

Parent/Guardian:

Please carefully read the information that follows and indicate consent for your child's participation through the electronic forms submission process found at www.familyid.com. Your consent and indication that you have reviewed and agree to each item with your student-athlete grants permission for your child/ward to participate in the Highline Public Schools' Athletics/Activities program.

ATHLETICS/ACTIVITIES ELIGIBILITY INFORMATION BULLETIN

STUDENT RIGHTS

Students participating in the Interscholastic Athletics and Student Activities Program are governed by the rights, protection, and responsibilities as prescribed by the Washington Interscholastic Activities Association, Highline Public Schools and the Leagues in which HPS participates. Students and/or their parent(s)/guardian(s) may make application for exception to these regulations and may appeal any decisions relative to such requests through their building athletic director.

STUDENT RESPONSIBILITIES

Participants are required to conform to the rules and regulations of their school, Highline Public Schools, the league in which they participate and the WIAA; and to conduct themselves in a safe and sporting manner. Violators are subject to discipline, suspension or expulsion.

PARTICIPATION REQUIREMENTS PRIOR TO AND DURING THE SEASON

AGE

Be under twenty (20) years of age on September 1 for the fall sport season, on December 1 for the winter sport season, and March 1 for the spring sport season.

PRE-PARTICIPATION

1. Have been in regular school attendance as a full-time student during the semester immediately preceding the season of competition. A full-time student is enrolled and received a grade in six classes (3.0 credits) at a Highline District school or an equivalent of 3.0 high school semester credits if a Running Start, Home School or Alternative Education student. **A student failing to meet this requirement is ineligible to practice or compete until a full semester has been completed.**
2. A senior student on track to graduate is allowed to register for one less class (five) or an equivalent of 2.5 high school semester credits if a Running Start, Home School or Alternative Education student.
3. Participants must be enrolled in an academic program that leads to a high school diploma. **Students enrolled in GED programs are not eligible for interscholastic athletics/activities.**

ACADEMIC

1. Register for and attend six classes equal to 3.0 semester credits or the equivalent as noted in the section above.
2. Attend and pass a minimum five classes and achieve a minimum grade point average of 2.0.
3. For purposes of determining academic eligibility, the most recent semester, quarter or school administered progress report shall be the determining grade. At the end of the semester the final semester grade will be used.
4. Grades earned during summer school for like classes may count toward fall eligibility. Summer school grades will not count until posted to the student's transcript.
5. An incomplete semester grade may be made up for credit during the first five weeks of the succeeding semester. The student is ineligible for competition until incompletes are cleared and posted to the student's transcript.
6. Must be in attendance the entire school day in order to practice or compete. Students returning from academic or disciplinary suspensions that end on a Friday may return to participation the following Monday. Suspended students (in-school or out-of-school suspension) are not allowed to practice during the suspension period and must practice at least one day before allowed to compete.
7. Students are required to be at practice from start to finish except in rare instances pre-approved by an administrator.

RESIDENCY AND ACADEMIC PROGRAM REQUIREMENTS

1. Residency. Participants must live with a parent or court-approved guardian who is a resident of the Highline District provided that guardian has been acting in such capacity for a minimum of one year. In- and out-of-district students attending Highline District schools that do not offer on-campus interscholastic sports must return to their school of residence to participate in interscholastic athletics.
2. Running Start Students. Running Start students wishing to participate in interscholastic athletics must live with a parent or court-approved guardian in the Highline District, provided that guardian has been acting in such capacity for a minimum of one year, and submit a WIAA Running Start Contract to the building athletic director.
3. Home Schooled Students. Participants who are home schooled must live in the Highline District with a parent or court-approved guardian, provided that guardian has been acting in such capacity for a minimum of one year, and submit applicable WIAA eligibility forms. Home School students may only compete at their school of residence.

4. Alternative School Students. Alternative school students who reside in the Highline District with a parent or court-approved guardian, provided that guardian has been acting in such capacity for a minimum of one year, must submit applicable WIAA eligibility forms. Alternative Education students may only compete at their school of residence.
5. Students Returning to Resident School to Access Athletics Programs. Students attending other district schools who return to the home school of residence to access athletics programs must, on a daily basis, be able to arrange their academic schedule in order to be dressed and ready to participate when practice starts. Families with a strong interest in athletics are encouraged to look carefully at the compatibility of schedules when considering non-resident school academic programs. It may be necessary to attend the high school of residence in order to fully participate in athletics.

TRANSFERS

1. Transfer Students from Within the District. Incoming ninth graders and current 9th-12th grade students who transfer from one Highline District school or service area to another without a corresponding change of residence by the entire family unit will be eligible at the sub-varsity level for one calendar year. In-District transfer students may be asked to submit a WIAA Student Residency Contract.
2. Transfer Students from Out-of-District. Transfer students must show proof of residency and supply a transcript for each school attended before participation in practice will be allowed. Transferring students may not take part in summer activities prior to the start of the school year until proof of official withdrawal from the previous school is verified, in-district residency is verified, transcripts have been received and reviewed, the student is officially accepted to a Highline District school and the Director of Athletics has approved eligibility. Transfer students may be asked to submit a WIAA Student Residency Contract.

