

Louisiana High School Athletic Association

Athletic Participation/Parental Permission Form

This form must be completed and signed **by the student-athlete's parent** prior to a student's participation in an athletic contest and shall be kept on file with the school. **It shall remain in effect for the remainder of the student's eligibility unless the student transfers to another member school.** This form is subject to **review/inspection** by the LHSAA **or its representative.**

PART I: STUDENT INFORMATION (Please Print)

Student's Name: (Last, First, Middle) _____ School Year: _____

Date of Birth: _____ Last Four Digits of SSN: _____

Home Address: _____

City: _____ Zip: _____

My child entered ninth grade in _____ (month and year). Last semester/year he/she attended _____ High School.

ARE YOU ELIGIBLE?

A student athlete in an LHSAA school must meet the following rules to be eligible for interscholastic athletic competition:

<u>RULE</u>	<u>COMMENTS</u>
BONA FIDE STUDENT	A student shall be enrolled in and attending an LHSAA member school on a regular basis and taking the required number of subjects which shall be recorded on the student's official transcript unless student is a special education student or in the 8 th grade or below. A student shall must be counted as a student on the daily attendance records of the school he/she attends. Attendance in one class makes you a student at that school.
ENROLLMENT	A student shall be enrolled and attending a school in the first 11 school days of the school semester at any school or will be ineligible for the first 30 school days.
AGE	A student shall not become 19 years of age prior to September 1 of this year.
PROOF OF AGE	A student shall provide legal proof of age, which meets the provisions of the LHSAA handbook, to the school administrator to be kept on file at school.
CONSECUTIVE SEMESTERS	Once a student shall enter the ninth grade, he/she shall have eight consecutive semesters to play athletics. (EXCEPTION: Hold-Back Repeat Student – See Rule 1.20.6 of the LHSAA handbook)
SCHOLASTIC	<p>For regular education high school students at the end of the first semester a student shall pass at least six subjects in all subjects taken.</p> <p>At the end of the year and prior to the next school year, a student shall must have earned at least six units with an overall "C" average for the entire previous school year as determined by the LEA in all units taken. All seniors must take at least four (4) subjects each semester.</p> <p>Special education students must consult the school principal, athletic director, or coach for scholastic information.</p>
RESIDENCE AND SCHOOL TRANSFERS	Upon entering high school for the first time, a student shall have the choice to attend any member school located in the attendance zone in which the student resides with his/her parent(s)/guardian(s) or any other household with whom the student has been residing for the past calendar year and be immediately eligible unless an applicable exception applies. A transfer to another member school in the same attendance zone shall render the student ineligible for one calendar year.
UNDUE INFLUENCE	If a student shall has been recruited to a school for athletic purposes, he/she shall remain ineligible as long as the student attends that school.
AMATEUR	A student cannot play high school athletics if he/she loses their amateur status.
INDEPENDENT TEAM	In certain sports a student cannot play on a school team and an independent team during the same sport season.

MEDICAL EXAMINATION A student shall **annually** pass a physical examination given by a licensed physician/ nurse practitioner that is in collaboration with a licensed physician or a licensed physician's assistant under the supervision of a licensed physician and complete an LHSAA Medical History Evaluation form prior to participating.

ATHLETIC PARTICIPATION/ PARENTAL PERMISSION FORM A school shall **only** be required to have this form completed and signed prior to **the first time a student participates** in LHSAA athletics at the school **unless the student transfers to another member school.**

SUBSTANCE ABUSE/MISUSE CONTRACT & CONSENT FORM A school shall only be required to have this form completed and signed prior to the first time a student participates in LHSAA athletics at the school.

SUSPENDED AND INELIGIBLE STUDENTS Shall not participate in any interscholastic contest on any team at any school at any level.

LHSAA ELIGIBILITY RULES APPLY TO STUDENT-ATHLETES ON ALL TEAMS AT ALL LEVELS OF PLAY AT ALL LHSAA SCHOOLS

Eligibility to participate in interscholastic athletics is a privilege a student earns by meeting standards outlined on this form and other regulations and policies set by the LHSAA and the student's school. If you have questions or do not fully understand an eligibility rule, check with your child's principal, athletic director or coach. By following the intent and spirit of the rules, you can help prevent violations which may penalize the student, his/her team and/or his/her school.

