



Pre-Participation Physical Evaluation for RCS Athletic Department

Part 1. Student Information

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

Home Address: _____ City: _____

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 Contract

It is a privilege to participate in high school athletics. Congratulations on being part of a team at RCS. As a student/athlete at RCS, along with privilege comes responsibilities. As an athlete, you are expected to comply with several expectations and responsibilities. Listed below are requirements for RCS athletes. RCS athletes are Boldly Christian, and represent Christ during all practices and events.

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, humility, 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.

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 RCS extracurricular activities fee. Parents will be billed the fee after the completion of the 2nd week of practice through the FACTS system - 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 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. 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. Eligibility for the High School is pulled on Tuesday and Friday. Middle School in pulled on Monday and Thursday.
5. To be eligible to represent Resurrection Christian School in athletics and activities, a student must:
 - Have passed a minimum of 2.5 Carnegie credit hours the proceeding semester
 - Transfer students will be 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

6. **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 absence in advance for a pre-scheduled activity, or an unforeseen emergency, the student may participate on that day.
7. In addition to other infractions, a student may be suspended or removed from a team for 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 a suspension. This penalty can be carried forward to the next athletic/activity event that the student would be part of. Further penalties may also be administered.
11. Students and their parents must sign (which includes initialing all pages) the Athletic Contract.

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 consequences. A team of administrators will look at each case on an independent basis. At the discretion of the Principal and/or Athletic Director, an athlete may face consequences. This consequence will be on a case by case basis, looking at all the varying factors and can be but not limited to any of the following; sport specific, game loss, or dismissal from the team. As infractions accumulate the consequences will increase. This will apply to out-of-season, in-season and postseason activities. Out-of-season infractions will be enforced in the next season.

The following standards are expected of all student athletes:

Sportsmanship – and positive conduct are expectations during practices and events. Cougars shake hands with opponents after every game regardless of results. Respect for opponents, coaches, and officials is a component of RCS athletes. Coaches are expected to remove players who cannot demonstrate positive sportsmanship. Profanity will not be tolerated from athletes, parents, coaches, game managers or helpers. Athletes must exhibit appropriate behavior at all times and all school related activities. All decisions made by the coach, the athletic office or representative of either should be respected and compliance is expected.

Class Attendance – and punctuality for classes is expected from RCS athletes. Students must attend a minimum of 4 class periods on an 8 class period day or 2 class periods on a 4 class period day. Anything less must be approved by administration. Attendance the day after an evening event is required. Anyone not in class 1st period the day after an event is subject to miss, a portion, or all of the next game or event.

Citizenship, Respect, and Insubordination – athletes are expected to show respect to teachers, coaches, administration, other students and RCS/Rez Church property on a daily basis. They should exhibit public behavior that will reflect positively on the team, school, community and our Lord Jesus Christ, in line with the RCS Code of Conduct. Classroom behavior should reflect the attributes of an RCS Athlete at all times. Athletes should not be a part of or aware of any behaviors that are unlawful or would carry a significant consequence. 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 are not

acceptable and Administration should be notified. Athletes should not be connected to any action that defames public or school property. This will apply to all RCS/ Rez Church grounds or property.

Commitment to Teams – Athletes are expected to attend all practices, games, and team meetings. Once starting a sport, RCS athletes are expected to continue their participation throughout the season unless agreed upon by both the coach, athlete and written notification has been given to the Athletic Office. Paperwork is due before any official practice during the season. The athlete will be billed the total amount of the season with no discount or reimbursement if the Athletic Office has not received notification of cancelation of the sport by the first official contest. Athletes are expected to take care of all RCS athletic equipment, uniforms and any other items provided by RCS. Athletes are expected to be ready in practice gear before practice begins.

Substances Abuse – Substances that fall into this category are, but not limited to, any illegal substances, marijuana, alcohol, tobacco, vape, steroids, performance enhancing, or controlled substances. All students at RCS are expected to refrain from the use of, being in the possession of or having any paraphernalia that is related to any of the substances mentioned. This is an expectation both at school and during non-school times, unless medically prescribed for a specific condition or illness that is on file with administration.

Hazing – involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances hazing constitutes a criminal act. Athletes should not haze or be part of any hazing act. Being a bystander of any act of hazing and not stopping it or getting help makes you as guilty as the individual doing the act.

Social Media, Blogs, Personal Web Pages or any Digital 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 web pages, blogs or social media will be held to the same standards as if acting in person.

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

Bruce Dick

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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.

Criteria for Earning Athletic Awards

An athlete must satisfactorily complete the season to receive awards. This includes participation in postseason 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. End the season in good standing with the team
2. Has met the standards set by the school
3. Has met the standards that are clearly communicated by the particular sport Head Coach

Inclement Weather

The RCS policy states that in the event that schools are closed or dismissed early due to inclement weather conditions or other reasons, all after school 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 from 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.

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 include 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 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 the area(s) where the team is playing, changing, staging, etc. is cleaned up from all trash and personal gear.

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.

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 completed contract 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