## 2020-2021 Physical Packets - SHMS

The Kansas High School Athletic Association (KSHSAA) requires all Student-Athletes to complete a physical packet and return to SHMS office. A complete physical packet will include the following forms:

- o Completed PPE Form (must be revision 03/2020)
- o Completed Dr.'s page (completed/dated after 5/1/2020)
- o Signed Parent/Guardian page
- O Signed 2020-2021 Concussion page
- Completed Emergency Contact Page (must have completed insurance information)
- Signed ImPact Form

Please note that physicals obtained for the previous school year are not valid for the 2020-2021 school year. To be valid for the upcoming school year, physicals must be dated after May 1, 2020. Spring Hill Middle School requires a copy of ALL forms, **SIGNED**, and on file in the office prior to the start of practice.

A student missing paperwork or signatures cannot practice until everything is complete.

The document titled **SHMS Physical Packet Requirements** provides informative tips on physical packet completion.

## PRE-PARTICIPATION PHYSICAL EVALUATION INSTRUCTIONS

STUDENTS/PARENTS
1. $\square$ Complete the History Form (pages 1 & 2) portion PRIOR to your appointment with your healthcare provider.
2. Sign the bottom of the History Form (page 2).
3. Sign the bottom of the Medical Eligibility Form (page 4) AFTER the pre-participation evaluation is complete and PRIOR t turning in the completed PPE to the school.
<ol> <li>Review the Student Eligibility Checklist (page 5) AND SIGN the bottom of the page PRIOR to turning in the completed PP to the school.</li> </ol>
5. $\square$ Review and sign the Concussion and Head Injury Release Form provided by the school.
HEALTHCARE PROVIDERS
<ol> <li>Review the History Form (pages 1 &amp; 2) with the student and his/her parent/guardian as part of the pre-participation physical evaluation.</li> </ol>
2. Complete the Physical Examination Form (page 3) AND SIGN the bottom of page 3.
3. Complete the Medical Eligibility Form (page 4) AND SIGN page 4.
NOTE: Two signatures are required by the healthcare provider!
SCHOOL ADMINISTRATORS
1. $\square$ Collect the completed PPE forms with the appropriate signatures on pages 2 – 5.
2.  Based on your school's policy, determine who is responsible to review and disseminate the student's medical information provided on the form.*
3. $\Box$ Complete the Shared Emergency Information section on the Medical Eligibility Form (page 4).
4. Provide copies of the Medical Eligibility Form to appropriate staff with supervisory responsibility of extracurricular activities (coaches, sponsors, etc.).
5. Collect the required Consuming and the state of the st

5. Collect the required Concussion and Head Injury Release Form signed by the student and parent/guardian.

\* Schools are encouraged to have policies in place identifying who has access to a student's complete private health information found on the PPE form. The Medical Eligibility Form can be used independently to share with staff who may not need complete access to the private health information found on the PPE.

The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable. The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.





## Kansas State High School Activities Association





lame			Sex	Age	Date of birth	1	
rade Scho	ol			Sport(s)			
Iome Address				Phone			
ersonal physician			Parent Email				
List past and current med	ical conditions:						
Have you ever had surgery	/? If yes, list all past surgical p	procedures:					
Medicines and Allergies Please list all of the prescr	: iption and over-the-counter r	medicines, inhalers, and si	uppiements (herbal and	d nutritional) that you are	currently taking:		
Do you have any allergies?	Yes No If yes, pla	ease identify specific aller	gy below,			☐ No M	dedication:
Medicines	Poliens	Food	Sting	ging Insects			
What was the reaction?							
colain "Yes" answers at t	he end of this form. Circle	augstions if you down	lan a at				
Tree and the second second		questions it you don't	know the answer.				
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Dwarfism)?

21. Do you have any history of juvenile arthritis, other autoimmune disease or other congenital genetic conditions (e.g., Downs Syndrome or

#### KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

MEDICAL QUESTIONS:			
The state of the s	THE PARKS OF THE III	YES	NO
22. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
23. Have you ever used an inhaler or taken asthma medicine?			
24. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organs?			
25. Do you have groin or testicle pain, a bump, a painful bulge or hernia in the groin area?		十一	
26. Have you had infectious mononucleosis (mono)?			十百
27. Do you have any recurring skin rashes or skin infection that come and go, including herpes or methicillin-resistant St (MRSA)?	aphylococcus aureus		
28. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		<del>                                      </del>	-
If yes, how many?		<u> </u>	<u> </u>
What is the longest time it took for full recovery?			
When were you last released?			
29. Do you have headaches with exercise?	- desperation of the state of t	ГП	7
30. Have you ever had numbness, tingling, weakness in your arms (including stingers/burners) or legs, or been unable to after being hit or falling?	move your arms or legs		
31. Have you ever become ill while exercising in the heat?		+ -	
32. Do you get frequent muscle cramps when exercising?		<del>                                     </del>	1 1
33. Do you or does someone in your family have sickle cell trait or disease?	e sommer was a second of the s		-  -
34. Have you ever had or do you have any problems with your eyes or vision?		<del>-  - </del> -	누片
35. Do you wear protective eyewear, such as goggles or a face shield?		┼┼	
36. Do you worry about your weight?		╁	<del>                                     </del>
37. Are you trying to or has anyone recommended that you gain or lose weight?		<del>-  - </del> -	<del>    </del>
38. Are you on a special diet or do you avoid certain types of foods or food groups?	- Illino	<del>                                     </del>	누片
39. Have you ever had an eating disorder?			<del>-  -</del>
40. How do you currently identify your gender?			
41. Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box)	F Other	OVER HALF	NEARLY
Feeling nervous, anxious, or on edge	DAYS	THE DAYS	EVERY DAY
Not being able to stop or control worrying		2 .	3 🔲
Little Interest or pleasure in doing things		2	3 🔲
Feeling down, depressed, or hopeless	0 1 1	2	3.
(A sum of 3 or more is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purpose Patient Health Questionnaire Version 4 (PHQ-4)	0 1 s	2	3
FEMALES ONLY:	Established (VC	YES	NO
42. Have you ever had a menstrual period?			NU
43. If yes, are you experiencing any problems or changes with athletic participation (i.e., irregularity, pain, etc.)?	41075.44		
44. How old were you when you had your first menstrual period?			
45. When was your most recent menstrual period?			
46. How many menstrual periods have you had in the past 12 months?			
Explain all Yes answers here			

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.			
X	Signature of student-athlete	Signature of parent/guardian	Date

#### KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

#### **PHYSICAL EXAMINATION FORM**

Date of recent immunizations:  Tild
Consider additional questions on more sensitive issues   Do you derink alcohol or use any other drugs?   Do you self setszeed out or under all of pressure?   Do you self setszeed out or under all of pressure?   Do you self setszeed out or under all of pressure?   Do you self feel sad, hopeless, depressed, or anxious?   Do you self feel sad, hopeless, depressed, or anxious?   Do you self feel sad, hopeless, depressed, or anxious?   Do you self feel safe at you home or residence?   Have you self feel digarettes, e-digarettes, chewing tobacco, snuff, or dip?   During the past 30 days, did you use chewing tobacco, snuff, or dip?   Helpit reviewing questions on cardiovascular symptoms (questions 5-14 of History Form).   Per Kanasa statute, any school athlete who has sustained a concussion shall not return to competition or practice until the athlete is evaluated by healthcare provider and the healthcare provider (MD or DO only) provides such athlete a written clearance to return to play or practice.    Mormal
Height Weight Male Female Pemale Profesence gender/height/age chard*** / YPulse  Vision R 20/ L 20/ Corrected: Ves No Normal ABNORMAL FINDINGS  MEDICAL  Appearance Marfan stigmata (keyphoscollosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse (MVP), and aortic insufficiency)  Eyesfears/noscosch/hoat Pupils equal, Gross Hearing  Lymph nodes  Heart * Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)  Pules  Similtaneous femoral and radial pulses  Lungs  Abdomen  Skin Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylacoccus aureus (MRSA), or tinea corpor/s  Neurological***  Murmury (auscultation standing auscultation supine, and ± Valsalva maneuver)  Neurological**  Merological**  Muscultation standing auscultation supine, and ± Valsalva maneuver)  Neurological**  Skin Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylacoccus aureus (MRSA), or tinea corpor/s  Neurological**  Muscultation Abnormal Findings  Normal Abnormal Findings  Hip/high  Wrist/hand/fingers  Hip/high  Knee
MEDICAL Appearance - Marfan stigmata (Ayphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse (MVP), and aortic insufficiency) Eyes/ears/nose/throat - Pupils equal, Gross Hearing Lymph nodes Heart * - Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) Pulses - Simultaneous femoral and radial pulses Lungs Abdomen Skin - Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylaroccus aureus (MRSA), or thea corporis - or thea corporis Neurological*** Genitourinary (optional-males only)**  MUSCULOSKELETAL - NORMAL - ABNORMAL FINDINGS  Neck - Bloowforearm - Wrist/hand/fingers - Hip/thigh - Knee
MEDICAL Appearance - Marfan stigmata (syphoscollosis, high-arched palate, pectus excavatum, arachnodactyly, hyperiaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)  Eyes/ears/nose/throat - Pupils equal, Gross Hearing  Lymph nodes - Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)  Pulses - Simultaneous femoral and radial pulses  Lungs - Simultaneous femoral and radial pulses  Sini - Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylacoccus aureus (MRSA), or tinea corpor/s  Neurological***  Genitourinary (optional-males only)**  MUSCULOSKELETAL NORMAL BABNORMAL FINDINGS  Reck - Shoulder/arm - Elbow/forearm - Wrist/hand/fingers - Hip/thigh - Knee
Appearance - Marfan stigmata (syphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)  Eyes/ears/nose/throat - Pupils equal, Gross Hearing Lymph nodes Heart * Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)  Pulses - Simultaneous femoral and radial pulses Lungs Abdomen  Skin Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or tinea corporis  Neurological***  Genitourinary (optional-males only)**  MUSCULOSKELETAL NORMAL ABNORMAL FINDINGS  Neck Back Shoulder/arm Elbow/forearm  Wrisu/hand/fingers Hip/thigh Knee
Appearance - Marfan stigmata (Ayphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperiaxity, myopia, mitral valve prolapse (MVP), and aortic insufficiency)  Eyes/sears/nose/throat - Pupilis equal, Gross Hearing  Lymph nodes  Heart * - Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)  Pules - Simultaneous femoral and radial pulses  Lungs  Abdomen  Skin - Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylacoccus aureus (MRSA), or tinea corporis  Neurological***  Genitourinary (optional-males only)**  MUSCULOSKELETAL NORMAL Shoulder/arm  Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
Eyes/ears/nose/throat - Puplis equal, Gross Hearing  Lymph nodes  Heart - Murmurs (auscultation standing, auscultation supine, and ± Vaisalva maneuver)  Pulses - Simultaneous femoral and radial pulses  Lungs  Abdomen  Skin - Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylacoccus aureus (MRSA), or tinea corporis  Neurological***  Genitourinary (optional-males only)**  MUSCULOSKELETAL  NORMAL  ABNORMAL FINDINGS  Back  Shoulder/arm  Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
Heart * - Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)  Pulses - Simultaneous femoral and radial pulses  Lungs  Abdomen  Skin - Herpes simplex virus (HSV), iesions suggestive of methicillin-resistant Staphylacoccus aureus (MRSA), or tinea corporis  Neurological***  Genitourinary (optional-males only)**  MUSCULOSKELETAL NORMAL Neck  Back  Shoulder/arm  Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
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Abdomen  Skin Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylacoccus aureus (MRSA), or tinea corporis  Neurological***  Genitourinary (optional-males only)**  MUSCULOSKELETAL NORMAL Neck  Back Shoulder/arm Elbow/forearm Wrist/hand/fingers Hip/thigh Knee
- Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or tinea corporis  Neurological***  Genitourinary (optional-males only)**  MUSCULOSKELETAL  NORMAL  ABNORMAL FINDINGS  Neck  Back  Shoulder/arm  Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
Genitourinary (optional-males only)**  MUSCULOSKELETAL  NORMAL  ABNORMAL FINDINGS  Neck  Back  Shoulder/arm  Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
MUSCULOSKELETAL NORMAL ABNORMAL FINDINGS  Neck  Back  Shoulder/arm  Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
Neck         ABNORMAL FINDINGS           Back         Shoulder/arm           Elbow/forearm         Wrist/hand/fingers           Hip/thigh         Knee
Back Shoulder/arm Elbow/forearm Wrist/hand/fingers Hip/thigh Knee
Shoulder/arm  Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
Elbow/forearm  Wrist/hand/fingers  Hip/thigh  Knee
Wrist/hand/fingers Hip/thigh Knee
Hip/thigh Knee
Knee
The state of the s
Leg/ankle
Foot/toes
Functional  e.g. 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. **Consider GU exam if in apopriate medical setting. Having third party present is recommended. ***Consider cognitive evaluation or baseline neuropsychiatric testing if a significant history of concussion. ****Flynn JT, referral CM, et al. Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents. Pediatrics. 2017;140(3):e20171904.
acknowledge I have reviewed the preceding patient history pages and have performed the above physical examination on the student named on this form.
ame of healthcare provider (print/type)
gnature of healthcare provider, MD, DO, DC, PA-C, APRN (please circle one)

Healthcare Providers: You must complete the Medical Eligibility Form on the following page

Kansas State High School Activities Association, 601 SW Commerce Place | PO Box 495 | Topeka, KS 66601 | 785-273-5329

Address

Adapted from PPE: Preparticipation Physical Evaluation, 5th Edition, © 2019 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Orthopaedic Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, Permission is granted to reprint for noncommercial, educational purposes with acknowledgment.