ONE INELIGIBLE STUDENT MAY DISQUALIFY YOUR WHOLE TEAM – KNOW THE ELIGIBILITY RULES

PART II – PARENTAL PERMISSION

I have read and reviewed the general requirements for high school athletic eligibility on this form and have discussed these requirements with my child. I understand additional questions/explanations and specific circumstances should be directed to my child's principal, athletic director or coach.

I certify the home address listed **on this form** is my sole bona fide residence and **that I** will notify the school principal immediately of any change in **my** residence, since such a move may alter the eligibility status of my child. All other information given is also accurate and current.

I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/ athletic director/principal of his/her school. Additionally, I give the LHSAA or it representative(s) permission to review my child's scholastic records and all required eligibility forms **however submitted by the school or myself.**

If the medical status of my child changes in any significant manner after he/she passes his/her physical examination, I will notify his/her principal of the change immediately.

I hereby give my consent and approval for **my child** to participate in **any** of the following LHSAA sports:

- | | | |
|---------------|--------------|-----------------|
| BASEBALL | GOLF | SWIMMING |
| BASKETBALL | GYMNASTICS | TENNIS |
| BOWLING | POWERLIFTING | TRACK AND FIELD |
| CROSS COUNTRY | SOCCER | VOLLEYBALL |
| FOOTBALL | SOFTBALL | WRESTLING |

I certify all the information is correct, that I have read the summary of LHSAA eligibility rules below and I am in compliance with these standards. I also acknowledge that my child, by my signature below, has my permission to participate in interscholastic athletics during his attendance at this school. I also understand that this form shall only be completed prior to my child's first participation in any athletic contest of any sport and shall remain in effect for his/her entire athletic eligibility unless he/she transfers to another member school.

Date: _____ **Parent's Signature:** _____

(Print Name) _____

Relationship to Student _____

Telephone No: (_____) _____



LHSAA SUBSTANCE ABUSE/MISUSE CONTRACT AND CONSENT FORM

This form must be completed and signed and kept on file with the school and is subject to inspection by the LHSAA Rules Compliance Team.

As an LHSAA athlete, I, _____, agree to avoid the abuse or misuse of legal or illegal substances, including anabolic steroids and other performance enhancing drugs. I hereby grant permission to be tested for substance abuse/misuse as a participant in any LHSAA sports program. I furthermore agree to cooperate by providing a urine or hair specimen for testing upon the request of my principal. I understand that should my specimen indicate the abuse or misuse of legal or illegal substances, I will be subject to action specified in my School Drug Policy for Student Athletes.

I, _____, parent/guardian of the undersigned student athlete, individually, and on behalf of my child, do hereby grant permission for and consent to said child being tested for substance abuse/misuse in accordance with his/her School Drug Policy for Student Athletes and I understand that if any specimen taken from him/her indicates abuse or misuse of legal or illegal substances, including anabolic steroids and other performance enhancing drugs, he/she will be subject to action specified in the School Drug Policy for Student Athletes for his/her school.

Dated: _____	_____
	Student Athlete
Dated: _____	_____
	Parent/Guardian
Dated: _____	_____
	Principal
Dated: _____	_____
	Head Coach

1.9 ABUSE AND/OR MISUSE OF ILLEGAL SUBSTANCES - Each member school shall develop and implement a substance abuse/misuse policy including procedures for chemical testing of student-athletes. To be eligible for interscholastic athletics, prior to practicing or participating in a sport at an LHSAA school, a student-athlete and his/her parent(s)/guardian shall sign the LHSAA Substance Abuse/Misuse Contract developed and distributed to all schools by the LHSAA. Once signed, the LHSAA Substance Abuse/Misuse Contract shall remain in effect for the remainder of the student-athlete's eligibility. Schools may also have the student and parent/guardian sign a school issued form in addition to the LHSAA Substance Abuse/Misuse Contract. Schools shall be required to keep the signed form on file at the school.

1.9.1 The penalties for failure to have the required LHSAA Substance Abuse/Misuse Contract(s) for all students completed, properly signed, and maintained in the school files shall be:

1. A school shall be fined \$50 per student, per sport for each LHSAA Substance Abuse/Misuse Form not completed, properly signed, and on file with the school not to exceed \$500 per sport.
2. A student in violation of this rule shall not be ruled ineligible for this infraction, but shall be withheld from further team practices and interscholastic athletic participation until a copy of this form is completed and submitted to the Executive Director. The completed form must be faxed or postmarked prior to the athlete's participation

Signature of the LHSAA's contract does not necessarily mean the student athlete will be tested.

