

PHYSICAL EXAMINATION AND PARENT PERMIT FOR ATHLETIC PARTICIPATION - PART I

I hereby certify that I have examined student was found physically fit to en	and that the gage in high school sports (except as listed on back).
Student's birth date	Exp. Date (good for 365 days)
WARNING: Although participation in sup- hazardous in which any student will er INTERSCHOLASTIC ATHLETICS INCL	RENT OR GUARDIAN PERMIT ervised interscholastic athletics and activities may be one of the least gage in or out of school, BY ITS NATURE, PARTICIPATION IN LUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY STROPHIC INJURY. Although serious injuries are not common in appossible to eliminate this risk.
	RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, ROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.
STUDENTS WHO DO NOT WISH TO A SIGN THIS PERMISSION FORM. By S	owledge that we have read and understood this warning. PARENTS OR CCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT signing this form it allows my students medical information to be ff when necessary in compliance with HIPPA (Health Insurance gulations.
	to compete in athletics for vities Association approved sports, except as listed on back, and I have s for eligibility as outlined in the Competitor's Brochure.
Parent or Guardian Signature	Date
I have read, understand and agree to the	General Eligibility Guidelines as outlined in the Competitor's Brochure.
Student Signature	Date
principal a statement signed by his parent an adequate physical examination within assistant, nurse practitioner or a certifie	in interschool athletics until there is on file with the superintendent or or legal guardian and a signed physical certifying that he/she has passed the past year, that in the opinion of the examining physician, physician's d/registered chiropractor, he/she is physically fit to participate in high onsent of his/her parents or legal guardian to participate.
events have current tetanus bo	the Colorado Department of Health that individuals participating in athletic osters. Tetanus boosters are recommended every 10 years throughout dat the time of injury if more than five years have elapsed since the last
	injuries have occurred, a more complete physical examination should be m must be signed by a practicing physician, physician assistant, or nurse
	in practice and/or competition, the nature of which required medical be permitted to return to practice and/or competition until he/she has

NOTE: The CHSAA urges an adequate physical examination be given when a student athlete changes levels of competition, i.e. Little League to Middle School, Middle School to High School.

received a release from a practicing physician.

■ PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

PHYSICAL EXAMINATION FORM				
Name:		Da	ate of birth:	
 Consider additional questions on more-sensitive Do you feel stressed out or under a lot of pressed, Do you ever feel sad, hopeless, depressed, Do you feel safe at your home or residence Have you ever tried cigarettes, e-cigarettes During the past 30 days, did you use chew Do you drink alcohol or use any other drug Have you ever taken anabolic steroids or use Have you ever taken any supplements to held to you wear a seat belt, use a helmet, and 	ressure? . or anxious? .; c, chewing tobacco, snuff, or dip? gs? used any other performance-elp you gain or lose weight of use condoms?	dip? enhancing supplemen or Improve your perfo)t?	
Consider reviewing questions on cardiovascul	ar symptoms (Q4–Q13 of Hi	storyForm).		
EXAMINATION Height: Weight:		2018/ 2018/ 2018	Tarata Helister Trabate Helister	
BP: / (/) Pulse:	Vision; R 20/	L 20/	Corrected: 🗅	Y. D N
Appearance Marfan stigmata (kyphoscoliosis, high-arched propia, mitral valve prolapse [MVP], and aorti	palate, pectus excavatum, ara		NORM	AL ABNORMAL FINDINGS
Eyes, ears, nose, and throat		William Control of the Control of th		
Pupils equal Hearing	mail: a militire principal: "tatine" "tatine"		TELEVISION OF THE TELEVISION O	
Lymph nodes	102 es o. 1466.	1 4 4 2 3 7 2	#6	
Heart*	noble design with	÷.		
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Lungs	10.500 9.500 10.500 00.500 10.500 00.500	Topical an analytic for a second of the seco		
Abdomen Abdomen				-
Herpes simplex virus (HSV), lesions suggestive of tinea corporis	f methicillin-resistant <i>Staphylc</i>	ococcus aureus (MRS/	A), or	
Neurological 기계	0.000 to 10.000			
MUSCULOSKELETAL			NORM	AL ABNORMAL FINDINGS
Neck 1999 1999	Hele-Alica and the facility of			
Back				
Shoulder and arm	Anna Anna Anna Anna Anna Anna Anna Anna			
Elbow and forearm				
Wrist, hand, and fingers				
Hip and thigh	*****			
Knee Str. Str. Str. Str. Str. Str. Str. Str.				
Leg and ankle				
Foot and toes				
Functional Double-leg squat test; single-leg squat test, and	d box drop or step drop test			