Phone\_

## KSHSAA PRE-PARTICIPATION 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, except as indicated above. 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 healthcare provider (print or type): \_\_\_\_ Date: Signature of healthcare provider: \_\_, MD, DO, DC, or PA-C, APRN Phone: \_ SHARED EMERGENCY INFORMATION Allergies: Medications: Other information: Emergency contacts: Parent or Guardian Consent To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a

physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (See KSHSAA Handbook, Rule 7). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading.

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the HISTORY part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer (whether employee or independent contractor of the school), school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

l acknowledge that there are risks of participating, including the possibility of catastrophic injury. I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student,

L Signature of parent/guardian	Date
Carbinata at har out a grant at all	Date

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.

### **ATTENTION PARENTS AND STUDENTS: KSHSAA ELIGIBILITY CHECKLIST**

NOTE: Transfer Rule 18 states in part, a student is eligible transfer wise if:  EGENINIOS SENTIM GRODEA. A secretary gade, as the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or are me those to attend. In addition, age and acceptance grade year used to be med.  BORINION RINTE, GRODEAS has a Principal Year Principal Research and the part of the part		Student's Name(PLEASE PRINT CLEARLY)	
EEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or an enthoose to attend, in addition, age and academic eligibility requirements must also be met.  BEGINNING NINTY GRADERS NA THERE-VARA PUNIOR HIGH-SCHOOL—So that ninth graders of a three-year injunior high art treated equally to ninth grader and a focus and the property of the pr	NOTE: Trai	· · · · · ·	
BERGHNINK NINTH (GRADERS NATHERE YARA BUNGER HIGH SCHOOL—So that ninth graders of a free year inside high and caused with on successfully compiled the eights give of a workey principle high school at the beginning of the school year and be eights immediately under the francise fluids with a ninth grader must drain, we may be a servery grant of the principle of the school year and be eights immediately under the francise fluids with a ninth grader must drain, we may be a servery grant of the principle of the school year and be eights immediately under the francise fluids at any schiole high school servery grants and the principle of the school year and be eights immediately under the francise fluid as any schiole high school servery grants and the principle of the school years. Should they stated eights with a school and the school as the school as the way and cardemic eligibility or experiments must also be the ric.  For Middle/Junior High and Senior High School Students to Retain Eligibility or experiments must also be the ric.  For Middle/Junior High and Senior High School Students to Retain Eligibility or experiments must also be the ric.  For Middle/Junior High and Senior High School Students to Retain Eligibility or experiments must also be the ric.  For Middle/Junior High and Senior High School Students to Retain Eligibility or experiments must also be the ric.  For Middle/Junior High and Senior High School Students to Retain Eligibility or principle as messing eligibility school and its available at www.kistoac.org.  Brade Students High School High School Students to Students Shall have been been students and regulations are published in the official kirisky hondbook which is distributed annually to schools and its available at www.kistoac.org.  Physical Evaluation - Parental Consent—Students shall have passed the attached evaluation and have the written consent of their parents or legisters and regulations.  Brade Students—Highle students—Highle students shall be a bown fide undergraduate member of hist	BEGINNING :	G SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year. It allows to the seventh grader the seventh grader that the seventh grader is a seventh grader that the seventh	he or she ma
ENTERING HIGH SCHOOL FOR THE FIRST TIME—A senior high school students is eligible under the Transfer Rule at any senior high school he or the may choose to alter when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility prequirements must also be mer.  For Middle/Junior High and Senior High School Students to Retain Eligibility Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student adjubility of the property of the fourth week of the semester in which is included in Junior high or in a senior high alone has been adjubility in grades sheen and senior of the fourth week of the semester in which is included in Junior high or in a senior high school.  Rule 15 Semester Requirements—A student shall not have once than two semesters of possible eligibility in grades sheen and senior of the fourth week of the semester in which is included in Junior high or in a senior high school.  Rule 16 Semester Requirements—A student shall not have once than two semesters of possible eligibility in grades in the through twelve, regardless of whether the ninth grad is included in Junior high or in a sellor of high school.  Rule 17 Age Requirements—Students are eligible if they are not 19 years of age (16, 15 or 14 for junior high or middle school student) on or before August 1 of the school year in which they compare.  Rule 19 Induce influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility. It studios is charged or reduced by a facility of the School year in which they compare.  Rule 20 Induced in Junior high or in a sellor provision of the Am	BEGINNING I senior high s junior high s	G NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year junior high are treated equally to ninth graders his school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a two-year junior high/middle school, may transfer to the ninth grade of a two-year puller school year and he eligible immediately upday the Transfer tyle. Such a girls to the ninth grade of a two-year puller school year and he eligible immediately upday the Transfer tyle.	
For Middle/Junior High and Senior High School Studen's to Retain Eligibility  Schools may have stricter rules than those pertaining to the questions above or listed aciow. Contact the principal or coach on any matter of eligibility. A student eligible to participate in interactionals cochines must be certified by the school principal as meeting all eligibility standards.  All KSHSAA rules and regulations are published in the Official KSHSAA inactions are supported in the control principal as meeting all eligibility standards.  All KSHSAA rules and regulations are published in the Official KSHSAA inactions are supported in the control principal or control principal or coach on any matter of gradients.  Rule 71  Braid Standard Standa	<b>ENTERING HI</b>	HIGH SCHOOL FOR THE FIRST TIME—A senior high school student is aligible under the Transfer Bulle at any senior high school student is aligible under the Transfer Bulle at any senior high school student is aligible.	oose to atter t.
Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A stude deligible to participate in Interscholatic activities must be certified by the school principal as meeting all eligibility standards.  All ISHSAA rules and regulations are published in the official KSHSAA Mondbook which is distributed annually to schools and is available at www.kshsoc.org.  Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.  Rule 14  Bule 17  Rule 18  Rule 18  Rule 18  Rule 18  Rule 19  Rule 19  Rule 19  Samaries Agent Student—Bigbile students shall be a bona fide undergraduate member of his/her school in good standing.  Enrollment/Attendance—Students shall not have more than two semesters of possible eligibility in grade seven and two semesters in which the school is participate.  Samaries Requirements—A student shall not have more than two semesters of possible eligibility in grades sink of through towers, regardless of whether the ninth grad is included in jurior high or in a senior high school.  Rule 19  Rule 19  Rule 19  Rule 19  Rule 19  Rule 20  Rule 20			
Relies 7 Physical Evaluation - Parental Consent—Students shall have passed the attached evaluation and have the written consent of their parents or leg guardian.  Rule 14 Rule 15 Expected Evaluation - Parental Consent—Students shall have passed the attached evaluation and have the written consent of their parents or leg guardian.  Rule 16 Semantar Requirements—A student shall be a bona fide undergraduate member of his/her school in good standing.  Enrollment/Attendance—Students must be regularly enrolled and in attendance not later than Monday of the fourth week of the semester in which they participate.  Rule 16 Semantar Requirements—A student shall not have more than two semesters of possible eligibility in grades since through twelve, regardless of whether the nind grad in the same more than eight consecurive semesters of possible eligibility in grades line through twelve, regardless of whether the nind grad in the same participate or a ineligible due to confige scholarship, its children in the school year in which they compete.  Rule 17 Age Requirements—Students are eligible if they are not 15 years of age (16, 15 or 14 for funior high or middle school student) on or before August 1 of the school year in which they compete.  Rule 20 July and influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility, if tuition is charged or reduced, shall meet the requirements of the KN55AA.  Rule 22 July and a student shall cause ineligibility or the student shall cause ineligibility. If tuition is charged or reduced, shall meet the requirements of the KN55AA follows.  Rule 23 Anti-fraterity—Students are eligible if they have not competed under a false name of for money or merchandise of intrinsic value, an have observed all other provisions of the Arnateur and Awards Rules.  Rule 24 Anti-fraterity—Students are eligible if they are not members of any fraterity or other cransitation prohibited by on a usual or age of the students and the students and the students and the stud	Schools may	nay have stricter rules than those pertaining to the questions above or listed helps. Contact the principal or many	lity. A stude
Relies 7 Physical Evaluation - Parental Consent—Students shall have passed the attached evaluation and have the written consent of their parents or leg guardian.  Rule 14 Rule 15 Expected Evaluation - Parental Consent—Students shall have passed the attached evaluation and have the written consent of their parents or leg guardian.  Rule 16 Semantar Requirements—A student shall be a bona fide undergraduate member of his/her school in good standing.  Enrollment/Attendance—Students must be regularly enrolled and in attendance not later than Monday of the fourth week of the semester in which they participate.  Rule 16 Semantar Requirements—A student shall not have more than two semesters of possible eligibility in grades since through twelve, regardless of whether the nind grad in the same more than eight consecurive semesters of possible eligibility in grades line through twelve, regardless of whether the nind grad in the same participate or a ineligible due to confige scholarship, its children in the school year in which they compete.  Rule 17 Age Requirements—Students are eligible if they are not 15 years of age (16, 15 or 14 for funior high or middle school student) on or before August 1 of the school year in which they compete.  Rule 20 July and influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility, if tuition is charged or reduced, shall meet the requirements of the KN55AA.  Rule 22 July and a student shall cause ineligibility or the student shall cause ineligibility. If tuition is charged or reduced, shall meet the requirements of the KN55AA follows.  Rule 23 Anti-fraterity—Students are eligible if they have not competed under a false name of for money or merchandise of intrinsic value, an have observed all other provisions of the Arnateur and Awards Rules.  Rule 24 Anti-fraterity—Students are eligible if they are not members of any fraterity or other cransitation prohibited by on a usual or age of the students and the students and the students and the stud	All KSHSAA ru	A rules and regulations are published in the official KSHSAA Handbook which is distributed annually to schools and is available at www.kshsaa.org	g.
Rule 14  Bona Fide Student—Eligible students shall be a bona fide undergraduate member of his/her school in good standing.  Enrollment/Attendance—Students must be regularly enrolled and in attendance not later than Monday of the fourth week of the semester in which they participate.  Rule 15  Samester Requirements—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade elight. Students shall not have more than elight consecutive semesters of possible eligibility in grades seven and two semesters in grade elights students shall not be more than two semesters of possible eligibility in grade seven and two semesters of whether the ninth grade is included in jurior high or in a senior high school.  Rule 17  Rule 19  Rule 17  Age Requirements—Students are eligible if they are not 19 years of age (16, 15 or 14 for junior high or middle school student) on or before August 1 or the school year in which they complete.  Rule 19  Undue Influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, shall meet the requirements of the KSHSAA.  Rules 20/21  Amateur and Awards Rules—Students are eligible if they have not competed under a false name or for money or merchandise of intrinsic value, an abundance of the provisions of the Amateur and Awards Rules.  Outside Competition—Students are eligible if they have not competed under a false name or for money or merchandise of intrinsic value, an abundance of the Amateur and Awards Rules.  Outside Competition—Students are eligible if they are not members of an item in any game, training session, context, or tyout conducte when a context of the Amateur and Awards Rules.  Rule 25  Anti-Tryout and Private instruction—Students are eligible if they have not participated in training sessions or tryouts held by colleges or other outsid agencies or organizations. In the same sport while a member of a school athietic team.  Seasons of Sport—Students ar	Below Are Br	Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.	_
