



Pre-Participation Physical Evaluation for RCS Athletic Department

Part 1. Student Information

Student's Name: _____ Sex: _____ Age: _____ DOB: ____/____/____

Home Address: _____

Guardian's Name: _____ Phone Number: _____

Family Physician: _____ Phone Number: _____

Part 2. Medical History

Medicines & Allergies: Please list all prescription and over-the-counter medications and/or supplements that you are currently taking:

Do you have any allergies (medicine, food, bees, pollens, etc.)? Yes No
 If yes, please specify what allergy: _____

General Questions	Yes	No
Has a doctor ever denied or restricted your participation in sports for any reason?		
Do you have any ongoing medical conditions (i.e. asthma, anemia, diabetes, infections, etc.)?		
Have you ever spent the night in the hospital?		
Have you ever had surgery?		
Are you currently taking any prescription or over-the-counter medications?		
Heart Health Questions	Yes	No
Have you ever passed out during or after exercise?		
Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
Have you ever been dizzy during or after exercise?		
Does your heart ever race or skip beats during exercise?		
Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur <input type="checkbox"/> High Cholesterol <input type="checkbox"/> Heart infection <input type="checkbox"/> Other: _____		
Has a doctor ever ordered a test for your heart (ECG/EKG, echocardiogram, etc.)?		
Have you ever had an unexplained seizure?		
Has any family member or relative died of heart problems before the age of 50?		
Does anyone in your family have any current heart conditions?		
Have you ever had a severe viral infection (myocarditis, mononucleosis, mumps, etc.)?		
Has a physician ever denied or restricted your participation in sports for any heart problems?		

Bone and Joint Questions	Yes	No
Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
Have you ever had any broken/fractured bones or dislocated joints?		
Have you ever had a stress fracture?		
Do you regularly use a brace, orthotics, or other assistive device?		
Do you currently have a bone, muscle, or joint injury that bothers you?		
Medical Questions	Yes	No
Do you have asthma?		
Do you currently use an inhaler?		
Do you have diabetes? If so, do you monitor your blood sugar levels daily? What is your average level? _____		
If you have diabetes, have you had any hypoglycemic episodes within the last 12 months?		
Were you born without or are you missing a kidney, an eye, a testicle, your spleen, or any other organ?		
Do you have groin pain, a painful bulge, or a hernia in the groin area?		
Do you have any skin diseases, rashes, pressure sores, or any other skin problems?		
Have you had a herpes or MRSA skin infection?		
Have you ever had a head injury or a concussion? If YES, please list how many: _____		
Have you ever been knocked out, become unconscious, lost your memory, or were confused while playing a sport?		

Do you have frequent or severe headaches?		
Medical Questions (cont.)	Yes	No
Do you have a history of seizure disorder?		
Have you ever had numbness, tingling, or weakness in your arms, hands, legs, or feet?		
Have you ever had a stinger, burner, or pinched nerve?		
Have you ever become ill while exercising in the heat?		
Have you ever been diagnosed with a heat-related or cold-related illness?		
Do you get frequent muscle cramps when exercising?		
Do you or someone in your family have sickle cell trait or disease?		
Have you had any problems with your eyes or vision?		

Have you had any face or eye injuries?		
Do you wear glasses or contact lenses?		
Do you worry about your weight?		
Are you on a special diet or do you avoid eating certain foods?		
Do you feel stressed out?		
Do you frequently feel nervous or anxious?		
Do you have any psychological disorders?		
Females Only	Yes	No
Have you had your first menstrual cycle?		
How old were you when you had your first menstrual cycle?		
How many periods have you had in the last 12 months?		

Please record the dates of your most recent immunizations:

Tetanus: _____

Hepatitis B: _____

Measles: _____

Chickenpox: _____

Explain "Yes" answers here. Please include any other information you think the athletic trainer should know:

We hereby state, to the best of our knowledge our answers to the above questions are complete and correct. With the signature below, I also give permission for my child to be examined by the athletic trainer.

Athlete: _____ Date: _____

Parent/Guardian: _____ Date: _____

Part 3. Athletic Insurance

It is the responsibility of the Parent or Guardian to provide accident / health insurance coverage for their student as a condition of the student's participation in interscholastic athletic Practice and competition: Resurrection Christian School does not independently provide such insurance coverage.

