

Suncoast Academy Middle School Athletic Department Policies

At Suncoast Academy our goals for student athletes align with the CARES of our school (Cooperation, Assertion, Responsibility, Empathy, and Self-Control). We believe student participation in school athletics has a positive impact on a student's view of themselves and their school. As an extension of the school day, student athletes are a reflection of their school and their behaviors during practice and competitions are expected to reflect CARES.

Objectives for Student Athletes:

- Recognize that each individual has a unique set of skills and to provide the opportunities for maximum participation for all students
- Develop individual and team skills necessary to compete successfully
- Grow strong school/team spirit
- Learn and reflect the characteristics of good sportsmanship
- · Apply CARES within sports programs
- Understand body growth and development and learn healthy living habits

The Suncoast Academy Athletic Department recognizes the vital role that coaches, parents, and students all play in the healthy development of a student athlete and in the success of an athletic program. The athletic director has been assigned by the principal to administer the athletic program. Head coaches report to the athletic director and are charged with responsibility for the student athletes involved in their program. The coach is also responsible for communicating relevant information to parents throughout the season. Student athletes represent our school and are, therefore, held to a high standard of conduct at all school events.

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I AGREE WITH THE ABOVE STATEMENTS AND WILL UPHOLD THE SARASOTA SUNCOAST ACADEMY MIDDLE ATHLETIC POLICIES.

Parent Signature

(Date)

(Date)

Athlete Signature

MIDDLE SCHOOL STUDENT ATHLETIC PACKET CHECKLIST FOR 2021-2022

Instructions: The Sarasota County School District Athletic Program must comply with rules, policies, and procedures, set by The School Board of Sarasota County, Florida. Before participating in athletics, this entire packet must be completed and returned to the Head Coach of your athletic sport/Athletic Director's Office. No student is allowed to participate unless all of the necessary information is complete and required signatures are obtained. This packet will be filed in the Athletic Director's office. A new packet must be completed every year.

Student Legal Name (Print)			DOB
Last	First	Middle	
2021-2022 School Name		Grade	Sex
	dent takes academic d		
School student will be participating in sports		Are you a school o	thoice student? Yes No
Are you a Home Education student?	□ No		
Home Educations students must contact the midd	le school Athletic Direc	tor 3 weeks prior to the start	of season.
Check the season that you want to participate in:	☐ Fall ☐ Winter	☐ Spring	
Initial box to indicate completion. All forms re- signatures be notarized.	quire both student an	nd parent/guardian signatu	res. Specified forms require
Pre-Participation Physical Evaluation 1 Page 1 must be signed and dated by th physician. The physical is valid for 35. Department of Health School Entry Health	e student and the part 5 days from the date	ent/guardian. Page 2 is co- of the physician's evaluation	in. As an alternative, the Elected
Parent/Guardian Release and Hold Har Signatures of student and parent/guardia	rmless Agreement for n must be notarized,	Middle School Student A	thletic Participation (027-01-DIS)
Current Insurance carrier Information forms. Insurance is required to try out ar be purchased online at www.schoolinsurpacket .	nd participate. If the st	udent athlete is not covered	under a family plan incurance car
Acknowledgement of Standards for Pa	rticipation in Middle	School Athletic Activities (068-14-DIS)
Authorization to Release Medical Infor	mation for Athletics (062-14-DIS)	
Emergency Medical/Treatment Consen name and contact information on form.	t For Field Trips and/	or Other After School Acti	vities (063-96-DIS). Include doctor
Student Signature			Date
Parent/Guardian Name (Print)			
Parent/Guardian Signature			
OFFICE USE ONLY			
Physical Date	Insurance Sch	ool Personal	GPA
School Home Oak Park PV S	MA Other		
RET: Master, 7AY, Ind Sch 62 Dupl., OSA			065-14-DIS