^aConsider electrocardlography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

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■ PREPARTICIPATION PHYSICAL EVALUATION MEDICAL ELIGIBILITY FORM

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PREPARTICIPATION PHYSICAL EVALUATION

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):
	How do you identify your gender? (F, M, or other): 益。
List past and current medical conditions.	
Have you ever had surgery? If yes, list all past surg	gical procedures.
Medicines and supplements: List all current prescri	lptions, over-the-counter medicines, and supplements (herbal and nutritional).
Do you have any altergies? If yes, please list all your	
Patient Health Questionnaire Version 4 (PHQ-4) Over the last 2 weeks, how often have you been be	oothered 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	10. 0 . 10. 10. 10. 10. 10. 10. 10. 10. 10. 10
Not being able to stop or control worrying	1 2 3
Little interest or pleasure in doing things	1 2 3
Feeling down, depressed, or hopeless	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.)

**	SEED.			- 83
SENERAL QUESTIONS Explain: 'Yes' answers at the end of this Tircle questions if you don't know the	ana a restrett		Yes.	И
Do you have any concerns that you w discuss with your provider?	ould like	to::	100	
Has a provider ever denied or restrict participation in sports for any reasons	•	ride a Amir Milit		
3. Do you have any ongoing medical is recent illness?	sues or			
HEART HEALTH QUESTIONS ABOUT YO	U		Yes	N
Have you ever passed out or nearly paduring or after exercise?	assed out	t		
5. Have you ever had discomfort, pain, or pressure in your chest during ex	**			
6. Does your heart ever race, flutter in y or skip beats (irregular beats) during				
7. Has a doctor ever told you that you have heart problems?	ave any		, , , , , , , , , , , , , , , , , , , ,	
8. Has a doctor ever requested a test f heart? For example, electrocardios or echocardiography.		ECG)		

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED) 9. Do you get light-headed or feel shorter of breath	Yes	No
than your friends during exercise? 10. Have you ever had a seizure? HEART SEASTH QUESTIONS ABOUT YOUR FAMILY. 11. Has any family member or relative died of heart problems or had an unexpected or unexplained	VC 3	No.
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?		

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 methicilin-resistant Staphylococcus aureus (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?		Ga
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?	7, 546 64, 54 7, 54 7, 54 7, 54 7, 54 7, 54 7, 54	is de lende di di di
24. Have you ever had or do you have any problems with your eyes or vision?		\$200 \$200 \$200 \$200 \$200 \$200 \$200 \$200
	***************************************	······································

MEDICAL QUESTIONS (CONTINUED:) 25. Do you worry about your weight?	Yes	No
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 29. Have you ever had a menstrual period?	Yes	No
30. How old were you when you had your first menstrual period?	12 12 12 * . 13 *	
31. When was your most recent menstrual period?	770	
32. How many periods have you had in the past 12 months?		

Explain	"Yes" an	swers here,

CO	V	D	-1	9

- 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°
 - o 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.

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:

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Peyton Athletic and Activity Philosophy

Athlete's Name:
Peyton Junior-Senior High School officials, coaches of athletic teams, and sponsors of activities believe students who are members of teams, squads, performing groups, clubs, and other school organizations should conduct themselves as responsible representatives of Peyton Schools. Members of teams and organizations must demonstrate appropriate academic commitment, which is expected from all students. As recognized representatives of Peyton High School, members are expected to exhibit appropriate behavior in and out of season, in or out of uniform, on or off campus.
Peyton School District has as its primary goal the academic education of all students. Therefore each coach or sponsor has the obligation to encourage students to perform within reasonable academic standards.
Peyton Junior-Senior High School strongly disapproves of student staying home on school days to rest for events that day or night. The school administration reserved the right to limit or exclude students from participation in cases of non-attendance at school or non-attendance of practice.
Students who are in attendance during the school day are expected to notify their coach(es) of any reason they will not be at practice, including missing practice for academic reasons. In some cases, missing practice for academic reasons may affect participation should it impact the preparation of the athlete and/or team for the coming competition.
School officials are not expected to police off campus, non-school activities. However, illegal activities brought to the school's attention may result in suspension and/or removal from extra-curricular activities.
Each coach or sponsor has the prerogative to establish additional and/or sport specific rules. These rules may include attendance at practices and general conduct during practice, contests, and travel.
All students' use and/or possession of tobacco, alcohol, non-prescribed drugs, controlled substances, or drug paraphernalia will not be tolerated and will be subject to disciplinary action.
Students suspended from school will not be allowed to participate in activities or athletics while they are on suspension.
Parent and student signatures acknowledge they have read the Peyton Athletic and Activity Philosophy.
Parent Signature:
Student Signature:

WARNING TO STUDENTS AND PARENTS

SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

Instruction: Sign two copies, retain on for your records, and return the other to your school.