I hereby give consent for medical treatment deemed necessary by a physician or athletic trainer for medical treatment

Student's Name: _____ Grade: _____ Age: _____ DOB: ___/___/___

Parent or Guardian's Name: _____

Family Physician: _____ Phone Number: _____

Insurance Company: _____ Policy Number: _____

Physical Examination (to be completed by licensed MD, DO, PAC, or CRNP after history and consent forms are completed).

Student's Name: _____ Age: _____ Date of Birth ____/____/____
 Height: _____ Weight: _____ BMI (optional) : _____ Pulse: _____ Blood Pressure: ____/____/____ (____/____/____/____)
 Visual Acuity: Right 20/____, Left 20/____ Corrected: YES NO Pupils: Equal____ Unequal____

MEDICAL	Normal	Abnormal Findings	Initials*
Appearance			
Eyes/Ears/Nose/Throat			
Hearing			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			

MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			

Part 4. Assessment of Examining Physician/ Physician Assistant/ Nurse Practitioner

_____ Cleared without restriction _____ Cleared, with recommendations for further evaluation or treatment for:
 _____ Not Cleared for: _____ All Sports: _____ Certain Sports: _____ Reason: _____

Signature of Physician: _____ Date: ____/____/____

Name of Physician: _____ Date: ____/____/____

Place Stamp Here

Resurrection Christian School



Athletic Participation Contract

Resurrection Christian School Athletic Contract

Letter from the Athletic Office

Dear Athletes and Parents,

At RCS, participation in interscholastic athletics is considered a privilege, not a right. Athletes should know that they have a responsibility to uphold all RCS values and standards. This will mean that in many cases athletes will be held to a higher standard than others. The Godly character that you reflect will set into motion Christian example. However, failure to do so will have the opposite effect. The following standards are designed for young people to learn from their mistakes and teach accountability for their actions.

It is the desire of RCS to support, encourage and restore student athletes who fall short of the standards which govern RCS. The following are the basic core (but not limited to) infractions that will lead to consequences; actions of immorality, law violations, alcohol, drugs, tobacco, non-school compliance issues, hazing, bullying, social media misuse and insubordination. Any actions that do not follow a Godly witness will not be tolerated.

RCS will deal with consequences on a three offense system. The First Offense will be administered for the first contract violation. The Second Offense will occur when an athlete violates the contract for a second time. The Third Offense will be dealt with on a case by case scenario. Frequent violators of the Athletic Contract can and will be removed from interscholastic athletics.

The following will represent the athletic contract for a full school year including summer, preseason, in season, and post season. It will also apply to in-season and post-season activities. By signing below, parents/guardians give consent for _____ (student name) to participate in interscholastic athletics through Resurrection Christian School. Although serious injuries are not common in supervised interscholastic athletics, it is impossible to eliminate their occurrence. Participation in athletics includes certain risks and dangers particular to each sport; including the risk of injury ranging in severity from minor to catastrophic and long term. By signing below, student and parents/guardians acknowledge that they understand and voluntarily assume the risks of participation in the sports for which consent has been given as indicated in the preceding paragraph.

Parents/guardians authorize the student to receive, emergency medical care for more serious injuries or illnesses that may occur during or in connection with athletic practices, competitions, or transportation to and from practices and competitions.

By signing below, student and parents/guardians acknowledge and represent that they have received and read the Resurrection Christian School Handbook, and acknowledge that they are subject to the terms and conditions of those documents. Student and parents/guardians also agree to comply with the coach's team rules and to exercise good sportsmanship at all practices and competitions.

By signing below, student and parents/guardians release and hold harmless Resurrection Christian School, members of its Board of Education, employees, authorized volunteers, and agents from any and all liability, claims, cause of action, damages and demands of any kind whatsoever that student and/or parents/guardians may have against the school, members of the Board, employees, authorized volunteers and/or agents for any and all damages, including personal injury to the student, that may arise out of or in connection with student's participation in athletics pursuant to this " Athletic Participation Contract."

In His Service,

Mark Roggy and Bruce Dick
RCS Athletic Directors

(Please Initial Each Page) Parents Initials _____ Students Initials _____

Resurrection Christian School Athletic Contract

Philosophy

Athletics supplement and support the academic mission of Resurrection Christian School and assist students in their growth and development. Athletics assist in promoting the importance of teamwork, effort, leadership, humiliation, and commitment. Athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. All athletes do not perform at the same level, but all can demonstrate effort, dedication, and fair play.

