



MONTEZUMA-CORTEZ
ATHLETICS
& ACTIVITIES
HANDBOOK 2022-2023

Home of the Panthers

MONTEZUMA-CORTEZ HIGH SCHOOL SONG:

*“From the Halls of Montezuma, to the north, south, east, and west.
Come our boys and girls together, to the high school they love best.
We’re the loyal sons and daughters. To the colors we’ll be true.
We’ll go forth with adoration and fond memories of you.
Give us men to match our mountains. Give us maids to match our skies.
And the glory of our native land will be Montezuma High!
MC...MC... M - C - H - S
Orange and black,
We Are the best!
M - C - H - S. We are the best
Panthers, Panther, Panthers!”*

This handbook is subject to change in accordance with our local, school, state regulations at any time.

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**Must be filled out, signed, and returned to athletic office to get Orange Card for participation.*

DEFINITIONS FOR THE ATHLETICS/ACTIVITIES HANDBOOK:

- **AACC** – Athletic/Activity Conduct Code
- **CHSAA** – Colorado High School Activities Association
- **Out-of-season** – any performances, activities, events, or competitions that take place outside the season established by the governing body of the activity.
- **Suspension** – exclusion only from performances, events, or competitions
- **Three strikes** – a student who has three violations of the AACC must meet with the Principal, the Athletic Director and a parent/guardian to consider the possibility of not participating in any extra-curricular program for the remainder of his/her M-CHS career.

ADMINISTRATIVE AUTHORITY: The Athletic Director has discretion to evaluate mitigating circumstances and modify any disciplinary action invoked under this policy subject to the approval of the principal.

MONTEZUMA-CORTEZ HIGH SCHOOL LETTERING POLICIES *(Alternative policies may be established by coaches)*

BASEBALL

- Play in 1/3 of the innings of all varsity games.
- Pitchers; appear in five regularly scheduled varsity games as a Pitcher.

BASKETBALL

- Play in 1/3 of the quarters of the regular season varsity games.

CHEER

- Successful completion of a cheer season at the varsity level.

CROSS COUNTRY

- Participate in 1/2; six (6) of all varsity meets as a first team performer or;
- Compete in the state meet.

DANCE

- Successful completion of a dance season at the varsity level.

FOOTBALL

- Play in 1/2 of the quarters of the regular season varsity games.
- Kickers; appear in 1/3 of the regular season varsity games.

GOLF

- Play in 1/2; six (6) of all varsity matches as a first team performer or;
- Compete in the state meet.

SOCCER

- Play in 1/2; 15 of the halves of the regular season varsity games.

SOFTBALL

- Play in 1/3 of the innings of all varsity games.
- Pitcher; play in five (5) regularly scheduled varsity games.

TRACK

- Must earn 12 points in varsity meets or;
- Compete in the state meet

VOLLEYBALL

- Play in 1/2 of all varsity games.

WRESTLING

- Must earn 24 points in regular season varsity matches or;
- Wrestle in 1/2 of all regularly scheduled varsity matches.

YEAR-END ACADEMIC AWARDS FOR JUNIORS & SENIOR ATHLETES

12th grade QUALIFICATIONS:

- GPA Cum 3.55 CHSAA ACADEMIC ALL STATE 1STTEAM
- GPA Cum 3.20 CHSAA Academic All State Honorable Mention

11th grade QUALIFICATIONS:

- GPA Cum 3.60 CHSAA ACADEMIC ALL STATE 1ST TEAM
- GPA Cum 3.20 CHSAA Academic All State Honorable Mention

Dear Parent/Guardian and Student Athlete:

Here at M-CHS, we are excited that you have chosen to be a student/athlete. We strive to ensure that you and your family have a positive experience during your participation. M-CHS has the expectation that your experience will help you grow as an athlete and a person. M-CHS believes by being a member of a team, regardless of time spent in actual competition, a person can learn many valuable life skills. Citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and a commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control and being responsible for one's own actions are all skills that are fostered by participating on an interscholastic sports team.

Our athletic programs are highly competitive. Due to large schools and limited opportunities, we are not able to place every child who wishes to participate on a team. While this is not our desire, it is the reality. If a coach is going to have to cut a player from the roster, it is expected that an established evaluation system is used to formulate teams.

A main goal of a competitive athletic program is to put the most talented members of the team in competition to win contests. Starting positions and playing time are not guaranteed to players making a team. Each member of a team is very valuable to the team's overall progress. Each member of the team has a duty and responsibility to put forth their best effort and encourage their teammates to also do their best.

Thank you again for your participation and willingness to grow.

Sincerely,

Montezuma-Cortez High School Administration



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ewalck@cortez.k12.co.us
<http://www.mchs.cortez.k12.co.us>
<http://www.facebook.com/MCHSCortez>



"Seeking Excellence in Academics, Activities, and Athletics"

OUR MISSION

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Provide equitable opportunities for participants that encourages all qualified students to take part in the activity/athletic experience.
- Administrate, interpret, and seek compliance with the CHSAA by-laws as needed to promote fair play within Colorado activities and athletics.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.
- Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.
- Promote and support the social and emotional well-being of student participants through activities.
- Continue to assess the inherent risks of sports participation and provide safe competitive environments per the NFHS, the Colorado High School Activities Association playing rules and bylaws per recommendations of the Sports Medicine Advisory Committee.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership and citizenship while increasing values that partner the educational standards of the State of Colorado.
- Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.