Rev. 5-11-2021

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

Instructions: This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted. Part 1. Student Information (to be completed by student or parent). Student Name (Print) Sex ___ Age ____ Date of Birth ____ Grade Sport(s) Home Address ___ Home Phone Parent/Guardian Name (Print) E-mail Person to Contact in Case of Emergency Relationship to Student Home Phone Work Phone ____ Cell Phone Personal/Family Physician Name ____ Office Phone Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to. Yes No Yes No 1. Have you had a medical illness or injury since your last 25. Have you ever become ill from exercising in the heat? check up or sports physical? 27. Do you cough, wheeze or have trouble breathing during or Do you have an ongoing chronic iliness? after activity? Have you ever been hospitalized overnight? 28. Do you have asthma? 4. Have you ever had surgery? 29. Do you have seasonal allergies that require medical 5. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or 30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or using an inhalor? Have you ever taken any supplements or vitamins to help. position (for example, knee brace, special neck roll, foot you gain or lose weight or improve your performance? orthotics, shunt, retainer on your teeth or hearing aid)? Do you have any allergies (for example, pollen, latex, 31. Have you had any problems with your eyes or vision? medicine, food or stinging insects)? 32. Do you wear glasses, contacts or protective eyewear? 8. Have you ever had a rash or hives develop during or after 33. Have you ever had a sprain, strain or swelling after injury? exercise? 34. Have you broken or fractured any bones or dislocated any Have you ever passed out during or after exercise? 10. Have you ever been dizzy during or after exercise? 35. Have you had any other problems with pain or swelling in 11. Have you ever had chest pain during or after exercise? muscles, tendons, bones or joints? If yes, check 12. Do you get fired more quickly than your friends do during appropriate blank and explain below: ___Ebow __Нр Head Have you ever had racing of your heart or skipped. Neck Forearm Thigh heartbeats? Back Wrist Knee 14. Have you had high blood pressure or high cholesterol? Chest Hand Shin/Calf 15. Have you ever been told you have a heart murmur? Finger Shoulder Anide 16. Has any family member or relative died of heart problems Upper Arm __ Foot or sudden death before age 50? 36. Do you want to weigh more or less then you do now? 17. Have you had a severe viral infection (for example, 37. Do you lose weight regularly to meet weight requirements myocarditis or mononucleosis) within the last month? for your sport? 18. Has a physician ever denied or restricted your 38. Do you feel stressed out? participation in sports for any heart problems? 39. Have you ever been diagnosed with sickle cell anemia? Do you have any current skin problems (for example. 40. Have you ever been diagnosed with having the sickle cell itching, rashes, sone, warts, fungus, blisters or pressure sores)? 41. Record the dates of your most recent immunizations 20. Have you ever had a head injury or concussion? (shots) for: 21. Have you ever been knocked out, become unconscious Tetanus Monsios or last your memory? Hepatitis B Chickenpox 22. Have you ever had a seizure? FEMALES ONLY (optional) 23. Do you have frequent or severe headaches? 42. When was your first menstrual period? 24. Have you ever had numbness or tingling in your arms, hands, legs or feet? 43. When was your most recent menstrual period? 25. Have you ever had a stinger, burner or pinched nerve? 44. How much time do you usually have from the start of one period to the Explain "Yes" answers here. start of another? 45. How many periods have you had in the last year? 46. What was the longest time between periods in the last year? We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s. 1006.20, Florida Statutes, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (EKG) and/or cardio stress test. Student Signature Date

RET: Master, ESY, GS7 37 Dupl., OSA

Parent/Guardian Signature

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner). Student Name (Print) ___ Date of Birth ____ Height ______ Weight ______ % of Body Fat (Optional) _____ Pulse _____ Blood Pressure ____ Hearing: right: P _____ F ____ led: P ____ F ____ Temperature ___ Visual Acuity: Right 20/___ Left 20/_ Corrected:

Yes

No Pupils: Equal _____ Unequal ___ ABNORMAL FINDINGS FINDINGS NORMAL INITIALS* MEDICAL Appearance 2. Eyes/Ears/Nose/Throat 3. Lymph Nodes 4. Heart 5. Pulses 6. Lungs 7. Abdomen 8. Genitalia (males only) 9. Skin MUSCULOSKELETAL 10. Neck 11. Back 12. Shoulder/Arm 13. ElbowForearm 14. Wrist/Hand 15. Hip/Thigh 16. Knee 17. Leg/Ankle 18. Foot ASSESSMENT OF EXAMINING PHYSICIAN/ASSISTANT/NURSE PRACTITIONER hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusions(s). Cleared without limitation Diagnosis _____ Disability Precautions Not Cleared For Reason Cleared after completing evaluation/rehabilitation for Referred to For Recommendations

Physician/Assistant/Nurse Practitioner Signature

Address

RET: Master, ESY, GS7 37

Dupl, OSA

Physician/Assistant/Nurse Practitioner Name (Print)

