



HANOVER COUNTY PUBLIC SCHOOLS MIDDLE SCHOOL

Athletic Participation/Parental Consent/Physical Examination Form



Separate examination is required for each school year **May 1** of the current year through **June 30** of the succeeding year.

For School _____
Year _____

PART I – ATHLETIC PARTICIPATION

(To be filled in and signed by the student)

Male _____
Female _____

Name _____ Student I.D. # _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

This is my _____ semester in _____ Middle School, and my _____ semester since first entering the sixth grade.

Last semester I attended _____ School and passed _____ credit subjects. I have read the condensed

individual eligibility rules of the Hanover/Henrico Middle School Athletic League that appear below and believe I am eligible to represent my present middle school in athletics.

INDIVIDUAL ELIGIBILITY RULES

To be eligible to represent your school in any Middle School interscholastic athletic contest, you must meet the following guidelines:

- You must have submitted to your principal or coach before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parental Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found physically fit for athletic competition and that your parents consent to your participation.
- Academic Requirements** - According to the Hanover Henrico Athletic Council Guide, to be eligible to try out and participate in Athletics, Hanover County students must meet the guidelines for promotion under HCPS Policy 6-4.3.

For First Semester Sports, students must be promoted from the previous school year. Promotion policy below:

- 6th grade students are eligible first semester with promotion from the 5th grade.
- 6th to 7th Grade: Students shall be eligible for promotion into the seventh grade if they receive passing yearly averages in at least four of the following required subjects: Reading/language arts, mathematics, science, social studies, & health/physical education.
- 7th to 8th Grade: Students shall be eligible for promotion into the eighth grade if they receive passing yearly averages in at least four of the following required subjects: Reading/language arts, mathematics, science, social studies, & health/physical education AND if they receive a passing grade in the equivalent of one full year of elective offering(s).

For Second Semester Sports eligibility, students must have passed five subjects (English, Math and 3 others) at the end of the first semester of the current school year. This requirement is for all grade levels.

- You shall not have reached the age of fifteen (15) on or before August 1 of the school year in which he or she wishes to compete.
- A participant in middle school athletics may have six semesters of active participation, providing the age limit requirement is met. A participant may not represent a team in any sport during more than three seasons.
- A member of a team who is absent on the day of a contest may not participate unless written consent is obtained from the principal. A team member who has been suspended from school may not participate during the period of either in-school or out-of-school suspension.
- All eligible middle school students shall play on middle school teams only and will not participate in high school athletics. Exceptions are for eighth graders when playing a sport for which there is no middle school team. If there is an unusual case, it shall be brought before the Hanover/Henrico Middle School Athletic Council review committee.
- A student may not practice or compete with more than one interscholastic athletic team at a time.

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by the Hanover/Henrico Middle School Athletic League, the VHSL, Hanover County, and your school. If you have any questions regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, check with your principal for interpretations and exceptions provided under league rules. Meeting the intent and spirit of league standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any middle school or VHSL athletic program, publication, or video.

LOCAL SCHOOL DIVISIONS AND THE VHSL MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

Student Signature: _____ Date: _____

Providing false information will result in ineligibility for one year.

(Revised 2016)

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

PART II- MEDICAL HISTORY (Explain "YES" answers below)

This form must be complete and signed, prior to the physical examination, for review by examining practitioner.
Explain "YES" answers below with number of the question. Circle questions you don't know the answers to.