OUR CORE VALUES

- Participation is a privilege
- Participation in athletics and activities are education-based
- Participation promotes healthy lifestyle instruction
- Participation promotes respect for diverse cultures, creeds, socio-economic status, racial and ethnic backgrounds, gender identity, and geographic locations
- Participation assists students to remain in school, perform better academically and become better citizens
- Participation finds and nurtures the best effort in each participant
- Participation demands respect for fair play and appreciation for the equitable application of procedures, rules and regulations
- Participation provides a bigger window and, ultimately a larger purpose to students' lives

OUR COMMITMENT

- Zero tolerance holding ourselves, student-athletes, educational leaders, coaches, officials, judges and the many stakeholders accountable in creating an environment that is free from racism and discrimination



www2.chsaa.org
www.chsaanow.com

PHILOSOPHY OF ACTIVITY PROGRAMS

This handbook was created to assist our participants, and parents associated with Montezuma-Cortez High School by outlining necessary philosophy, procedures, standards and requirements for all activities. This handbook will be updated annually to ensure proper protocol for all activities and athletic programs at M-CHS. (this handbook is subject to change anytime in accordance with our local, school, state regulations)

The regulations presented herein was taken from the Colorado High School Activities' Association, the constitution and by-laws of the Western Slope League, the Intermountain League, and from board policy of the Montezuma-Cortez School District RE-1 and Montezuma-Cortez High School.

The goal of every program should be:

1. To instill, in each participant, attitudes of good sportsmanship, good citizenship, fair play, self-control, self-discipline, and goal setting.
2. To exert a positive influence on our community, fans, and our student body.
3. To communicate the ideal that hard work and determination lead to success.
4. To appreciate the fact that participation in extra-curricular activities represents a responsibility to both our school and community.

STATEMENT OF CODE OF ETHICS

In order to offer maximum effectiveness in serving and fostering the education of our students entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our secondary activity and athletic programs to:

1. Cultivate awareness that participation in athletics and activities is part of the total educational process and as such, the coach/sponsor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
5. Avoid any practice or technique, which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies, which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator, or any spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits, including abstaining from the use of vape pens, chemicals, alcohol, tobacco, and other mood altering substances.
9. Exemplify proper self-control at all times. Accepting adverse decisions without a public display of dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

EXPECTATION OF SPORTSMANSHIP (A GOAL for Sponsor/Coach, Spectator/Parent, the Student/Athlete)

SPONSOR/COACH:

The coach is the central figure in the sportsmanship pattern of our school and community. That individual is the leader. In order for good sportsmanship to be the guiding principle of activity/athletics for our team, student body, community, and press, he/she must know what good sportsmanship is and teach it to all. It has been said that as the coach goes, so goes the community.

1. Treats team players and opponents with respect.
2. Inspires athletes to love the game and desire to compete fairly.
3. Is a role model for the type of person he/she wants the student/athletes to become.
4. Disciplines members who may display unsportsmanlike behavior.
5. Respects the judge and interpretation of the rules by the officials.
6. Knows he/she is a teacher and understands the activity/athletic arena is a classroom.

THE STUDENT/ATHLETE

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gestures or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. **Always remembers that it is a privilege to represent our school and community.**
7. Always remember that you **represent our school whether during competition or not.** Present yourself in a manner that will make our school and community proud.

EXPECTATION OF COACHES / SPONSORS

The fundamental principle for activities is to serve the education of youth. It should both promote and supplement the regular curricular program of our school. Coach and sponsor responsibilities also include the following:

1. Ensure that all participants are **ELIGIBLE** prior to participating in any competition or performance.
 - a) Provide a roster of all participants prior to end of the first week of practice to verify eligibility.
 - b) Coaches will receive eligibility **every Monday (check) and Wednesday (Ineligibility list)** prior to the start of practice during season.
2. Teach written training rules, expectations, and lettering policies to all participants. Enforce these fairly among all participants. A copy of these regulations and expectations should be filed with the Athletic Director prior to the start of the first practice.
3. **Provide for the safety and welfare of all participants.**
4. Be an integral part of the school system and its educational program.
5. Work with participants, teachers, counselors, and administration to ensure the academic progress of the participants.
6. Be knowledgeable of, and enforce school, district, league, and CHSAA rules, regulations, procedures, and policies.
7. Be responsible to the administration in the overall operation of our program.
8. **Make every effort to support and communicate with our Activities Office and our school administrators. 565-3722 ext. 2124 or ext. 2122.**
9. Ensure that all participants have an understanding of all school, district, league, and state eligibility regulations and procedures.
10. Be responsible for additional duties as defined by school officials. Help in finding assistants to aid in your specific activity.
11. Plan and monitor organized practices that will include proper conditioning, warm-ups, and instruction of fundamentals. Communicate your practice schedule with our Athletic/Activities Office.
12. Supervise participants in practice areas, commons, auditorium, locker rooms, on the buses, or in motels.
13. Exemplify good behavior, appearance, language and conduct when dealing with officials and other schools, and demand it of all those participating.
14. Refrain from the possession or use of tobacco or alcohol, at any time you are associated with participants, or while representing our school.
15. Provide for the care and maintenance of all equipment. Provide an **end of season inventory** that is accurate and detailed. Provide a **list of student athletes who have not turned in equipment**. Setup a meeting for an end of year evaluation with the Athletic Director.
16. Submit accurate budget information to the Athletic Office when requested. This includes all and any invoices and receipts. The Athletic Office prior to ordering **MUST APPROVE** all orders for activity.
17. All sponsors/coaches are **required to turn in a written or typed list of participants into the Athletic Office 2 days prior to home and away events. (This is to assist the athletic office that student athletes are account for outside the classroom and accounted for on travel.)**
18. Ensure that all travel money is accounted for by returning a signed Financial Travel Report Form (detailed information with receipts and money to equal the amount issued prior to travel). Keep all original receipts and cash in the envelope provided, fill out & sign the Financial Travel Report Form. **Turn this in to the Athletic Office on the next school day.**
19. **Coaches/sponsors may enforce more strict guidelines and additional training rules, curfews, etc. for each activity. [A copy must be on file and approved with the activity director.]**