Date

066-14-DIS Rev. 2-27-2020 Page 2 of 3

PARENT/GUARDIAN RELEASE AND HOLD HARMLESS AGREEMENT FOR MIDDLE SCHOOL STUDENT ATHLETIC PARTICIPATION

Instructions: This form must be notarized and returned to the Head Coach/Athletic Director's Office with the Athletic Packet. If you have questions pertaining to this form, contact your child's school. DOB ____ Student Name (Print) School Name School Year ____ Initial sport/activity this agreement governs (Grades 6-8) ______ Basketball ______ Track ____ Golf _____ Intramurals ____ Tennis _____ Volleyball Parent/Guardian Home Address ____ Work Phone Cell Phone Home Phone I/We fully understand that playing or practicing to play interscholastic sports may be hazardous and poses a risk of injury, including but not limited to, sprains, strains, contusions, abrasions, broken bones and in extreme cases, paralysis or death. Due to the potential hazards associated with interscholastic sports. Ifwe recognize the importance of following the instructions of coaches and trainers, regarding playing techniques, training and other rules associated with this sport/activity. IWe understand that it is the responsibility of the parents/guardians to provide proof of medical insurance coverage prior to participating in any phase of this sport/activity. I'we will be purchasing the student accident insurance made available through the Sarasota School District. No I'we have comprehensive medical insurance that covers this student for any expenses he/she may incur as the result of a sports Name of Insurance Company Effective Dates Policy No. This agreement is entered into voluntarily and is made with the understanding that I/we have not violated any of the eligibility rules and regulations the Sarasota School District. I/we give my/our consent for my/our student/child/ward to engage in Sarasota School District approved athletic activities as a representative of the student's school. I'we give my/our consent for him/her to accompany the team on out of town/county trips. In consideration of The School Board of Sarasota County, Florida, permitting my/our student/child/ward to engage in interscholastic sports, I/we agree to release and hold harmless The School Board of Sarasola County, Florida, and its employees and agents from and against all claims, judgments, cost, expenses, attorney fees, including but not limited to, claims occurring from the negligence of The School Board of Sarasota County, Florida, its employees, and agents arising out of bodily injuries or property damage resulting from participation in interscholastic sports. I/We acknowledge that I/we have read this agreement and fully understand its meaning, and that I/we will abide by all terms and conditions associated wit this sport/activity and in this agreement. Parent/Guardian Name (Print) Parent/Guardian Signature Parent/Guardian Name (Print) Parent/Guardian Signature _______Date _______ Student Signature Date STATE OF FLORIDA, SARASOTA COUNTY Sworn to (or affirmed) and subscribed before me by means of physical presence or online notarization, this , by Personally known _____ Produced identification Type of Identification Produced (Seal) Typed or Printed Name of Notary Public Signature of Notary Public My Commission Expires Commission No. RET: Master, 7AY, Ind Sch 62 027-01-DIS Dupl., OSA

Rev. 3-4-2020

ACKNOWLEDGEMENT OF STANDARDS FOR PARTICIPATION IN MIDDLE SCHOOL ATHLETIC ACTIVITIES

<u>Instructions</u>: This form must be signed and returned to the Head Coach/Athletic Director's Office. This form should be filed in the Athletic Director's office. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

Student athletes and parent(s)/guardian(s) must comply with the following standards for athletes and cheerleaders representing The School Board of Sarasota County, Florida. These standards apply to all cheerleading and athletic activities. The School Board of Sarasota County, Florida, maintains high expectations for academic achievement and appropriate behavior. All students must comply with the Sarasota County School District Code of Student Conduct and all school-specific behavior expectations.

To be eligible to play or to participate in either a practice or an event/game, a student must

- meet all eligibility requirements as set by The School Board of Sarasota County, Florida. Included in the rules
 is the expectation that student athletes maintain a minimum 2.0 cumulative GPA.
- be present in school for at least one-half (1/2) of the academic day unless excused by an administrator and approved by the Athletic Director.
- attend required practices prior to an event or game unless excused by a coach, trainer, teacher, or administrator.
- 4. not have left another sport during that season.

These are the minimum expectations set by the Athletic Department. A Coach/Principal may add additional rules to those listed above that he/she feels are in the best interest of the program.

The following violations will result in immediate suspension from a team:

- · The confirmed use of tobacco or alcohol*
- · The sale or use of any illegal drugs*
- Being charged with a felony*
- Failure to adhere to the attendance policy of The School Board of Sarasota County, Florida
- Failure to adhere to the discipline policy of The School Board of Sarasota County, Florida
- · Any act of unsportsmanlike conduct at practice or game/event
- · Any act that brings embarrassment to the school

*Automatic suspension for the remainder of the season

By signing below, you acknowledge the rules and responsibilities as specified above.