Rule 15 Enrollment/Attendance—Students must be regularly enrolled and in attendance not later than Monday of the fourth week of the semester in which they participate.  Rule 16 Semester Requirements—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. Student shall not have more than eligible the to rought school.  NOTE of students on participate or in a senior high school.  NOTE of students on participate or in entigible due to rought, scholarship, it, the semestral during two period shall be counted tenorid the tool number of semesters possible eligibility in grade seven and two semesters in grade eight. Students included in junior high or in a senior high school.  NOTE of students are eligible if they are not 19 years of age (16, 15 or 14 for junior high or middle school studend on or before August 1 or the school year in which they compete.  Rule 19 Undue Influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, shall meet the requirements of the KHSASA.  Amateur and Awards Rules—Students are eligible if they have not competed under a false name or for money or merchandise of intrinsic value, an have observed all other provisions of the Amateur and Awards Rules.  Rule 20  Ludie of the control of the Amateur and Awards Rules—Students are eligible if they have not competition in the same sport during a season in which they are representing their school NOTE: Consult the coach, othelic director or principal before participating individually or on a team in any game, training session, contest, or dryout conducts by an outside competition—Students are eligible if they are not members of any fraternity or other cryanization prohibited by law or by the rules of the KSHSAA not any outside eligibility. They are not members of any fraternity or other cryanization prohibited by law or by the rules of the KSHSAA as a not serve the subject is allowed to a tender or grea	Ruie 7	guar unati.	rents or leg
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student shall not have more than eight consecutive semesters of possible eligibility in grades into through twelve, regardless of whether the ninth grad is included in junitor high or in a semior high school.  NOTE: If student does not participate or is ineligible due to transfer, scholarship, etc. the semesters) during that period shall be counted toward the total number of semesters possible.  Age Requirements—Students are eligible if they are not. 19 years of age (16, 15 or 14 for junior high or middle school student) on or before August 1 or the school year in which they compete.  Brule 19  Undue influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, shall meet the requirements of the KSHSAA.  Brule 20/21 Amateur and Awards Rules—Students are eligible if they have not competed under a false name or for money or merchandise of intrinsic value, an have observed all other provisions of the Amateur and Awards Rules 20/21 and observed all other provisions of the Amateur and Awards Rules 20/21 Amateur and Awards Rules and Awards Rules 20/21 Amateur and Awards Rules and Awards Rules 20/21 Amateur and 20/21 Amateur and 20/21 Amateur and 20	kule 15	Enrollment/Attendance—Students must be regularly enrolled and in attendance not later than Monday of the fourth week of the seme they participate.	ester In whic
Age Requirements—Students are eligible if they are not 19 years of age (16, 15 or 14 for junior high or middle school studend) on or before August 1 of undue influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, shall meet the requirements of the KSHSAA.  Rules 20/21 Amateur and Awards Rules—Students are eligible if they have not competed under a false name or for money or merchandise of intrinsic value, an have observed all other provisions of the Amateur and Awards Rules.  Outside Competition—Students may not engage in outside competition in the same sport during a season in which they are representing their school NOTE: Consult the coach, othelic director or principal before participating individually or on a team in any game, training session, contest, or tryout conducte by an outside conganization.  Anti-Fraternity—Students are eligible if they are not members of any fraternity or other organization prohibited by law or by the rules of the KSHSAA Rule 26  Anti-Fraternity—Students are eligible for more than four seasons in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.  For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling  If a negative response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (Schools shall process a Certificate of Transfer Form T-E on all transfer students.)  YES NO  Are you abona fide student in good standing in school? (If there is a question, your principal will make that determination.)  Did you pass at least five new subjects (those not previously passed) as seme	Rule 16	is included in junior high or in a senior high school.	ie ninth grad
Rule 19  Undue Influence—The use of undue influence by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, shall meet the requirements of the KSHSAA.  Rules 20/21  Amateur and Awards Rules—Students are eligible if they have not competed under a false name or for money or merchandise of intrinsic value, an have observed all other provisions of the Amateur and Awards Rules.  Outside Competition—Students may not engage in outside competition in the same sport during a season in which they are representing their school NOTE: Consult the coach, othletic director or principal before participating individually or on a team in any game, training session, contest, or tryout conducte by an outside organization.  Anti-Tryout and Private Instruction—Students are eligible if they have not participated in training sessions or tryouts held by colleges or other outsid agencies or organizations in the same sport while a member of a school athietic team.  Seasons of Sport—Students are not eligible for more than four seasons in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.  For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling  If a negative response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (Schools shall process a Certificate of Transfer Form T-6 on all transfer students)  YES NO  Are you a bona fide student in good standing in school? (If there is a question, your principal will make that determination.)  Did you pass at least five new subjects (those not previously passed) lost semester? (The KSHSAA has a minimum regulation which requi	Rule 17	Age Requirements—Students are eligible if they are not 19 years of age (16.15 or 14 for impley high or middle are religible or they are not 19 years of age (16.15 or 14 for impley high or middle are religible.)	esters possible
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	ignature of	of parent/guardian	
	The parties to t signature.	o this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use	of a manual

## SHMS CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM KSHSAA RECOMMENDED 2020-2021

This form must be signed by all student athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:					
<ul> <li>Headaches</li> <li>"Pressure in head"</li> <li>Nausea or vomiting</li> <li>Neck pain</li> <li>Balance problems or dizziness</li> <li>Blurred, double, or fuzzy vision</li> <li>Sensitivity to light or noise</li> <li>Feeling sluggish or slowed down</li> <li>Feeling foggy or groggy</li> <li>Drowsiness</li> <li>Change in sleep patterns</li> </ul>	<ul> <li>Amnesia</li> <li>"Don't feel right"</li> <li>Fatigue or low energy</li> <li>Sadness</li> <li>Nervousness or anxiety</li> <li>Irritability</li> <li>More emotional</li> <li>Confusion</li> <li>Concentration or memory problems (forgetting game plays)</li> <li>Repeating the same question/comment</li> </ul>				

Signs observed by teammates, parents, and coacl  Appears dazed  Vacant facial expression  Confused about assignment  Forgets plays  Is unsure of game, score, or opponent  Moves clumsily or displays incoordination  Answers questions slowly  Slurred speech	<ul> <li>Shows behavior or personality changes</li> <li>Can't recall events prior to hit</li> <li>Can't recall events after hit</li> <li>Seizures or convulsions</li> <li>Any change in typical behavior or personality</li> <li>Loses consciousness</li> </ul>
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## What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

#### If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately and an urgent referral to a health care provider should be arranged (if not already onsite). No athlete may return to activity after sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. When in doubt, the athlete sits out!

#### Cognitive Rest & Return to Learn

The first step to concussion recovery is cognitive rest. This is essential for the brain to heal. Activities that require concentration and attention such as trying to meet academic requirements, the use of electronic devices (computers, tablets, video games, texting, etc.), and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified while they are initially recovering from a concussion. Decreasing stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. This may involve staying home from school for a few days, followed by a lightened school schedule, gradually increasing to normal. Any academic modifications should be coordinated jointly between the student's medical providers and school personnel. After the initial 24-48 hours from the injury, under direction from their health care provider, patients can be encouraged to become gradually and progressively more active while staying below their cognitive and physical symptom-exacerbation thresholds (i.e., the physical activity should never bring on or worsen their symptoms). No consideration should be given to returning to full sport activity until the student is fully integrated back into the classroom setting and is symptom free. Occasionally a student will be diagnosed with post-concussive syndrome and have symptoms that last weeks to months. In these cases, a student may be recommended to start a non-contact physical activity regimen, but this will only be done under the direct supervision of a healthcare provider.