EXPECTATION OF PARTICIPANTS

1. **Prior to participating in any tryouts, practices, or competition and before you can receive any equipment, we must have the following on file in our Athletic Office in order to receive an **Orange Clearance Card** (to give to your coach before starting practice):**
 - A **completed physical & medical consent** dated after June 1st (**please use forms on pages 11-17 / only forms accepted by our office**)
 - **Signed parent/guardian forms:** CHSAA Bylaws, M-CHS Agreement to abide Rules & Regulations
 - Verification of Insurance (**copy of insurance card**)
 - Participation fee paid (**\$60.00**) (**\$70.00 for football**).
2. Adhere to the rules of the school, its teachers, coaches, district, league and CHSAA, and sponsors.
3. Follow training rules, eligibility requirements, and be responsible for maintaining your own eligibility.
4. Strive to perform to the best of your ability in the classroom, understand the importance of your education.
5. Support all school activities to the best of your ability.
6. Exemplify good behavior, appearance, and conduct at all times. Respect others and their property. Theft and destruction of any school, or individual's equipment or property will not be tolerated.
7. You are responsible for your valuables, uniforms, and equipment. Do not leave these items in the locker room unsecured. Keep your locker locked when you are not using it. It is the responsibility of the participant to supply his or her own lock for athletic lockers.
8. Abide by and respect official's decisions.
9. The possession or use of tobacco, alcohol, drugs, or steroids will result in disciplinary actions. Participants are prohibited from possession or use of these chemical substances under any circumstances.
10. **Athletic uniforms and equipment are not to be worn or used by any student except during a contest or practice of school-sponsored events in which he/she participate.** On game days with the approval of the sponsor/coach game jerseys may be allowed to be worn by the participants.
11. **Equipment issued to an athlete is his/her responsibility for return or replacement.** Students are responsible for turning in all equipment issued to them immediately after completion of any sport or after dropping out of that sport. **Until these uniforms are returned or paid for, students may not go out for another activity/sport.**

EXPECTATION OF PARENTS

1. Make sure that your child knows that win or lose, you are proud and appreciative of their efforts. Do not be disappointed in your child as they need your support and love while participating in sports.
2. Try your best to be completely honest about the skill levels and competitive nature of your child.
3. Be helpful but do not coach him/her to the gym or field, or on the way back, or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach your child to enjoy the thrill of competition and the satisfaction of teamwork. Help him/her to develop the skills and attitude needed to have positive competition.
5. Do not compare the skill, courage, or attitudes of your child with other members of the team, ever.
6. Get to know the sponsor/coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership, and then let the coach coach. The experience of interscholastic athletics should be an enjoyable time for everyone. As a parent, be supportive, trust the coaches, and sit back and enjoy the game!

COMMUNICATION AND CONFLICTS *Please refer to signed agreement with coach. (copy will be on file in the Activities/Athletic Office)*

ATHLETIC / ACTIVITY CODE OF CONDUCT

Montezuma-Cortez School District RE-1 requires that **ATHLETIC/ACTIVITY CODE OF CONDUCT (AACC)** and **SCHOOL RULES** be observed by student participants in extracurricular activities. Students who choose to participate in extra-curricular programs are required to abide by these rules and refrain from practices that impede their ability to perform at an optimum level.

Further, students are expected to conduct themselves in a manner that positively promotes Montezuma-Cortez High School, the Montezuma-Cortez School District RE-1 and our community. **It is considered a privilege to represent Montezuma-Cortez High School.** Administrators, sponsors, coaches and assistants shall conduct the extra-curricular programs in a manner that upholds the highest standards of ethics and sportsmanship. They shall be concerned with the health, safety and well-being of participants and treat them with respect. They shall enforce the **CODE** detailed below fairly and consistently. Parents are encouraged to support the extra-curricular endeavors of their children and should expect their children to uphold the **ATHLETIC/ACTIVITY CODE OF CONDUCT**. Parents are encouraged to support the administration and coaches/sponsors in enforcing this **CODE**.