Student Name (Print)	DOB
Student Signature	Date
School Name	
Parent/Guardian Name (Print)	
Parent/Guardian Signature	Date

RET: Master, 7AY, Ind Sch 62 Dupl., OSA

068-14-DIS Rev. 2-27-2020

AUTHORIZATION TO RELEASE MEDICAL INFORMATION FOR ATHLETICS

Instructions: This form is required to allow Athletic Trainers from Agility Physical Therapy & Sports Performance, LLC. to release protected medical information for student athletes to The School Board of Sarasota County, Florida, coaching staff. This form must be returned to the Head Coach or Athletic Secretary. The original will be given to the Athletic Trainer and a copy will be maintained in the Athletic Director's office. This authorization is not valid unless signed and dated by the athlete or legally authorized representative. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

In accordance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, Agility Physical Therapy & Sports Performance, LLC., is required to provide the patient, the patient's parent, or legally authorized representative with the Notice of Privacy Practices describing how they use and disclose patient health information. If you have not received a copy of the Notice of Privacy Practices, it is available through the Athletic Trainer at your High School.

Authorization of Disclosure

Student Name (Print)				DOB
	.ast	First	Middle	
information from my stu diagnosis, athletic partici I certify that this authori	dent athlete records inc pation status, treatment a zation has been made v i, School Health Profession	luding information and care informatio voluntarily. This in	regarding my medical or n, and related personal id formation is to be releas	following protected health ondition, injuries, prognosis, entifiable health information, sed/disclosed to the Athletic of Sarasota County, Florida,
Possibility of Re-disclo I understand that any in circumstances no longer	formation provided under		y be subject to re-disclo	sure by the recipient under
	horization is valid for 14 r ng at any time. The revo			hat I have the right to revoke id except to the extent it has
Conditions of Treatmen I understand that Agility authorization.		ports Performance	cannot condition my trea	atment upon my signing this
Acknowledgement of rec	eipt of Notice of Privacy i	Practices (initial) _		
Student Signature				Date
Parent/Guardian Name (Print)	= 1		
Parent/Guardian Signatu	re			Date
*Legally Authorized Repr	esentative Name (Print)			
Legally Authorized Repre	esentative Signature			Date
*If other than student ath	lete signing, state relation	nship		
RET: Master, 7AY, GS7 132 Dupt. OSA	Distribution: Original - A	Ahletic Trainer	Copy - Student Athlete File	062-14-DIS Rev. 2-27-2020

EMERGENCY MEDICAL/TREATMENT CONSENT FOR FIELD TRIPS AND/OR OTHER AFTER SCHOOL ACTIVITIES

Instruction	ns: Return complet	ted form to your	child's school. If you have	ve questions pertaining	to this form, contact y	our child's school.
Date		_				
Student N					DOB	
	Last		First	Middle		
Home Add	dress			City		Zip
Parent/Gu	uardian Name (Pri	int)		Re	lationship	
Address o	of above (if differe	nt)				
		Street		City	Zip	
Home Pho	one		Work Phone	Ce	II Phone	
List a pers	son other than the	parent or gua	rdian who could be co	ntacted in case of em	ergency below:	
Emergeno	cy Contact Name	(Print)			Phone	
ls above s	student allergic to	foods, medica	tions, or insects?	Yes No		
If Yes, list	what they are an	d emergency r	nedication/treatment, i	f any		
Does the a	above student tak	e any daily me	ents for field trip edication(s)? Yes authorization form (if	No	in the school Health	
me medica	audin(s) and time	io oo administ				
Family Ph	ysician Name (Pr	int)		Ph:	ysician Phone	
In case of	non-life threateni	ng emergency	, list hospital preference			
appropriate	emergency medi-	cal service. T	ediate care is needed, the emergency medical to be notified of the situation	service has my cons	ent to provide nece	ssary treatment or
field trip, I r	request that the sch	nool contact me	mediate treatment of my or my designee to arran is form be contacted and	ge transportation for my	y child. If the school	ble to remain at the is unable to contact
understan	and that I must n nd that this stater the school.	otify the scho nent remains	ol in writing if there a in effect until the end	re any changes in the of this school year of	nis health emerger inless revised or c	cy information. I ancelled by me in
Parent/Gu	ardian Signature				Date	
	ter, ESY, GS7 37 L, OSA	Distribution:	Original – Office	Copies - Teachers	/Coaches	063-96-DIS Rev. 9-13-2019

ASSUMPTION OF RISK, WAIVER, RELEASE AND HOLD HARMLESS

COVID-19 and Voluntary Extracurricular Activities Summer 2021 and School Year 2021-22

Instructions: Complete and return to your child's school.

I desire to participate or allow my child(ren) to participate in one or more voluntary extracurricular activities sponsored by the School Board of Sarasota County, Florida, and the Sarasota County School District (collectively, "SCS"). The novel coronavirus known as COVID-19 has been declared as a worldwide pandemic and is believed to be contagious and spread by person-to-person contact. Federal, state, and local agencies recommend social distancing and other measures to prevent the spread of COVID-19.