GENERAL MEDICAL HISTORY		YES	NO	MEDICAL QUESTIONS CONTINUED		YES	NO	
1. Do you have any concerns that you would like to discuss with your provider?	<input type="checkbox"/>	<input type="checkbox"/>		24. Have you had mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>		
2. Has a provider ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>		25. Are you missing a kidney, eye, testicle, spleen or other internal organ?	<input type="checkbox"/>	<input type="checkbox"/>		
3. Do you have any ongoing medical conditions? If so, please identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other: _____	<input type="checkbox"/>	<input type="checkbox"/>		26. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?	<input type="checkbox"/>	<input type="checkbox"/>		
4. Are you currently taking any medications or supplements on a daily basis?	<input type="checkbox"/>	<input type="checkbox"/>		27. Have you ever become ill while exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>		
5. Do you have allergies to any medications?	<input type="checkbox"/>	<input type="checkbox"/>		28. When exercising in the heat, do you have severe muscle cramps?	<input type="checkbox"/>	<input type="checkbox"/>		
6. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?	<input type="checkbox"/>	<input type="checkbox"/>		29. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>		
7. Have you ever spent the night in the hospital? If yes, why? _____	<input type="checkbox"/>	<input type="checkbox"/>		30. Have you ever had numbness, tingling or weakness in your arms or legs or been unable to move your arms or legs AFTER being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>		
8. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>		31. Do you or does someone in your family have sickle cell trait or disease?	<input type="checkbox"/>	<input type="checkbox"/>		
HEART HEALTH QUESTIONS ABOUT YOU			YES	NO	32. Have you had any other blood disorders?	<input type="checkbox"/>	<input type="checkbox"/>	
9. Have you ever passed out or nearly passed out DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>		33. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?	<input type="checkbox"/>	<input type="checkbox"/>		
10. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		34. Have you had or do you have any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>		
11. Does your heart race, flutter in your chest or skip beats (irregular beats) during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		35. Do you wear glasses or contacts?	<input type="checkbox"/>	<input type="checkbox"/>		
12. Has a doctor ever ordered a test for your heart? For example, electrocardiography or echocardiography.	<input type="checkbox"/>	<input type="checkbox"/>		36. Do you wear protective eyewear like goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>		
13. Has a doctor ever told you that you have any heart problems, including: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> Other: _____	<input type="checkbox"/>	<input type="checkbox"/>		37. Do you worry about your weight?	<input type="checkbox"/>	<input type="checkbox"/>		
				38. Are you trying to or has anyone recommended that you gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>		
				39. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>		
				40. Have you ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>		
				41. Are you on a special diet or do you avoid certain types of foods or food groups?	<input type="checkbox"/>	<input type="checkbox"/>		
				42. Allergies to food or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>		
				43. Have you ever had a COVID-19 diagnosis? Date: _____	<input type="checkbox"/>	<input type="checkbox"/>		
				44. What is the date of your last Tdap or Td (tetanus) immunization? (circle type) Date: _____				
14. Do you get light-headed or feel shorter of breath than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		FEMALES ONLY			YES	NO
15. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>		45. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			YES	NO	46. Age when you had your first menstrual period: _____			
16. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>		47. Number of periods in the last 12 months: _____				
17. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?	<input type="checkbox"/>	<input type="checkbox"/>		48. When was your most recent menstrual period? _____				
18. 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)?	<input type="checkbox"/>	<input type="checkbox"/>		EXPLAIN "YES" ANSWERS BELOW				
				#	>>			
				#	>>			
				#	>>			
				#	>>			
19. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	<input type="checkbox"/>	<input type="checkbox"/>		#	>>			
BONE AND JOINT QUESTIONS			YES	NO	#	>>		
20. 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?	<input type="checkbox"/>	<input type="checkbox"/>		#	>>			
21. Do you currently have a bone, muscle or joint injury that bothers you?	<input type="checkbox"/>	<input type="checkbox"/>		List medications and nutritional supplements you are currently taking here:				
MEDICAL QUESTIONS			YES	NO				
22. Do you cough, wheeze or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>						
23. Do you have asthma or use asthma medicine (inhaler, nebulizer)?	<input type="checkbox"/>	<input type="checkbox"/>						

→ Parent/Guardian Signature: _____ Date: _____ → Athlete's Signature: _____

PART III- PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30 of the current school year)**

NAME _____ DATE OF BIRTH _____ SCHOOL _____

Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP /	Resting pulse	Vision R 20/ L 20/	Corrected <input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance (Marfan stigmata: kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse, and aortic insufficiency)		
Eyes/ears/nose/throat (Pupils equal, hearing)		
Lymph nodes		
Heart (Murmurs: auscultation standing, supine, +/- Valsalva)		
Pulses		
Lungs		
Abdomen		
Skin (Herpes simplex virus, lesions suggestive of MRSA or tinea corporis)		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional (i.e. Double leg squat, single leg squat, box drop or step drop test)		
Emergency medications required on-site: <input type="checkbox"/> Inhaler <input type="checkbox"/> Epinephrine <input type="checkbox"/> Glucagon <input type="checkbox"/> Other:		
COMMENTS:		

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics:

☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION

☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATION FOR FURTHER EVALUATION OR TREATMENT OF:

☐ MEDICALLY ELIGIBLE ONLY FOR THE FOLLOWING SPORTS:

Reason:

☐ NOT MEDICALLY ELIGIBLE PENDING FURTHER EVALUATION OF:

☐ NOT MEDICALLY ELIGIBLE FOR ANY SPORTS

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II- Medical History.

→ PRACTITIONER SIGNATURE: _____ (MD, DO, NP or PA) + DATE**: _____

EXAMINER'S NAME AND DEGREE (PRINT): _____ PHONE NUMBER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

+Only signature of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-1 (3) Physical Examination Rule/Transfer Student (10-90)- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League form #2, the student is in compliance with physical examination requirements.

PART IV- ACKNOWLEDGEMENTS OF RISK AND INSURANCE STATEMENT

(To be completed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are NOT crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swim/dive, tennis, track, volleyball, wrestling, other (identify sports): _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with:

Name of medical insurance company: _____

Policy number: _____

Name of policy holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participation in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) of health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally, I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to www.coverva.org or calling 855-242-8282.

PART V- EMERGENCY PERMISSION FORM*

(To be completed and signed by the parent/guardian)

STUDENT'S NAME: _____ GRADE: _____ AGE: _____ DOB: _____

HIGH SCHOOL: _____ CITY: _____

Please list any significant health problems that might be significant to a physician evaluating your child **in case of an emergency**:

PLEASE LIST ANY ALLERGIES TO MEDICATIONS, ETC: _____

IS THE STUDENT CURRENTLY PRESCRIBED AN INHALER OR EPI-PEN? _____ LIST THE EMERGENCY MEDICATION: _____

IS THE STUDENT PRESENTLY TAKING ANY OTHER MEDICATION? _____ IF SO, WHAT? _____

DOES THE STUDENT WEAR CONTACT LENSES? _____ DATE OF LAST Tdap OR Td (TETANUS) SHOT: _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order the injection and/or anesthesia and/or surgery for the person named above.

DAYTIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

EVENING TIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

CELL PHONE NUMBER: _____

→ SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

RELATIONSHIP TO STUDENT: _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment in needed.

→ I CERTIFY ALL OF THE ABOVE INFORMATION IS CORRECT: _____

Parent/Guardian signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

Part VI: Concussion, Sudden Cardiac Arrest, & Heat-Related Illness Policy (Attached to VHSL Physical Form)

State law mandates that school divisions provide information to parents and students concerning the risk of concussion, its consequences, and procedures for returning to participation after an incident. The goals of the “Student-Athlete Protection Act (SB 652)” are to ensure that student-athletes who sustain concussions are properly diagnosed, given adequate time to heal, and are comprehensively supported until they are symptom-free.

I. Definition of Concussion

A brain injury that is characterized by an onset of impairment of cognitive and /or physical functioning, and is caused by a blow to the head, face, or neck, or a blow to the body that causes a sudden jarring of the head. A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual.

