, practices or contests. Before returning to play, the student should be examined and receive clearance by a licensed health care professional of the parents' choosing.

I have reviewed the above material. I understand the symptoms and warning signs of SCA.

Parent Signature / Date: _____

Student Signature / Date: _____

PREPARTICIPATION PHYSICAL EVALUATION
MEDICAL HISTORY

This **MEDICAL HISTORY FORM** must be completed annually by parent (or guardian) and student in order for the student to participate in TCS athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

STUDENT NAME (PRINT):		
GENDER:	AGE:	DATE OF BIRTH:
HOME ADDRESS:		
HOME PHONE:	PARENT CELL PHONE:	
SCHOOL:	GRADE LEVEL:	
PERSONAL PHYSICIAN:		
PHYSICIAN PHONE:		
In case of emergency contact:		
NAME:	RELATIONSHIP:	
HOME PHONE:	CELL PHONE:	

Explain any "**YES**" answers on a separate piece of paper. Please circle questions for which you have no answer. Any "**YES**" answer to questions 1- 28 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physicians assistant, chiropractor or nurse practitioner is required before any participation in practices, games or matches.

	YES	NO
1. Have you had a medical illness or injury since your last checkup or sports physical?	☐	☐
2. Have you been hospitalized overnight in the past year?	☐	☐
3. Have you ever had surgery?	☐	☐
4. Have you ever passed out during or after exercise?	☐	☐
5. Have you ever had chest pain during or after exercise?	☐	☐
6. Do you get tired more quickly than your friends during exercise?	☐	☐
7. Have you ever experienced racing of your heart or skipped heartbeats?	☐	☐
8. Have you ever had high blood pressure?	☐	☐
9. Have you ever had high cholesterol?	☐	☐
10. Have you ever been told you have a heart murmur?	☐	☐
11. Has any family member or relative died of heart problems before age 50?	☐	☐
12. Has any family member or relative died of sudden unexpected death before age 50?	☐	☐
13. Has any family member been diagnosed with enlarged heart (Dilated Cardiomyopathy)?	☐	☐
14. Has any family member been diagnosed with Hypertonic Cardiomyopathy?	☐	☐
15. Has any family member been diagnosed with Long QT Syndrome?	☐	☐
16. Has any family member been diagnosed with ion channelpathy (Brugada syndrome, etc.)?	☐	☐
17. Has any family member been diagnosed with Marfan's syndrome?	☐	☐
18. Have you had a severe viral infections (myocarditis, mononucleosis, etc.) in the past year?	☐	☐
19. Has a physician ever denied or restricted your participation in sports for any heart problem?	☐	☐
20. Have you ever had a head injury or concussion?	☐	☐
21. Have you ever been knocked out, become unconscious or lost your memory?	☐	☐
22. Have you ever experienced a seizure?	☐	☐
23. Have you ever had numbness in your arms, hands, legs or feet?	☐	☐
24. Have you ever had a stinger, burner or pinched nerve?	☐	☐
25. Are you missing any paired organs?	☐	☐
26. Are you presently under a doctor's care?	☐	☐
27. Are you currently taking any prescription or nonprescription medications or inhalers?	☐	☐
28. Do you have any allergies?	☐	☐
29. Have you ever been dizzy before or during exercise?	☐	☐
30. Do you currently have any skin problems (itching, acne, warts, fungus or blisters)?	☐	☐
31. Have you ever become ill after exercising or working in the heat?	☐	☐

	YES	NO
32. Have you ever had any problems with your eyes or vision?	☐	☐
33. Have you ever gotten unexpectedly short of breath with exercise?	☐	☐
34. Do you have asthma?	☐	☐
35. Do you have seasonal allergies that require medical treatment?	☐	☐
36. Do you use any special protective or corrective equipment?	☐	☐
37. Have you ever had a sprain, strain or swelling after injury?	☐	☐
38. Have you ever broken or fractured any bones?	☐	☐
39. Have you ever dislocated any joints?	☐	☐
40. Have you ever had any problems with pain or swelling in muscles, tendons, bones or joints?	☐	☐

If yes, please check the appropriate box and explain on separate sheet of paper.

Head	☐	Shoulder	☐	Wrist	☐	Thigh	☐	Shin/ Calf	☐
Neck	☐	Upper Arm	☐	Hand	☐	Knee	☐		
Back	☐	Elbow	☐	Finger	☐	Foot	☐		
Chest	☐	Forearm	☐	Hip	☐	Ankle	☐		

41. Do you want to weigh more or less than you do now?	☐	☐
42. Do you lose weight regularly to meet weight requirements for your Extra-Curricular Activities?	☐	☐
43. Do you feel stressed out?	☐	☐
44. Have you been diagnosed with or treated for Sickle Cell Trait or Sickle Cell Disease?	☐	☐

Females Only

45. When was your first menstrual period?	_____
46. When was your most recent menstrual period?	_____
47. How much time elapses from the start of one period to the start of another?	_____days
48. How many periods have you had in the last year?	_____
49. What was the longest time between period in the last year?	_____days

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of accident still remains. Texas Christian School assumes no responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or illness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, in between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful and complete responses could subject the student in question to penalties determined by Texas Christian School.

STUDENT SIGNATURE: _____ DATE: _____

PARENT / GUARDIAN NAME (PRINT): _____

PARENT SIGNATURE: _____ DATE: _____

For school use only:

This Medical History Form reviewed by: NAME: _____ DATE: _____

PREPARTICIPATION PHYSICAL EVALUATION
PHYSICAL EXAMINATION

STUDENT'S NAME _____ SPORT(S):_____

GENDER: _____ AGE: _____ DATE OF BIRTH: _____

HEIGHT: _____ WEIGHT: _____ % OF BODY FAT:_____

PULSE: _____ BLOOD PRESSURE: ___/___ (___/___, ___/___)

VISION R 20/_____ L 20/_____ CORRECTED: Y N Pupils: EQUAL_____ UNEQUAL _____

This **PHYSICAL EXAMINATION FORM** is good for one year and must be completed and on file at TCS prior to any athletic participation for each school year.

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position			
Heart – Auscultation of the heart in the standing position			
Heart – Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			

MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

☐ Cleared
☐ Cleared after completing evaluation/rehabilitation for:_____
☐ Not cleared for: _____ Reason:_____
Recommendations: _____

Provider Name: _____ Date of Examination: _____

Provider Signature: _____

Provider Address: _____

Provider Phone Number: _____