PHYSICAL EXAMINATION AND RETURN TO PARTICIPATION

1. Students participating in interscholastic athletics must have passed a physical examination from a medical authority licensed to perform a physical examination using the district-supplied physical form. The physical examination shall be valid for 24 months and may not expire during the season.
2. Present to school officials the school district Return to Participation Form signed by a medical authority licensed to perform a physical examination and be subsequently tested and cleared by a District Athletic Trainer before resuming participation following an injury or illness serious enough to require medical care.

GENERAL

1. Complete and submit all required paperwork prior to first practice.
2. Purchase an ASB Card, pay athletics/activities participation fee and pay any outstanding fines prior to the first competition or by the date required by the school.
3. Complete additional school and coach/advisor requirements.
4. Agree to uphold the standards of the extracurricular activities contract associated with Board Procedure 2151P.
5. Agree to use district-provided transportation when provided and agree to arrange own transportation to practices and/or competitions not covered by the district.
6. Agree to meet all requirements and finish the season in good standing in accordance with team, school and school district rules to be eligible for a school letter and/or other program awards to include representing the school as a good citizen both on campus and in the community.

SEASON LIMITATION

After beginning the seventh grade in school, a student is allowed to participate in interscholastic contests only during six interscholastic competitive years. He/she shall have only two years of eligibility in the seventh and eighth grades. If the seventh or eighth grade is repeated, the student shall be eligible only during two years. After entering the ninth grade, a student shall have four consecutive years of interscholastic eligibility.

INSURANCE

Highline Public Schools **requires** that your athlete be covered by an adequate medical insurance plan and that the company name and plan number are clearly stated on the eligibility paperwork. Your family insurance plan may cover athletics participation. Please make certain of this coverage. Third party athletic insurance is available for purchase. Information is available at your school's main office.

AMATEUR STANDING

A student who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student athlete is one who engages in athletics for the physical, mental, social and educational benefits derived there from, and to whom athletics is an avocation and not a source of financial reward. In order to maintain amateur standing, the student athlete may not accept merchandise or in-kind gifts during any one calendar year, September 1 through August 31 that exceeds the allowance noted in the WIAA Handbook. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf course, etc., must be included within this allowance. The allowance for the current year can be found in the WIAA Handbook at www.wiaa.com.

MEDICAL PERMISSION

In case of an emergency involving my child, the coach, District Athletic Trainer or other appropriate Highline District official is authorized to take all steps which may be necessary including, without limitation, the following when and if appropriate in the judgment of the official (not necessarily in the order stated when more than one step is taken): (1) call 911 or an equivalent number to summon emergency medical assistance; (2) call me or any other persons listed on the School District's *Athletics Clearance Form*; (3) call the child's physician/clinic as listed on the School District's *Athletics Clearance Form*; (4) if unable to reach persons identified in (2) and (3) above: (a) call or take my child to a locally available physician or (b) take my child to a local hospital. I hereby authorize any provider of medical assistance listed above including any physician, paramedic and any hospital to provide such medical treatment and procedures as may in his/her or its judgment be necessary.

INSURANCE

The parent/guardian is responsible for medical expenses that may arise from participation. **Highline School District requires but does not provide medical insurance for participants.** The parent/guardian is required to fill out insurance information on the *Athletics Clearance Form* including both the company name and plan number of the insurance carrier OR the parent/guardian must purchase insurance as indicated on the *Athletics Clearance Form*. Purchased insurance is valid through July 31 of the current school year only. **The parent/guardian must update the school immediately should this information change during the time the child/ward participates in athletics.**

Student Extracurricular Activities Contract

This Contract applies to all extracurricular activities and is in effect from the first day of the fall sports season through the last day of the current school year. Suspensions for violations incurred outside of the WIAA sports season of participation (before the last day of the State Tournament whether or not the individual participated in the State Tournament) will be served beginning with the first day of the next season of participation and must be a season where the individual is a returning participant.

I recognize that being a participant in student athletics or other extracurricular activities in the Highline District means being a role model for other students and holding myself to a high standard of personal conduct.

In order that I may enjoy the privilege of participation in extracurricular athletics or other activities, I agree to obey and be bound by the rules of the Washington Interscholastic Activities Association, Highline Public Schools and my school and coaches/advisors.

I understand that the full rules for student extracurricular participation in the Highline District are available to me upon request, or at <https://www.highlineschools.org/departments/athletics>

I understand that I may lose my privilege of participation in extracurricular activities for an entire season or longer if I possess, use, or traffic in drugs, alcohol, or tobacco; or place myself in the presence of, or remain in the vicinity of, the use of such substances prohibited by criminal law; or engage in behavior that enables others to illegally use such substances. I further understand that I may be excluded from participation if I engage in criminal acts or other serious misconduct such as harassment, bullying, hazing, fighting, cheating or forgery.

I understand that all offenses, including first offenses, for violation of these rules may result in exclusion from participation in extracurricular activities, and that exclusion from participation may be avoided or shortened only by self-reporting, truthful cooperation and voluntary assessment and treatment.

I agree to abide by all team/activity rules, and to meet and maintain compliance with all pre-participation and academic requirements for eligibility, and I understand that I may be denied participation for failure to meet these standards and that I must finish the season in good standing in order to attend awards ceremonies and be eligible for individual and team awards recognition.

WARNING AND AGREEMENT TO OBEY INSTRUCTIONS

I am aware that playing or practicing to play/participate/compete in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate/compete in interscholastic sports include but are not limited to death, serious neck and spinal injuries (which may result in complete or partial paralysis), brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing or practicing to play/participate/compete in interscholastic sports may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating/competing in interscholastic sports, I recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, etc., and agree to obey such instructions.

I further understand that by following the instructions provided by the District, the risk of injury described above may be reduced, but that due to the nature of the sport I have selected, there is still risk of injury regardless of the precautions taken or procedures followed.

I further acknowledge that baseball, basketball, football, soccer, and wrestling are sports which involve sometimes violent person-to-person contact and therefore the risk of injury in these sports is even greater than other sports.

I have read and understand the information provided in the *AD-2 Read and Review Documents*. I request that the Highline School District allow me to participate/compete in the sports or designated activities indicated on the School District's *Athletics Clearance Form*, including but not limited to, trying out, practicing, playing or otherwise participating in these sports.

PARTICIPATION FEE

PAYMENT DUE ON OR BEFORE 2nd TUESDAY OF SEASON ~ please wait until after cuts have been made.

Fees are non-refundable once competition has begun.

- The Highline Public Schools Board of Directors has approved a participation fee of \$50.00 per sport for individuals participating in high school athletics programs. A reduced fee of \$25.00 per sport is charged to individuals approved for free or reduced lunch.
- Individuals are required to pay for no more than two seasons per school year.
- Families with two or more students participating in high school sports will be charged a maximum of \$175 per year (\$85 per year for families qualifying for free or reduced lunch).
- All participants are required to purchase a school ASB card.

REDUCTION OF PARTICIPATION FEE

Students qualifying for free or reduced lunch are eligible for a reduction of the athletics/activities participation fee noted above. To receive the reduced fee, the parent/guardian must be approved in advance by Nutrition Services by completing the online Free or Reduced Lunch Application.

Concussion Information

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 style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none">• 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 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. 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 an adolescent or teenage athlete will often under report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for a 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 activity immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The “Zackery Lystedt Law” in Washington requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

RETURN TO PARTICIPATION PROTOCOL

If your child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The progressive return to play protocol may begin when symptoms have resolved. This progression begins with light aerobic exercise and progresses each day as long as symptoms have resolved.



Dear Parent/Guardian,

Highline Public Schools uses ImPACT (Immediate Post Concussion Assessment and Cognitive Testing), an innovative program for high school student-athletes in some of our interscholastic programs. This program helps to guide sound decision making regarding return to sport. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to help guide sound decision making regarding return to sport.

The computerized Testing is given at the beginning of the sport season prior to practice involving contact, or competition. A baseline computerized assessment is taken one time per school year and takes about 15-20 minutes to complete. The test tracks information such as memory, reaction time, speed, and concentration. **ImPACT is not an IQ test.**

If a concussion is believed to have occurred, the athlete will be required to take a post-injury test as part of the return to play protocol. Both the baseline and post-injury test data is used by medical professionals to help guide sound decision making regarding return to sport. The information gathered can also be shared with your family doctor. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

ImPACT testing procedures are non-invasive, and pose no risks to your student-athlete. The administration, coaching, and athletic training staffs at Highline Public Schools are striving to keep your child's health and safety at the forefront of the student athletic experience. If you have any further questions regarding this program please feel free to contact me at philip.willenbrock@highlineschools.org or 206-631-3014.

Sincerely,

A handwritten signature in blue ink, appearing to read 'philip', on a light-colored background.

Phil Willenbrock, Director of Athletics
Highline Public Schools

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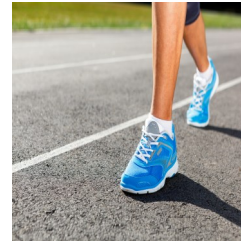
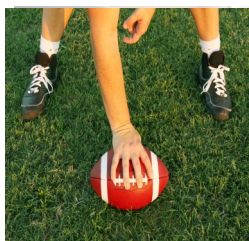


Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second
Counts!**