Sportsmanship

An important mission of the athletics program is to teach and reinforce values relating to sportsmanship, competition, and fair play. It is expected that team personnel, parents, and spectators respect this mission by exhibiting appropriate behavior at athletic events. Team and school awards are presented annually to schools whose coaches, players, and fans, demonstrate a high degree of sportsmanship.

Student Eligibility Requirements

Students must meet the following requirements to be eligible to participate. Participation of ineligible students shall result in individual and team sanctions, including forfeits for the team.

1. All participants are required to have a valid annual medical evaluation (physical) on file with RCS
2. Everyone must pay the RSC extracurricular activities fee. Students may not participate in contests until they have paid the activities fee - Scholarships are available based on need. Those seeking a scholarship must make a request in writing to our Athletic Director.
3. In order to compete, student-athletes must maintain eligibility standards that are consistent for all schools belonging to the Colorado High School Activities Association (CHSAA). Every athlete and activity participant at RCS will have their academic performance and citizenship monitored on a weekly basis during their season. The student must enroll in a minimum of five credit hours, must be subject to regular coach/teacher/administrative reviews, and cannot have two D's or one F during any given weekly review. Citizenship grades are included and semester grades take precedence over quarter grades when applicable. On a weekly basis, teachers report the current grades of every athlete to the athletic/activities department. If a student becomes ineligible, s/he cannot participate in any game/competition for one week until the next periodic review. Coaches also reserve the right to withhold practicing time and/or require special tutoring for ineligible players.
4. To be eligible to represent Resurrection Christian School in athletics and activities, a student must:
 - Have passed a minimum of six Carnegie credit hours the proceeding semester
 - Transfer students ARE subject to the guidelines and rules dictated by the Colorado High School Activities Association (CHSAA)
 - Must not have turned 19 years old before August 1st
 - Not have dropped out of school
 - Not play more than four seasons in any sport during high school
5. **Students must attend 50% of their scheduled classes in order to participate in a practice or contest on that day.** If the Principal or designee grants an excused absence in advance for a prescheduled activity, or an unforeseen emergency, the student may participate on that day.
6. If during the season a student has an unexcused absence, he/she may not compete in the next contest after the violation has been verified.
7. In addition to other infractions, a student may be suspended or removed from a team for unexcused absences or chronic tardiness to team practices or classes.

8. Students who are 19 years old, or older, as of August 1 of the current school year are ineligible, unless a waiver from the CHSAA is granted.
9. Students may not participate in more than one interscholastic sport in one season unless permission is granted through the Athletic Office. To receive permission a meeting must occur between parents, Head Coaches, Athletic Director and athlete.
10. A student may not participate when he/she is serving an out-of-school suspension. The student may become eligible to participate on the next school day following the suspension. Further penalties may also be administered.
11. Students must satisfy school and school system participation standards.
12. Students and their parents must sign (which includes initialing all pages) the Athletic Contract.

Criteria for Earning Junior Varsity and Varsity Awards (High School Only)

An athlete must satisfactorily complete the season to receive awards. This includes participation in post season play, unless waived by Coaches. In the case of an injury prohibiting an athlete from completing the season, the coaching staff will determine the athlete's eligibility to receive awards.

Varsity Letter Standards

Participation in varsity athletics is a privilege. Accordingly, student athletes must meet certain standards in order to earn the privilege of participation. At a minimum, the following standards are required of all varsity athletes.

1. An athlete must play in 50% of the Varsity season unless cleared by the Athletic Office
2. End the season in good standing with the team
3. Has met the standards set by the school
4. Has met the standards that are clearly communicated by the particular sport Head Coach

Student Athletes

The following standards are required of all student athletes:

1. Exhibit public behavior that will reflect positively on the team, school, community and our Lord Jesus Christ. Athletes should not be engaged in any activity that would result in police intervention.
2. Exhibit responsible, respectful, and trustworthy behavior to teammates and the coach.
3. Exert efforts to maintain a high level of academic achievement.
4. Comply with all team, school, and school system rules, regulations, and policies.
5. Exhibit appropriate behavior at all team and school-related activities.
6. Attend all team functions unless ill or given prior permission to be absent by the Coach.
7. Respect and comply with decisions made by the Coach and Athletic Department.
8. Respect calls and decisions made by Officials.
9. Display good sportsmanship at all times.
10. Report to the Coach any issues or developments that may affect eligibility status.

Failure to abide by the above listed standards can result in a loss of athletics with no prior warning.

Assumption of Risk

Participation in athletic activities often includes intense competition and poses the potential for serious, catastrophic, or life-threatening injury. Participants and parents are urged to consider that there are inherent risks and hazards associated with athletic participation. Risks vary from sport-to-sport and can occur under direct supervision and with use of proper safety equipment. Although coaching staff will attempt to limit all risk taken, student athletes must still take on this assumption that injuries can happen.

Communication with Coaches

Parents should not attempt to address coaches immediately after games and practices. Coaches have many post-game/practice responsibilities, including supervision of players. Also, the post-game/practice period is often emotionally charged, and not conducive to productive discussion. If a parent feels the need to communicate a concern, the parent should contact the Coach, then the Athletic Director, with their concerns or to arrange a later meeting.

Athletic Director HS
Athletic Director MS
Athletic Assistant HS
Athletic Assistant MS

Mark Roggy
Bruce Dick
Levi Smith
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Leaving Early/From Away Events

Students and parents are responsible for communicating with Coaching Staff if a student athlete will be taken directly home from an away contest. An email must be sent to the coach before the start of the event in order for students to leave with a parent. Hand written notes will be acceptable if done prior to the contest.

- Students must speak with a Coach before leaving and a Coach must see the designated parent before letting them leave.

Inclement Weather

The RSC policy states that in the event that schools are closed or dismissed early due to inclement weather conditions or other reasons, all afterschool activities are canceled. These activities include practices and contests. If teams are participating in a contest or tournament in any other jurisdiction or any other facility and RCS has been closed or dismissed early, the teams may not participate on that day unless otherwise directed by RCS Administration.

Most RCS athletic teams will participate in all weather conditions. Student athletes are expected to be prepared for the worst conditions possible. In the event of lightning, RCS will find a safe location to practice or wait 30 minutes after the last lightning has been seen before continuing practice or a game.

Missing/Late

If students know they will miss or be late to a practice or events, they must email the Coach with the details. In the event of an "emergency" hand written notes will be accepted by parents and/or teachers and must be delivered to the Coach personally.

Participation on Outside Teams (Clubs)

While participating on a school team, athletes are permitted to participate in sports outside of the school during the sport season. The outside participation may not conflict with the team schedule of the school. This includes practices, games, and playoffs.

Dismissal From or Quitting a Team

Once an athlete begins practice in a sport and his/her squad membership is terminated, he/she is ineligible to participate in any other sport during that season unless after a thorough investigation of the case with all involved parties, he/she is given prior approval by the Athletic Director and/or the Administration.

Once an athlete is on a team and voluntarily quits that team, he/she is ineligible to participate in any other sport during that season unless he/she is given prior approval by the Athletic Director and/or the Administration.

Dismissal from Team

Student athletes are expected to maintain the highest standards during school hours and non-school hours. Any

student suspected of, caught doing, or is in the vicinity of any of the following acts can be subject to immediate dismissal from the team. This will apply to out-of-season, in-season and post season activities. Out-of-season infractions will be enforced in the next season.

There is a zero tolerance policy at RCS for the following:

- **Insubordination**
 - Any intentional act of disobedience or disrespect of/towards the RCS Administration or coaching staff will not be tolerated.
- **Hazing**
 - Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances hazing constitutes a criminal act.
- **Illegal Substances/Alcohol/Tobacco/Steroids/Controlled Substances**
 - All students at RCS are expected to refrain from the use of all tobacco products, drugs, and alcohol, both at school and during non-school times, unless medically prescribed for a specific condition or illness.
- **Unlawful Behavior**
 - Behaviors that are unlawful would carry a significant consequence.
- **Steroids**
 - Any athletes who take steroids to enhance performance or muscular appearance, as well as, anyone engaging in the sale or who has knowledge of anyone engaging in the use of steroids will be held accountable.
- **Destruction of Property or Grounds**
 - Any action that defames public or school property will not be tolerated. This will apply to all RCS and Rez Church property or grounds.
- **Profanity**
 - Student athletes will conduct themselves with dignity. The use of profanity is strictly prohibited.
- **Personal WebPages, Blogs or Social Media**
 - Personal WebPages, blogs, or social media are considered an extension of how you represent yourself. Pictures and/or information included on such sites will be considered the truth. Any student who has this information or acts/speaks in a derogatory way on personal WebPages, blogs or social media will be held to the same standards as if acting in person.
- **Immorality**
 - Any actions that run contrary to scripture; this includes, but is not limited to, actions that negatively impact character, self-respect or the perception of RCS.

Activity Probation

At the discretion of the Principal and/or Athletic Director, an athlete may face consequences or be placed on athletic probation in lieu of, or in addition to, other penalties when an athlete is involved in a significant First, Second or Third Offense of the general policies laid out in the Student Handbook.

General Discipline Policies and Procedures

The rules, policies, and procedures addressed here and in the Student Handbook do not cover every possible infraction. Any infractions not listed will have consequences based on the discretion of the Coach, Principal or Athletic Director.

Lockers and Locker Room

Each student athlete will be assigned a locker at the beginning of their season. Students are expected to maintain a clean and tidy locker room as a whole, as well as, personal locker space. Students who are

found to be wedging, propping, blocking, etc lockers open/closed will be subject to consequences that included but are not limited to, the cost for cleaning, maintenance, or repair of the damaged locker/locker room space. At the end of their season, student athletes are responsible for cleaning out their locker space, leaving it better it than they found it, and then checking out with the Athletic Office.

At the end of each season, the locker rooms and all lockers will be cleaned out by the Athletic Office and any personal items left after checkout will be put in the RCS High School or Middle School Lost and Found. Once items are placed in the lost and found they are no longer the responsibility of the Athletic Office.

When students are traveling to away/home contests at locations other than RCS, the expectation is before they leave that the area(s) where the team is playing, changing, staging, etc. is cleaned up from all trash and personal gear.

Athlete Suggested Gear

All student athletes are required to have the following items each day at practices and at competitions/games:

- Gym Bag
- Water
- Gym Shorts
- T-shirt
- Socks
- Appropriate Foot Wear
- Long sleeve shirt
- Sweatpants
- Sweatshirt
- Jacket (cold weather)
- Hat
- Gloves
- Sunscreen
- Insect Repellent
- Any Athletic Support Gear
- Mouth Guards
- Eye Protection (sports goggles) if needed

Please make sure all items are labeled with the student's name so they can be returned if lost or left behind.

Any student athlete who is unprepared for practice may be asked to sit on the side line to avoid injury. This could result in an unexcused missed practice or meet. Athletes should be prepared to practice safely in all different kinds of weather or circumstances.

**Resurrection Christian School
ATHLETIC CONTRACT**

Student Name: _____

Grade: _____

Parent and Student-Athlete: Review this contract carefully, complete information as requested, affix signatures, and return the completed contract/permission form to the school.

Stipulations

The student-athlete and his or her parent/guardian have received and read the *Athletic Contract*. Based on this information, the student and parent/guardian understand and stipulate to the following:

1. I/We understand the eligibility regulations required for participation.
2. I/We affirm that the student has satisfied all of the eligibility requirements
3. I/We affirm that the student will exert effort to maintain a high level of academic achievement.
4. I/We understand there is potential for serious, catastrophic, or life-threatening injury associated with participation in a sport.
5. I/We affirm that the student will not participate in hazing at any time, of any nature.
6. I/We, as a participant or spectator, will exhibit a high level of sportsmanship at contests.
7. I/We will follow appropriate procedures in communicating concerns to coaches.
8. I/We affirm that the student will abide by all team and participation standards.
9. I/We affirm that the student will not use, nor be in the vicinity of steroids, illegal drugs, alcohol, and tobacco unless medically prescribed for a specific condition or illness.

Permission to Participate

I/We hereby authorize and consent to our child's participation in RCS interscholastic sports. We understand that the sport(s) in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment. I/We assume the risk of injury to our child that may occur in an athletic activity.

I/we agree to release and hold harmless Resurrection Christian School, its members, the Superintendent of Schools, the principal, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgment, and expenses arising from our child's participation in interscholastic athletics.

I/We hereby give our consent and authorize Resurrection Christian School and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

I/We understand that athletes who fail to submit this contract to the athletic office prior to 3 days before the first required practice will not be able to participate until the contract is on file in the athletic office.

Please affix signatures below and return to the school.

Print Parent or Legal Guardian Name

Signature of Parent or Legal Guardian

Date

Signature of Student

Date