Students should strive to achieve their highest personal and athletic potential. This can best be achieved by embracing a lifestyle that embodies respect for others, cooperation, integrity, self-discipline and a positive attitude toward competition. Because selection to a team/activity is both an honor and a **privilege** and, as such, carries **responsibilities**, student participants shall adhere to this **CODE**.

INTERSCHOLASTIC ATHLETIC/ACTIVITY CODE OF CONDUCT PHILOSOPHY

Montezuma-Cortez High School officials, coaches of athletic teams and sponsors of student activities believe that students who are selected for the **privilege** of membership on teams, squads, performing groups, clubs and other school organizations should conduct themselves as **responsible** representatives of our school. In order to assure this conduct, coaches and sponsors enforce a **CODE OF CONDUCT**.

Furthermore, members of teams/organizations and coaches/sponsors who fail to abide by the **CODE OF CONDUCT** and/or **SCHOOL RULES** are subject to disciplinary action. Members of teams and organizations, coaches/sponsors must always serve as examples of high moral character and must demonstrate appropriate academic commitment, expected from all students, coaches and sponsors. As recognized representatives of their school, members, coaches and sponsors are expected to exhibit appropriate behavior **during the season (activity), on school grounds or off school grounds**.

PURSUIING VICTORY WITH HONOR - Code of Conduct for Student Participants in their respective seasons

The **ATHLETIC/ACTIVITY CODE OF CONDUCT** applies to any misconduct and they are subject to it regardless of whether or not they have signed it. Participation for interscholastic age student-athletes should be enjoyable and should also be a significant part of a sound educational program, embodying high standards of ethics while developing good character and other important life skills.

Essential elements of character building are intrinsic in the concept of the six core ethical values: **TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP** (the "Six Pillars of Character"). The highest potential of participation is achieved when learning from the T.E.A.M. concept (Teaching, Enforcing, Advocating and Modeling these values) and by committing, to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of this **CODE** will improve the quality of all programs and the well-being of all teammates.

Disciplinary consequences for violating any elements of these codes may range from a verbal warning and/or conference with the coach, sponsor, or athletic/activities director to suspension from part or all of the season. Our M-CHS Athletic/Activities Director has discretion to evaluate the circumstances surrounding and the seriousness of the violation in invoking disciplinary action. Disciplinary consequences for athletics & activities may be in addition to school consequences per the M-CHS Student/Parent Handbook.

SPECIFIC RULES OF CONDUCT / DISCIPLINE

- I: No student may knowingly possess, have under his/her control, prepare, use, purchase, offer to purchase, sell, offer to sell, administer, dispense, give, furnish, or deliver to another, nor may any student be under the influence of:**
- Any controlled substance or dangerous drug as defined by state and federal law, without regard to amount, including but not limited to alcohol, marijuana, any narcotic drug, hallucinogen, stimulate, depressant, amphetamine, steroid or barbiturate;
 - Any simulated controlled substance or dangerous drug as defined by state and federal law without regard to amount;
 - Any abusable glue, aerosol paint, or any other volatile chemical substance used for a purpose not intended by the manufacturer;
 - Any other intoxicant or mood changing, mind-altering, or behavior-altering drugs, including pills and other over-the-counter stimulants and sedatives used in a manner not intended by the manufacture;
 - Any drug paraphernalia, standard and non-standard, determined by school administration.
- II: No student may use/consume/possess tobacco products/ vape pens, juul or electronic cigarettes of any type.**
- III: No student may engage in behavior that adversely affects the high school or school district, including conduct that damages the reputation or image of an activity group or athletic team.**
- IV: No student may engage in behavior that violates any of the school's code of conduct as outlined in the 2021-22 M-CHS Student/Parent Handbook.**

THE FOLLOWING CONSEQUENCES WILL BE IMPOSED FOR VIOLATIONS OF THE RULES ABOVE: *Additionally, if the violations occur on campus or during the school day, school discipline rules will apply per the M-CHS Student/Parent Handbook. Students will not be allowed to participate or play during a school suspension. This consequence applies during the season participation.*

If a student has received any in-school consequences due to a behavior that would constitute being suspended from school (in-school suspension or out-of-school suspension). Students will not be eligible to take part in practices or games/competition during the time they are listed as suspended. Students will be held accountable only during the season they are participating in. *Example: John Doe gets suspended in September, their suspension will not carry over to basketball season.*

ADDITIONAL SPECIFIC RULES OF CONDUCT / DISCIPLINE

PARTICIPATION IN PRACTICES: Students under school district suspension/expulsion will not be allowed to participate or practice for the duration of the suspension/expulsion.

NOTIFICATION: Any participant accused of misconduct will be notified as soon as possible of any allegations, investigation, and disciplinary action imposed by the activities director or designee. The activities director may impose restrictions on the participation of a student pending any disciplinary action and has discretion to evaluate mitigating circumstances and modify any disciplinary action invoked under this code subject to the approval of the principal. In cases where there has been a violation of this code, the activities director will determine the appropriate action(s) to be taken.

PROHIBITED CONDUCT AND CONSEQUENCES: Any instance of misconduct during the year, including breaks (i.e. Winter, Spring, and Summer), will result in the student participant being referred to the activities director for disciplinary action.