#### Return to Practice and Competition

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:

http://www.cdc.gov/concussion/HeadsUp/youth.html
http://www.kansasconcussion.org/

For concussion information and educational resources collected by the KSHSAA, go to:
http://www.kshsaa.org/Public/General/ConcussionGuidelines.cfm

Student-athlete Name Printed Student-athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.





#### Dear Parent/Guardian,

Spring Hill Middle School is implementing an innovative program for our student-athletes called ImPACT. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to provide important brain function baseline data. If an athlete is believed to have suffered a head injury during competition, ImPACT may be used by the doctor to help determine the severity of the head injury and coordinate safe return to play.

The computerized exam is given to athletes at the beginning of the season. This non-invasive test is set up in "video-game" type format and takes about 30-45 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is utilized by a medical professional to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return to play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides medical professionals with additional information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Spring Hill Middle School administration and coaching staff are striving to keep your child's health and safety at the forefront of the student-athlete experience. It is mandatory to return the attached consent/Opt-out form with the appropriate signatures. If you have further questions regarding this program please feel free to contact me at 913-592-7288.

SHMS Activities Director



## Select only ONE of the following: Either Consent or Opt-out

[ ] 1. Consent Form ————					
For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)					
	lerstand its contents. I have been given an opportunity to ask wered to my satisfaction. I agree to participate in the ImPACT				
Printed Name of Athlete					
Sport(s)					
Signature of Athlete	Date				
Signature of Parent	Date				
[ ] 1. Opt-Out Form ————					
	erstand its contents. I have been given an opportunity to ask vered to my satisfaction. I choose not to participate in the ImPACT				
Printed Name of Athlete					
Sport(s)					
Signature of Athlete	Date				
Signature of Parent	Date				

# EMERGENCY MEDICAL INFORMATION AND INSURANCE VERIFICATION (MANDATORY BY KSHSAA)

N	ame of Student	(PLEASE PRI	VT)				
P	ARENT OR GUA	ARDIAN MUST	ANSWER TH	IESE QUESTI	ONS:		
1.	Is your child covered by Medical Insurance?						
2.	If yes, what is t	he name of the	Insurance Co	mpany?			
3.	What is the Me	edical Insuranc	e Policy Numb	er?			<del></del>
			_	<u> </u>	 d telep	hone number(s):	
	PHYSICIAN		·				
5.	If your child is i to a hospital, d	njured while pa o you have a p	articipating in a	Work#:  school-spons YES NO	ored a	Home#: ctivity and it is necessary to take h	im/her
	HOSPITAL PR	REFERENCE					
6.	List below telep	ohone numbers	s where you mi	ight be reached	d:		
	HOME		<u> </u>	WORK			
7.	In case of emer neighbor whom	gency, if we ca we should cor	annot contact c	one of the pare	nts, lis	t below either a relative or a	
	NAME						
	RELATIONSHII	•		P	HONE		
Plε	ase communica	te with the coa	ch/sponsor of	anv special me	edical r	needs that your child may have.	
Sp		information em				e of: (ex. Contacts, Asthma, Inhale	ər
pra ass par ins	actice sessions a sumes any respo ticipate in any sp urance contact t	nd/cr athletic e onsibility in cas port per the <u>Ka</u> he athletic offic	year, and that events. It is un e of accident. nsas State Hig e immediately	the above-mer derstood that r insurance is many in School Active to inquire about	ntioned neither nandat rities A ut stud	an insurance policy, which will be policy covers injuries sustained in the school nor the coaching staff ory before a student can practice association. It your student does not insurance that is available from you convenience.	or
Re	Date vised	Signa	ture of Paren	nt/Guardian		READ, SIGN & MUST RET WITH PHYSICAL IN ORDER	URN

STUDENT TO PRACTICE

Revised 9/00



## PARENT TRANSPORTATION REQUEST

Date	
(parent/legal guardian)	parent/legal guardian of
, give per	mission for
(name of son/daughter)	(name of adult transporting student)
To transport my son/daughter from today's ac	tivity at(location of activity)
We assume full responsibility for the supervision	on and care of this student at this time.
Signed (signature of adult transporting student)	Signed(signature of parent/legal guardian)