SOUTHERN UNIVERSITY LABORATORY SCHOOL ATHLETIC TRAVEL POLICY

Student-athletes who participate in any SULS Athletic Program will adhere to the departmental policy for student travel *to and from* athletic events, including but not limited to practices, games, tournaments, meets and matches, according to following stated guidelines:

1. If transportation cannot be provided by the school, the student-athlete will be responsible for providing his/her own transportation to and from athletic events within a radius of 25 miles around the city of Baton Rouge.
 - a. The student-athlete will drive to and from the event, **OR**
 - b. The student-athlete will ride with another student to and from the event (with signed parental permission), **OR**
 - c. The student-athlete's parent or guardian will provide transportation to and from the event.

2. For events beyond a 25-mile radius around the city of Baton Rouge,
 - a. The parent/guardian will provide transportation for the student-athlete to and from the event, **OR**
 - b. The student-athlete will ride with another adult (21 years or older, with signed parental permission), **OR**
 - c. School officials will make travel arrangements for the entire team. Under these circumstances, all team members must travel to and from the event with the team. Coaches may give student-athletes permission to ride home with their parent.

Clarifications:

*No SULS student-athlete may drive himself/herself or ride in a vehicle driven by another student to any SULS event beyond a 25-mile radius around the city of Baton Rouge.

**Transportation beyond the 25-mile radius around the city of Baton Rouge must be provided by a parent or guardian or another adult (21 years or older, with signed parental permission), or through travel arrangements made by designated school officials.

Any violation of this policy will result in disciplinary action taken by the team coach, athletic director and/or the administration of the Laboratory School as deemed appropriate.

PARENTAL AUTHORIZATION FOR STUDENT TRAVEL

I grant permission for my child, _____, to participate in the planned activities of the travel required for the sport(s) of:

(Please circle all that apply.)

Basketball Baseball Track & Field Football Cheer
 Softball Swimming Golf Volleyball Dance Other _____

I grant permission for my child, _____, to travel to and from scheduled athletic events in the following manner:

Yes No I will provide transportation for my child to and from all SULS athletic events.

Yes No My child will drive his/her own vehicle to and from scheduled athletic events within a 25-mile radius around the city of Baton Rouge.

Yes No My child has permission to drive other students to and from scheduled athletic events within a 25-mile radius around the city of Baton Rouge.
 Exceptions: _____

Yes No My child has permission to ride with another student to and from scheduled athletic events within a 25-mile radius around the city of Baton Rouge.
 Exceptions: _____

Yes No My child has permission to ride with another adult (21 years or older) to and from scheduled athletic events within a 25-mile radius around the city of Baton Rouge.
 Exceptions: _____

Yes No My child has permission to ride with another adult (21 years or older) to and from scheduled athletic events beyond the 25-mile radius around the city of Baton Rouge.
 Exceptions: _____

Yes No My child has permission to ride on school-provided transportation to and from athletic events beyond a 25-mile radius around the city of Baton Rouge.

I have carefully read and do hereby agree to the Southern University Laboratory School athletic travel policy and hold harmless SULS, the members of the SULS athletic department, and any designated SULS chaperone for any accident, injury or death that may occur during travel to and from an official SULS athletic event.

Student-Athlete's Signature

 Date

Parent/Guardian's Signature

 Date

Southern University Laboratory School

Concussion Protocol

Concussion Information Sheet – Parents/Guardians and Student – Athletes

Concussion – also known as *Mild Traumatic Brain Injury (MTBI)*, occurs when a direct or indirect blow to the head produces shaking of the brain in the skull, resulting in disruption of axonal connections between the cortex and the midbrain.

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, seek medical attention.

Symptoms may include one or more of the following:

- Headaches
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light or noise
- Feeling foggy or groggy
- Drowsiness
- Amnesia
- Fatigue or low energy
- Sadness
- More emotional
- Confusion
- “Pressure in head”
- Neck pain
- Blurred, double, or fuzzy vision
- Feeling sluggish or slowed down
- Change in sleep patterns
- Confusion
- “Don’t feel right”
- Nervousness or anxiety
- Irritability
- Repeating the same question
- Concentration or memory problems (forgetting game play)

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game score or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if a student – athlete continues to play with a concussion or returns too soon?