Students who are involved in activities/athletics are required to abide by the Athletic/Activity Conduct Code. In addition, students who are enrolled at Montezuma-Cortez High School are required to abide by the school district's student conduct and discipline code. Disciplinary consequences for violation of the AACC or the school district student conduct code may include any and all consequences outlined in the school district conduct code and the AACC.

PARTICIPATING GUIDELINES

These guidelines begin for everyone from the first day to the last day of participation for the respective season. These guidelines are designed for all participants, coaches and sponsors who will be involved with activities while being a part of the educational process at Montezuma-Cortez High School.

GENERAL ACTIVITY PROCEDURES:

1. Activity/Athletic safety is a number one priority. Participants must be aware that other athletes' physical safety is extremely important and avoid any type of aggressive action, which could lead to injury to another participant. Participants are also responsible to avoid any activity in which could lead to injury when not being supervised by an assigned faculty member or coach.
2. Students are expected to report for activities at the beginning of each activity season as established by the CHSAA, Colorado Band Masters Association, and M-CHS.
3. Members of all activities are required to attend all scheduled practices and meetings during the established activity season. If circumstances arise whereby the student cannot attend a practice or meeting, the validity of the reason will be adjudged by the individual sponsor/coach. In all cases, however, **the sponsor/coach must be notified, prior** to the practice or meeting missed, by personal contact (student/parent), phone call (student/parent), or written statement from the parent or guardian.
4. If an athlete is cut from one activity/sport, he/she is eligible to participate in another activity during that season at the discretion of the sponsor/coach. A student faced with this situation would be encouraged to go out for another activity unless cut because of disciplinary reasons or eligibility infractions.
5. **A student may drop out of a sport by following the procedures listed below:**
 - First, the student must make the reasons known to the coach.
 - Secondly, the student must make the reason known to the athletic director.
 - Thirdly, the athlete must return all equipment and clear all financial responsibility with the athletic office.
 - **Athlete will only get a refund for their participation fee if cut from the team and/or the SPORT IS CANCELLED DUE TO CHSAA & SCHOOL REGULATIONS.**
6. Participation/Training Rules: Though the schools are governed by district policy, school policy, a coach may set more stringent policies and rules.
7. The building Principal shall have the authority to make the final decision in all of the above matters.
8. Coaches and sponsors are required to review with the students/athletes these policies and rules at the beginning of each activity/sport season.

MOTEL/TRAVEL BEHAVIOR:

Curfew: Participants will be expected to abide by a curfew, which will be established by the head coach on each overnight activity. Curfew will be defined as being in one's assigned room, with his/her assigned teammates, at a specifically assigned time.

Room Conduct: All members of the travel entourage will be expected to conduct themselves as **ladies and gentlemen**. Rooms have been reserved for members of the respective activities only and visitors will not be allowed at any time. **No mixed gender is allowed in rooms at any time.** Participants will be expected to exercise good judgment regarding room behavior.

ATTENDANCE PROCEDURES

CLASSROOM ATTENDANCE: *Co-curricular activity participation requires that the student attend classes daily in order to maintain eligibility.*

The following guidelines shall be enforced:

1. Classroom attendance the day before or day of a performance or contest is required, except in the case of a valid excuse (e.g., doctor's appt., funeral, etc).
2. Students are expected to attend classes the day of an activity prior to leave for their event.
3. All sponsors/coaches are required to turn in a written or typed list of participants into the Athletic Office prior to home and away events.

ATTENDANCE AT PRACTICE:

1. Unless there is a satisfactory reason, all participants shall report for practice the day, the first call is made for that activity.
2. *The coach/sponsor of the activity may grant excuses from practice.*
3. *A student who is not in attendance for at least 4 periods during the school day may not practice without prior approval by the administration.*

TRUANCY or UNVERIFIED FROM CLASS: *The head coach will be required to have an attendance policy in place. Truancy as used in this context is considered as an unexcused absence that is the result of the following:*

- Student being more than 10 minutes late for class or missing any segment of that class for more than 10 minutes because of loitering in hallways.
- Student does not check out in office and leaves school grounds without permission.
- Per the Student Handbook, student is considered truant from school if he/she does not have on record with the office of a phone call or written verification from a parent/ guardian that the absence was legitimate within 2 days of absence.
- One single class absence or one whole day constitutes a violation.

ACTIVITIES / ATHLETICS INELIGIBILITY POLICY

File: JJ, JJA-1, JJA-2, JJA-2-R, JJIB, JJJ (You may find these documents on our district websites under Board of Education/POLICIES)

Note: *This policy applies to any activity that causes students to miss class periods during the school day including competitions, performances, fundraisers, etc. For more information about specific activities or athletic program, please call or visit the Activities Office.*

CHSAA (Colorado High School Activities Association) REQUIREMENTS

Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance that are related to school purposes. In this regard, CHSAA and its member schools may exercise the fullest discretion permitted under law.

A student enrolled in a high school shall be eligible to represent that school in CHSAA-sanctioned interscholastic activities if the student meets the following specific requirements:

- (a) The student is a bona fide undergraduate member of the high school in which he/she is enrolled.
- (b) During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2.5 units of credit per semester and must pass a minimum of the equivalent of 2.5 credits per semester.