SCS will conduct certain extracurricular activities beginning in the Summer of 2021 and continuing into the 2021-22 school year. These activities, hereinafter known as "Activity," will be conducted with safety protocols appropriate under the circumstances at the time. For the safety of all people involved, participants in the Activity will be required to adhere to all safety protocols and are subject to immediate removal from the Activity if they do not comply. Extracurricular activities are a privilege, and not a right, of public school students.

In an effort to ensure the safety and wellness of our school community, I understand the importance of students being healthy and safe when they participate in the Activity. By signing below, I agree that I will:

- Perform daily temperature checks on my child(ren) to screen for fever before arrival for the Activity. Fever is defined
 as a temperature over 100.4 F or 38.0 C. If my child(ren) has a fever, I will not permit my child(ren) to participate in
 the Activity until he/she has been without a fever for at least 72 hours.
- 2. Make a visual inspection of my child(ren) for signs of illness which could include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness. If my child(ren) has exhibited any of these signs or symptoms, I will not permit my child(ren) to participate in the Activity until he/she has been without signs or symptoms for at least 72 hours.
- Confirm that my child(ren) has not been in contact with someone who has either tested positive for COVID-19 in the past 14 days or is waiting for test results. If my child(ren) has been in contact with such a person, I will not permit my child(ren) to participate in the Activity until 14 days have elapsed since the time of contact.
- Promptly pick up my child(ren) or arrange for pickup if signs or symptoms of illness are present. I understand that children are to remain home until illness-free for at least 72 hours without the use of medicine.

By signing this document below, I acknowledge and affirm all the statements above. I also voluntarily assume all risks that I and/or my child(ren) may be exposed to or infected by COVID-19 as a result of participation in the Activity, and that such exposure or infection may result in personal injury, illness, sickness, and/or death. I understand that the risk of exposure or infection may result from the actions, omissions, or negligence of myself, my child(ren), SCS staff, volunteers, or agents, other Activity participants, or others not listed, and I acknowledge that all such risks are known to me.

In consideration of my and my child(ren) being able to participate in the Activity, I, on behalf of myself, as well as anyone entitled to act on my behalf, hereby forever waive, release, and hold the School Board of Sarasota County, Florida, and its employees and agents harmless from any and all claims, suits, liability, actions, judgments, attorneys' fees, costs, and any expenses of any kind resulting from injuries or damages, grounded in tort or otherwise, that I and/or my child(ren), or my or our representatives, sustain during or related to my child(ren)'s participation or involvement in the Activity.

Parent/Guardian Name (Print)	Parent/Guardian Signature	Date
Student Name (Print)	Student Signature	Date
	Distribution: Original - Student File	

RET: Master, ESY, GS7 37 Dupl., OSA 088-20-DIS Rev. 5-3-2021

PRIVATE VEHICLE TRANSPORTATION PERMISSION

Instructions: The School Board will not be providing bus transportation for certain field trips/athletic events during the school year. Instead, the school may try to arrange alternate transportation using private vehicles driven by parents or other adults. If you agree to allow your student to be driven to/from field trips/athletic events in a private passenger vehicle, complete this form, have it notarized and return it to the school. This form must be signed and returned to the school before your student will be allowed to be transported to any field trip/athletic event in a private passenger vehicle.

l.			give my permission for
Parent/Gu	uardian Name (Print		
		to b	e transported to/from field trips/athletic
Student Nam	ne (Print)		
events in a private passenger vehicle dur	ing the 20 20_	school year.	The phone number(s) where I can be
reached during this school year is(are)			
Parent/Guardian Signature			Date
State of Florida			
County of Sarasota		f 🗆 physical area	ence or Contine notarization this
County of Sarasota Sworn to (or affirmed) and subscribed be			
County of Sarasota Sworn to (or affirmed) and subscribed be			
County of Sarasota	20 by	(Name of Perso	n Making Statement)
Sworn to (or affirmed) and subscribed be day of The foregoing instrument was acknowled	20 by	(Name of Perso	n Making Statement)
Sworn to (or affirmed) and subscribed be day of The foregoing instrument was acknowled	ged by o me, or tion consisting of	(Name of Perso	n Making Statement) who is
County of Sarasota Sworn to (or affirmed) and subscribed be day of The foregoing instrument was acknowled Personally known to Produced identificat	ged by o me, or tion consisting of	(Name of Perso	n Making Statement) who is

RET: Master, ESY, GS7 37 Dupl., OSA