Instruction: If you would like a copy for your records, please make a second copy for yourself

Student's name:	Sport(s):			
This will acknowledge that we have read and understand the material contained in the WARNII TO ATHLETES AND PARENTS OR GUARDIANS.				
Signed (Parent or Guardian):	Date:			
Signed (Student):	Date:			





15. Awards (2010)

Individuals participating in any interscholastic athletic/activity sponsored and/or approved by the Association shall not accept cash or merchandise awards. Awards must be symbolic in nature with no functional or intrinsic value with a cost of no more than \$100,00.

16. Amateur (2000)

If a student participates in a CHSAA approved sport, in other than CHSAA competition, his/her amateur status is determined by the rules of the amateur governing body of that sport. Amateur status of Colorado high school athletes applies only to sports sanctioned by the CHSAA.

17. Bullying & Hazing (1710.2)

The Colorado High School Activities Association, in conjunction with its member school, prohibits bullying,

hazing, intimidation or threats. Hazing includes humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity. I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

After reviewing the above information, if you still have questions, please contact your school's athletic director. This list is by no means inclusive; however, it is intended to outline the most common questions and bylaws. For more information, please visit our website CHSAANow.com.

Checklist for Student Eligibility

i a sta	ident connot theck dily of the items, he/she needs to conti	act rus arms	ruc airector or principal.
]	At least 5 full credit classes.	[]	Has not been in high school longer than 8
]	Will abide by the rules as outlined and/or defined by		consecutive semesters.
	school's academic plan.	[]	Will not play more than 4 seasons in any sport.
1	Physical exam within the last calendar year.	[]	Will not compete or practice in any non-school
1	Parent permit form on file at the school.		events in my sport once reporting out for the team,
]	Have not changed schools during the current school		without the permission of my principal.
	year without a corresponding move by parents.	[]	Has complied with all other school, district, and local
]	Will not or have not turned 19 before August 1.		eligibility requirements.
DISEA: positive school law en The Ch traine	stand and acknowledge the inherent risks of participating SE 2019 (COVID-19), and by signing this acknowledgement to COVID-19 cases, and to ONLY PARTICIPATE WHEN HEAL for team consequences that could include dismissal from a forcement. HISAA retains athletic trainers for all Championship events to administer medical attention as needed and to commit athletic trainers and/or parents.	t, I affirm my LTHY. I also the activity b. By signing	y responsibility to prevent and report hazing, to report understand that any violation of this could result in or further disciplinary consequences and/or referral to below, you agree to allow CHSAA's on-site athletic
Signec	t:(Parent)	=	(Participant)
	(School)		(Date)



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 1800.54, 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 1710.1, 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. <u>CHSAA's Code of Ethics is integral to its Mission and Vision</u>. 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 election during the season shall result in a 2 contest suspension. A third election 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

Peyton Athlete Information

Athelete Name	Date of Birth
Address	Known Allergies
Mother's Name	Mother's Cell
Mother's Home Phone	Mother's Work Phone
Father's Name	Father's Cell
Father's Home Phone	Father's Work Phone
Emergency Contact if	Parents Not Available
Energency Contact Name	Emergency Contact Cell
Energency Contact Name	
Energency Contact Name Relationship to athlete	Emergency Contact Cell Emergency Contact Home Phone
Relationship to athlete	Emergency Contact Home Phone
Relationship to athlete	Emergency Contact Home Phone Emergency Contact Work Phone Information Informatio
Relationship to athlete Insurance I All students who go out for athletics at Peyton School in sports. The school has an accident insurance avaingt have health insurance. If you are interested in the your child is going to participate in athletics, we must	Emergency Contact Home Phone Emergency Contact Work Phone Information Informatio
Relationship to athlete Insurance I All students who go out for athletics at Peyton School in sports. The school has an accident insurance avaingt have health insurance. If you are interested in the your child is going to participate in athletics, we must	Emergency Contact Home Phone Emergency Contact Work Phone Information Informatio
Relationship to athlete Insurance I All students who go out for athletics at Peyton School in sports. The school has an accident insurance avainot have health insurance. If you are interested in the your child is going to participate in athletics, we must your policy number on file.	Emergency Contact Home Phone Emergency Contact Work Phone Information In must have health insurance in order to participate tilable for the students if the parent/guardian does e school insurance, please contact the school. If thave the name of your insurance company and