M-CHS REQUIREMENTS

In accordance with CHSAA policy 1710.a, Montezuma-Cortez High School will check grades weekly, beginning in the first full week of each season (fall, winter, and spring). Each Monday of the season, grades and attendance for each student involved in an activity or athletic program will be printed and given to each activity sponsor and/or coach. These grades will serve as a warning to coaches and identify students who are failing one or more classes and/or those students in danger of failing (D grade). It is the responsibility of the sponsor/coach to inform their students about failing or near-failing grades. On the **first Wednesday of each season and every subsequent Wednesday**, the grades of each student involved in an activity or athletic program will be distributed to each activity sponsor and/or coach.

If, on the Wednesday grade report, a student has one or more F's, that student will be ineligible to participate in CHSAA regulated competition or M-CHS sponsored activity until grades are checked again on the following Wednesday. If the F(s) is removed from the student's grade report by the following Wednesday grade report, that student will once again be eligible to participate in the subsequent week; however, if the student still has an F on the eligibility report, he/she will continue to be ineligible.

NCAA Eligibility Center visit website: web3.ncaaorg/ecwr3/ (formerly NCAA Clearing House)

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an ACT or SAT score that matches your core-course GPA. For more information, be sure to talk with your grade-level counselor.

TRANSPORTATION GUIDELINES

This handbook is subject to change in accordance with our local, school, state regulations at any time.

These Administrative Regulations and Guidelines apply to all students in school-sponsored activities/athletics. All participants must ride with provided district transportation to the scheduled game/event. All participants are to use district provided transportation from the site of all away contests, **unless prior arrangements are made:**

1. Student Athletes **MAY NOT DRIVE THEMSELVES.**
2. Parents may pick their student up by signing them out with the coach/sponsor.
3. Any student wishing to ride home with someone else's parent **must have prior written approval of an administrator 24 hours in advance to departure**, and be signed out by the coach or sponsor.
4. Parents may only transport their own son or daughter and may not provide transportation for any other participants **unless these arrangements are made in advance (24 hrs before trip departure) with Principal and the Athletic Office. The approved form must be given to the coach/sponsor prior to the trip departure.**
5. Students utilizing district transportation will not be released until the bus/van reaches its final destination.
6. Mixed groups of males/females students shall be separated when traveling together. Example males up front, females in the back or vice versa. Coaches or sponsors will set in between groups, to cause a definitive separation.
7. **Coaches or Sponsors are in charge of their group; not the bus driver.**

ADVERSE WEATHER CONDITIONS: *The decision to travel is up to the head of transportation, building principal or designee, and the driver.*

MONTEZUMA-CORTEZ HIGH SCHOOL AGREEMENT TO ABIDE RULES & REGULATIONS 2022-23

Please fill out, sign pages 9-17 and return to the M-CHS Activity/Athletic Office to get your ORANGE CARD

STUDENT NAME (print): _____ DOB: _____ School: _____ Grade: _____

(circle) MY STUDENT ATHLETE WILL BE PARTICIPATING IN THE FOLLOWING SPORTS AND/OR ACTIVITIES:

SCHOOL USE ONLY:

Participation: Marching Band Concert Band Jazz Band Choir # _____ \$ _____ # _____

FALL (circle sport): XCountry Football Golf-B Soccer-B Softball Volleyball # _____ \$ _____ # _____

WINTER (circle sport): Basketball-B Basketball-G Cheer Dance Wrestling # _____ \$ _____ # _____

SPRING (circle sport): Baseball Golf-G Soccer-G Track&Field # _____ \$ _____ # _____

ACKNOWLEDGEMENT:

I understand and consent to the responsibilities outlined in the School's Parent/Student Activity/Athletic Handbook. I also understand and agree that I shall be held accountable for the behavior and consequences of the policies outlined in the Parent/Student Activity/Athletic Handbook at Montezuma-Cortez High School and at all school sponsored and school related activities, including school sponsored travel and for any school related misconduct, regardless of time or location. I understand that any student, who violates the rules, regulations, and policies, shall be subject to disciplinary action, up to and including referral for criminal prosecution for violation of law.

I acknowledge that I have read, understand, and accept the Student Handbook and that I will abide by the rules and regulations contained within.

I also understand that there will be an additional Handbook Amendments regarding COVID-19 REGULATIONS from our local, school, CHSAA, and state regulations and THIS HANDBOOK IS SUBJECT TO CHANGE AT ANY TIME.

Student Signature

Parent Signature

Date

Student contact # _____

Parent contact phone #: _____

Mailing Address: _____

CITY, STATE & ZIP

INSURANCE COVERAGE:

_____ I have adequate accident and medical insurance to cover an injury which he/she may incur while taking part in the interscholastic athletic program.

Name of medical insurance company is: _____ (Attach a copy of insurance policy)

_____ I want to buy school insurance for my student (SEE PAGE 12). Please attach a copy of the receipt for insurance.

I understand my student cannot practice/participate in athletics unless he/she is covered by insurance.

Parent/Guardian Signature _____ Date _____



Add www.studentinsurance-kk.com to your school's website

Adding a link to your school's website may make it easier for parents to enroll their students in your endorsed student insurance plan. Our website, www.studentinsurance-kk.com, provides easy online enrollment. You can choose from simply adding a simple text link or something more descriptive

Suggested samples for adding www.StudentInsurance-KK.com to your school/district website:

As you select a listing from the samples below, please set up your choice with a hyperlink to <http://www.studentinsurance-kk.com>

1. Simple Text Options (with hyperlink)

- example a.* **Enroll in Student Insurance Here**
- example b.* **Quote/Buy Student Insurance Online**

2. Descriptive Text Options (with hyperlinks)

example a. **Student Accident Insurance** and the following paragraph either directly below or as a popup option. The paragraph also contains 2 hyperlink options (in bold).

*Our school/district has selected the **Student Insurance Plan** from K&K Insurance Group to make reliable coverage available to parents. If you don't have other insurance, this plan may be a resource to consider. Additionally, even if you have other coverage, this plan can help fill expensive "gaps" caused by deductible and co-pays. Coverage may be purchased at any time during the school year by visiting www.studentinsurance-kk.com.*

example b. **Student Accident Insurance** and the following paragraph either directly below or as a popup option. The paragraph also contains 1 hyperlink option (in bold).

*Our school/district has selected the **Student Insurance Plan** from K&K Insurance to make reliable coverage available to parents. Coverage may be purchased at any time during the school year by visiting www.studentinsurance-kk.com.*

If you do not have the ability to add links to your website, simply pass this sheet along to the technology team responsible for your school/district website. You may encourage individual schools to add this to their own sites as well. If you need additional assistance, please send an email to info@studentinsurance-kk.com.

OUR AWESOME PARTNER & ATHLETIC TRAINER SPONSOR



In recognition of the partnership between **Southwest Health System** and **Montezuma Cortez High School** to provide athletic training services to **M-CHS Panther** student-athletes.

Supported by:

- Southwest Memorial Hospital Rehabilitation & Physical Therapy - 970.564.2460
- Southwest Medical Group Family Medicine - 970.565.8556
- SMG Specialty Orthopedics & Podiatry - 970.564.2681
- School-Based Health Center (On-site) - 970.564.4855
- Southwest Walk-In Care - 970.564.1057

"Collaborating with health care providers and community leaders to provide excellent care close to home."



CHSAA BYLAWS – PARENT & STUDENT INFORMATION

Colorado High School Activities Association

Welcome to the 2020-2021 school year!

Participation in educational athletics and activities is a privilege that is earned in the classroom as well as on the playing field, court and stage. The CHSAA encourages all students to engage and explore in sports and activities of their choosing to enhance and enrich their high school experience. Parents are also encouraged to contribute to this experience through their positive support and encouragement. Please remember that with that participation comes the accountability of earning the privilege to take part.

***Per Bylaw 1800.5A, CHSAA requires that all information provided regarding any aspect of the eligibility of a student must be true, correct, accurate, complete and/or not false; penalty for providing false information is ineligibility and/or contest forfeitures.**

A student's participation in high school activities is dependent on his/her eligibility. Protect that eligibility. Read the following summary of Colorado High School Activities Association rules that govern a student's participation. Students and parents alike need to review these rules and ask questions of their coaches/directors, athletic director and school administrators.

****Per Bylaw 1710.L, Please review the following information and acknowledge your understanding of the CHSAA Bylaws by signing at the end and submitting to your School's Athletic Director. Click the blue underlined links to be directed to the CHSAA Bylaws.**

The CHSAA

The Colorado High School Activities Association has been the governing body of high school athletics and activities (speech, student council and music) in the state since 1921. CHSAA's Code of Ethics is integral to its Mission and Vision. The student's school is a voluntary member of the CHSAA and has agreed to follow its rules. Both your school and the Association believe in equal competition among schools and the close relationship between academics and activities.

Discrimination (300)

A student-participant will not participate in or condone unfair discriminatory practices against a fellow participant due to age, gender, race, ethnicity, religion, sexual orientation, or disability, nor shall the student be discriminated against under the same criteria.

The CHSAA Rules of Participation

Academic (1710)

A school must select one of three options for determining the eligibility of all its students, and schools have the right to impose stricter academic and behavioral standards.

Make-up Work (1740)

Each student must be academically eligible in accordance with the above section at the time of participation and during the previous semester. Make-up work shall not be permitted after the close of the semester for the purpose of becoming eligible. (Cases involving special circumstances should be referred to your principal). If eligibility has been lost from a previous semester, students may regain their athletic eligibility per the "Fall Regain Dates" Table in the bylaws, and on the Monday of Week 36 for the second semester.

Summer school credits accepted by the school may be used to replace credits in subjects failed during previous semesters as long as the course is completed by the Monday of Week 9. Dropping a class may make you ineligible. If you play while ineligible, you may cause your team to forfeit any contests in which you played.

1. Citizenship (1710)

The school principal must approve the student to be representative of the school's standards of citizenship, conduct and sportsmanship.

2. Conduct – Ejections (2200)

If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one fewer contest than the maximum allowed each participant in the sport.

A second ejection during the season shall result in a 2 contest suspension. A third ejection will result in a review of the student's future eligibility by the CHSAA Commissioner.

If a student is ejected in the final contest of a season, he/she is ineligible for the first contest of the next sport in which he/she competes and completes the season. Players leaving the bench during a fight shall be ejected and ineligible for the next contest.

3. Outside Competition (2100.2)

As a member of any high school team, a student may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal.

Members of high school teams may compete in non-school events in that sport without written permission on the day following the completion of the season for the level (freshman, sophomore, junior varsity, varsity) of the team on which they are

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CHSAA BYLAWS – PARENT & STUDENT INFORMATION

Colorado High School Activities Association

competing. NOTE: A student becomes subject to the outside competition rule on or after the first date of formal practice, when he or she reports out for practice and is in contention for a berth on the team.

4. Undergraduate (1710)

A student may not be a graduate of any high school and participate in high school athletics.

5. Recruiting (1900)

Any recruiting based on athletic ability or interest is prohibited.

6. Age (1770.L)

A student's 19th birthday must fall on or after August 1 of the current school year. Exceptions to this rule, based on educational handicaps, may be requested, provided the student's original class has not graduated.

7. Semesters (1770.3)

Upon entering high school, a student's eligibility will continue only until his/her original class graduates. Once entering ninth grade, a student has eight consecutive semesters of eligibility. NOTE: If a student drops out of school or misses competition due to an injury, he/she will not receive additional eligibility.

8. Seasons (1770.Z)

A student is allowed a maximum of 4 seasons in any sport.

9. Physical Exam (1780)

A student may not practice or compete (music, student council and speech/participants are exempt) without a physical exam that is:

- Signed by an MD, DO, chiropractor who is school physical certified (DC, SPC), nurse practitioner or physician's assistant licensed by the State of Colorado.
- Current within the last 12 months.
- On file with principal or athletic director prior to first practice.

10. Practice (2310)

NEW: A total of 3 different days of practice is required before participating in any interscholastic game or scrimmage (except football which needs 9 days). OTHER EXCEPTIONS: (A) Golf, skiing, softball and tennis players. (B) Participants in state playoff games completed on or after the first day of formal practice.

**No contact between a coach and player is allowed on Sundays during the school year unless it is for a social, academic or student related activity that is strictly voluntary. A student cannot be required to practice or compete outside of the season as a condition of making the team.

11. Transfer Rule (1800)

The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their

academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.

- Varsity Eligibility (1800.1)

A student who establishes his/her eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.

- Athletic Transfer (1800.4)

Any transfers will cause the student to be ineligible for varsity competition for 365 days from the date of the transfer in any sport(s) they participated in during the last 365 days.

- Transfer with Club Coach or Previous Coach (1800.4)

A student transferring, moving or for any reason changing to a new school where the student's non-school coach is also a coach of the school team, is considered to be attending for athletic purposes. The student, as a result of this transfer, will be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer. As used in this Rule, the term "coach" includes any person who coaches, volunteers (regardless of compensation) or assists in any capacity with the coaching or training of the school or non-school team. For purposes of this Bylaw and its exceptions, no personal relationship or one-on-one/group coaching or individual contact is required for application of this rule. If a coach has any standing with the outside team/organization/business, that coach is considered a coach of that non-school sports team.

General Transfer Information (1800)

It is the parent's and student's responsibility to know the CHSAA Transfer Rule and how it affects the student's eligibility. The CHSAA Commissioner may grant exceptions to this rule in unusual cases. Only schools may submit a waiver. If a waiver of the transfer rule is requested, the student is not eligible until the waiver is approved by the CHSAA Commissioner.

Any waiver submitted that contains legal guardian references must have the appropriate court signed legal documentation of that guardianship before the waiver will be considered. Parents should review all situations with the school administration.

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL FORMS
fill out pages 13-17

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)
Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)		
Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

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BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

COVID-19

- A current physical **MUST** be on file. CHSAA recommends this PPE form.
 - COVID-19 specific questions should be included in the physical screening to include:
 1. Have you tested positive for COVID-19?
 2. Have you had any known exposure to a COVID-19 positive individual?
 3. Have you been tested for COVID-19?
 4. Have you had any new onset of cough or shortness of breath?
 5. Have you experienced any recent temperature greater than 100.3°
 - The most recent medical evidence recommends consideration of cardiac testing if a student athlete has previously tested positive for COVID-19. This should be discussed with the team physician on a case-by-case basis.

Please answer
YES or NO
in this section

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

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■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____

Date of birth: _____

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (_____ / _____)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart* <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 		

*Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____

Date of birth: _____

Medically eligible for all sports without restriction

Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

 Medically eligible for certain sports

 Not medically eligible pending further evaluation

Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____

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■ PREPARTICIPATION PHYSICAL EVALUATION

Use this form ONLY if you have a disability

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name: _____ Date of birth: _____

1. Type of disability:		
2. Date of disability:		
3. Classification (if available):		
4. Cause of disability (birth, disease, injury, or other):		
5. List the sports you are playing:		
	Yes	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed as having a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "Yes" answers here.

Please indicate whether you have ever had any of the following conditions:

	Yes	No
Atlantoaxial instability		
Radiographic (x-ray) evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

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