II. Signs and Symptoms

Signs observed by parents or guardians

- appears dazed or stunned
- is confused or forgets about assignment, position, or instruction
- is unsure of the game, score, or opponent
- moves clumsily
- answers questions slowly
- loses consciousness (even briefly)
- shows behavior or personality changes
- can't recall events prior to or after hit or fall

Symptoms reported by the athlete

- headache or “pressure” in head
- nausea or vomiting
- double or blurry vision, balance problems, or dizziness
- sensitivity to light or noise
- confusion
- feeling sluggish, hazy, foggy, or groggy
- does not “feel right”
- concentration or memory problems

III. Return to Learn

Many of the signs and symptoms associated with a concussion can affect a student's ability to participate in normal academic activities. With different rates of recovery, students may need modifications in their academic setting. Adjustments could include cognitive and physical rest with no school, part-time school, or full-day school with minimal instructional modifications.

IV. Return to Play Progression

If an athlete is suspected of having incurred a concussion during practice or play, this policy will be followed:

1. removal from activity
2. notification of parent/guardian regarding the incident
3. doctor's release on the “HCPS Concussion Medical Evaluation Form”
4. begin a 7-stage return to play progression per the school's licensed athletic trainer, coach or nurse
5. return to full participation after completing steps 1-4 above.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussions

Part VII: Sudden Cardiac Arrest Policy

State law mandates that school divisions provide information to parents and students concerning the risks of sudden cardiac arrest and procedures for returning to participation after an incident. The goals of the “Guidelines for Policies on Sudden Cardiac Arrest Prevention in Student-Athletes (SB 463)” are to protect student-athletes by providing recommendations that support the development and implementation of effective sudden cardiac arrest (SCA) prevention policies in local school divisions through education, prompt recognition, and appropriate response.

I. Definition of Sudden Cardiac Arrest

A medical emergency occurs when the heart stops beating effectively. A host of factors including electrical or structural problems in the heart can cause sudden cardiac arrest. Many of the causes of cardiac arrest are not recognized or diagnosed until the individual begins to experience adverse symptoms.

II. Signs and Symptoms

- Unexplained fainting during or right after exercise
- Fainting with excitement or when startled
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Convulsions
- Racing or fluttering heart palpitations or irregular heartbeat
- Dizziness or lightheadedness
- Extreme unexpected fatigue during or after exercise

III. Return to Play

If an athlete is suspected of showing signs of sudden cardiac arrest during practice or play, this policy will be followed:

1. immediate removal from activity
2. notification of parent/guardian regarding the incident
3. written doctor's release from a licensed physician, physician's assistant, or nurse practitioner
4. return to full participation after completing steps 1-3 above.

Part VIII: Heat-Related Illness Policy

State law mandates that school divisions provide information to parents and students concerning the nature and risks of heat-related illness. Senate Bill 161 (2022) states that the Department of Education is directed to develop and distribute to school divisions guidelines on policies to inform and educate coaches, student-athletes, and student-athletes parents or guardians on the nature and risk of heat-related illness.

I. Definition & Symptoms of Heat-Related Illness

- **Heat-related illness** is a general term describing a number of medical conditions associated with dehydration, poor acclimatization, and exposure to or prolonged exercise in hot and humid environments.
- **Heat exhaustion** is the body's response to an excessive loss of water and salt, usually through excessive sweating. **Symptoms** may include fatigue, nausea, fainting, weakness, vomiting, dizziness or lightheadedness, pale complexion, chills, diarrhea, irritability, or headache.
- **Heat stroke** is the most serious heat-related illness. It occurs when the body can no longer control its temperature, the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment. **Symptoms** may include irrational behavior, irritability or emotional instability, altered consciousness, disorientation, dizziness, headache, confusion, nausea or vomiting, diarrhea, collapse, and staggering or sluggish feeling.
- **Heat syncope** refers to fainting (syncope) episodes experienced by individuals exercising in hot and humid environments and results from a temporary decrease in blood flow to the brain causing a brief loss of consciousness. Factors that contribute to heat syncope include dehydration and lack of acclimatization. **Symptoms** may include dizziness/lightheadedness, weakness, loss of consciousness, or tunnel vision.
- **Heat cramps** are a type of exercise-related muscle cramps characterized by painful cramping usually occurring in the arms and legs. Heat cramps may be caused by exercising in hot or humid environments, dehydration, or excess sodium and electrolyte loss commonly associated with exercise in those environments. While not a medical emergency, heat cramps may be confused with a more serious condition, exertional sickling. **Symptoms** may include dehydration, fatigue, or painful, involuntary muscle spasms.

II. Risk Factors

- **May include-**
 - i. Exercising in hot and humid environments (air temp > 91°F/33°C)
 - ii. Overweight or obese, inadequate hydration, lack of sleep, fever, stomach illness
- **Other Factors-**
 - i. Intense or prolonged exercise with minimal breaks
 - ii. Repeated or prolonged exposure to high temperature, humidity, or the sun
 - iii. Wearing dark-colored or heavy-weight clothing
 - iv. Wearing protective equipment
 - v. No or limited access to fluids or breaks during practice
 - vi. Delay in recognition of signs and symptoms associated with exertional heat stroke (EHS)

III. Prevention

- Monitoring ambient temperature & humidity
- Heat acclimatization
- Increased hydration

IV. Return to Play

- **Heat cramps**

- i. Remove from activity to a cool or shaded area.
 - ii. Stretch and/or massage the affected area.
 - iii. Provide water and/or a sports drink to replenish fluids.
 - iv. The student-athlete can return to activity that same day once the cramps have subsided and following a period of rest and fluid replacement. The cramps may return if the fluids have not been adequately replaced.
- **Heat syncope**
 - i. Remove from activity to a cool or shaded area
 - ii. Have the student-athlete sit or lie down at first indication of symptoms.
 - iii. Monitor the student-athlete for signs or symptoms of another medical condition.
 - iv. Elevate the student-athlete's legs.
 - v. Provide water and/or a sports drink to replenish fluids.
 - vi. The student-athlete can return to activity following a period of rest, fluid replacement, and once symptoms have resolved and other medical conditions have been ruled out. Medical clearance is advised prior to returning to activity.
- **Heat exhaustion**
 - i. Remove from activity to a cool or shaded area and remove excess clothing and/or protective equipment.
 - ii. Cool the student-athlete by dousing with cold water (cold shower), rotating ice towels and/or ice bags over as much of the body as possible, and/or using fans.
 - iii. Monitor for changes in central nervous system function.
 - iv. Elevate the student-athletes legs.
 - v. Provide water and/or a sports drink to replenish fluids.
 - vi. If central nervous system changes develop or the student-athlete is slow to recover, suspect heat stroke and treat accordingly.
 - vii. The student-athlete should rest and hydrate for at least 24-48 hours before returning to play. The return to play process should include gradual increases in exercise intensity and duration. Medical clearance is strongly recommended.
- **Heat stroke**
 - i. Immediately remove all clothing and protective equipment as quickly as possible. If this proves challenging, avoid further delay by leaving clothing/equipment in place and proceed with rapid cooling.
 - ii. Cool the student-athlete as quickly as possible using whole-body, cold-water immersion by placing the individual into a 35-58°F tub or tank filled with ice and water.
 - iii. If whole-body cold-water immersion is not available, take the student-athlete to a cool or shaded area and cool by dousing with cold water (cold shower), rotating ice towels and/or ice bags over as much of the body as possible, and/or using fans.
 - iv. Monitor and maintain an open airway, breathing, circulation and nervous system changes and activate EMS/call 911.
 - v. A student-athlete experiencing heat stroke requires adequate time to rest, hydrate, and a formal medical evaluation before returning to activity.

Acknowledgment by Parents/Guardians and Student-Athletes
Please sign and return this page only!

I have reviewed the information concerning concussions, sudden cardiac arrest and heat-related illnesses, and return-to-play procedures.

_____ Student-Athlete Name (PRINTED)	_____ Student-Athlete Name (SIGNATURE)	_____ Date
_____ Parent/Guardian Name (PRINTED)	_____ Parent/Guardian Name (SIGNATURE)	_____ Date