Any athlete who displays signs and symptoms of concussion should be removed from play immediately. Continuing to play with 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. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different.

Post Concussive Care

If the coaching staff or team physician diagnoses a student – athlete with a concussion:

- ◆ Have the athlete go home and REST in a dark or dimly lit environment. Encouraging rest will allow the body to heal itself.
- ◆ Have the athlete discontinue texting, watching TV, computer use, Facebook, etc. These activities require high levels of focus and concentration, which will inhibit the healing process.
- ◆ Unless told otherwise, there is no need to “wake – up” the student athlete every few hours.
- ◆ Have the athlete eat light meals only for a few days so as not to aggravate any symptoms of nausea or vomiting.
- ◆ If, upon arrival at home, or during the night, the student athlete reports or exhibits a WORSENING or DETERIORATION of symptoms, seek medical attention. Tylenol (acetaminophen) ONLY for headache and pain. Ice bags may be used for comfort as needed.
- ◆ If headache and inability to concentrate are severe, athlete may benefit from staying home from school (at parent/guardian’s discretion).
- ◆ Keep strong lines of communication with athletic training staff so that instructions and clearance for return to play, school, etc. can be given.
- ◆ Follow all instructions given by the athletic training staff.
- ◆

Upon clearance from the doctor/physician, the student athlete will be closely monitored by the coaching staff and given a guided, slow return to play protocol to ensure optimal safety:

- ◆ Evaluation by Team Physician or Certified Head Athletic Trainer
- ◆ Removal from practice/competition
- ◆ Daily monitoring by Certified Head Athletic Trainer and/or Team Physician
- ◆ Completion of Graded Systems Checklist
- ◆ ImPact Testing or neuropsychological screening
- ◆ Possible referral to Neurologist and/or possible radiographic evaluation
- ◆ Gradual Return – to – Play

QUESTIONS OR CONCERNS:

All questions and/or concerns regarding our concussion protocol can be directed to Ms. Rebecca Marshall, Athletic Director of Southern University Laboratory School. If a student athlete suffers a concussion and/or exhibits concussion symptoms, they will not be released for competition (practice and/or play) until medically cleared by a physician or doctor.

Parents/Guardian:

I have read and understood the Concussion information that has been provided to me. I plan to discuss this information with my student athlete. I understand that if I have questions or concerns at any time, I am to call the Athletic Director at Southern University Laboratory School.

(Parent/Guardian Printed Name) (Parent/Guardian Signature) (Date)

Student – Athlete:

I have read, discussed, and understood the Concussion information that was provided to me. I asked questions about those things which I did not understand. I know that if I am feeling or reporting any signs or symptoms of a possible concussion, to inform my coach, athletic trainer, and parent and that failure to do so could be detrimental to my health.

(Student – Athlete Printed Name) (Student – Athlete Signature) (Date)

Southern University Laboratory School

Athlete Information and Medical Consent

1. Athlete Information

- a. NAME:
- b. GRADE:
- c. DATE OF BIRTH:
- d. SPORTS PLAYED:
- e. CELL PHONE NUMBER:
- f. Parents/Guardians Name and Cell Phone Numbers:
- g. Primary Insurance:

2. Medical Information – Please be as SPECIFIC as possible!

- a. Please list ALL medications and supplements currently taken by the student athlete:

- b. Allergies:
- c. Please list ALL medical conditions or information (example: asthma, heart conditions, diabetes, epilepsy, etc):
- d. Does the student athlete require an inhaler, Epi-Pen, insulin, etc. ? Yes No
If so, please have a copy of the necessary medication given to the head athletic trainer.
- e. Does the student athlete have a history of heat related muscle cramps, concussions, dislocations, etc? Yes No

3. Please list and describe in detail any other important medical information that the athletic training staff needs to know in order to effectively treat the student athlete:

4. MEDICATION RELEASE: Please sign indicating that the athletic training staff at SULLS is allowed to dispense over the counter medication to your student athlete as needed. Please understand that failure to sign this release will render the athletic training staff unable to give medication of any type to your child.

A. I, _____, give permission for my child to be given medications at the discretion of the athletic training staff or team physician. I understand that I am responsible for communicating any and all allergies, restrictions, and/or concerns to the medical staff (see below).

B. NOTES/COMMENTS: