

**PARENTAL PERMISSION FOR STUDENT PARTICIPATION IN THE  
ATHLETIC/EXTRACURRICULAR PROGRAMS AT  
CALVARY CHRISTIAN SCHOOL**

SPORT: \_\_\_\_\_

STUDENT NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_

EMERGENCY CONTACT PERSON AND PHONE NUMBER BETWEEN 3:00PM AND 8:00PM

\_\_\_\_\_  
\_\_\_\_\_

I understand my child will be expected to complete training and conditioning drills in preparation for competitive situations.

☐ YES

☐ NO

I have accident/medical insurance which covers my child when involved in interscholastic activities.

☐ YES. If yes, answer part a and b ☐ NO

a. Our insurance company is: \_\_\_\_\_

b. Our policy number is: \_\_\_\_\_

I understand participation in athletics may involve an element of risk and agree to hold Calvary Christian School harmless against all claims, loss or liability.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**MEDICAL RELEASE FOR ATHLETIC PARTICIPATION**

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list any allergies/medications/medical concerns: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

In the event of serious injury and your family doctor cannot be contacted and we are unable to contact one or the other parent, does the coaching staff have your permission to seek medical attention from the nearest physician?

☐ YES

☐ NO

If the answer is NO, please state the procedure you wish the coaching staff to follow.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## STUDENT/PARENT VERIFICATION OF RECEIPT & UNDERSTANDING

By initialing and signing below you verify that you have read and understand all documents within this packet. Further, by initialing and signing below you verify that you will abide by all policies, procedures, protocols, etc. listed therein.

- **Concussion (Lystedt Law Compliance):** I have read the concussion protocol with my child, and we agree to follow them.

Parent/Guardian Initial: \_\_\_\_\_ Student Initial: \_\_\_\_\_

- **Understandings and Expectations:** I have read the expectations with my child, and we agree to follow them.

Parent/Guardian Initial: \_\_\_\_\_ Student Initial: \_\_\_\_\_

- **Eligibility Policy:** I have read the eligibility policy with my child, and we agree to follow its procedure

Parent/Guardian Initial: \_\_\_\_\_ Student Initial: \_\_\_\_\_

- Pages 1 and 2 are required to be filled out for each sport. Physicals are good for 2 years.  
*\*All filled out/signed paperwork needs to be turned into the Jr/Sr High portable office.*

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Lystedt Law Compliance Form for Parent(s) and Player(s)**

A 2009 act requiring the adoption of policies for the management of concussion and head injury in youth sports; amending the Revised Code of Washington 4.24.660 and adding a new section to RCW chapter 28A.600 states, in part, the following:

*Each school district's board of directors shall work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.*

Please read the information below, adapted from the WIAA, and affix your signature to indicate that you have read this document. This form must be returned to the appropriate divisional office and is good only for the current sports season.

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.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• "Pressure in head"</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• "Don't feel right"</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- 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 must 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 adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

**If you think your child has suffered a concussion:**

Any athlete even suspected of suffering a concussion must be removed from the meet or practice 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 new "Zackery Lystedt Law" in Washington now 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 meet or practice than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to:

<https://www.cd.gov/headsup/youthsports/index.html>

### **Understandings for Student-Athletes**

- Membership of a team requires personal commitment on the athlete's part. Calvary Christian athletes are expected to attend all scheduled practices unless ill or excused by the coach.
- Membership on a team does not guarantee equal playing time. The age, attitude, skills and abilities all determine playing time.
- If an athlete misses three or more consecutive practices due to illness or injury, a "well statement" from the parent/guardian is required before the player may return to practice.
- An athlete must be present at school on game days for the entire school day in order to participate in the contest on that day. If the player is absent due to special circumstances, the right to play will be considered on an individual basis by the coach, principal, and athletic director.
- Sentinel athletes must maintain at least a 2.0 grade point average, with no failing or unsatisfactory marks in a core subject in order to participate in the sports program (see sports eligibility policy).
- Each player is responsible for the uniform assignment to them. It is to be properly laundered at home after each competition and return within one week after the conclusion of a sport.
- Personal equipment, shoes, jewelry or valuable items are the responsibility of the athlete. Calvary Christian School and its coaches are not responsible for items not secured in a responsible manner.
- Students are not allowed to enter the athletic storage room(s) without permission.

### **Expectations for Student-Athletes**

A Sentinel athlete will:

- Strive in all that they do to give God glory.
- Exert maximum effort to develop and use the talents God has given him/her.
- Display a positive attitude of sportsmanship and fair play.
- Display a cooperative and respectful attitude toward the coach and teammates.
- Exercise self-control in language and behavior.
- Respect and accept the decisions of officials, coaches and faculty in a mature fashion.
- Treat equipment, property, uniforms, and locker room facilities (home and away) with respect.
- Apply a responsible effort in the classroom with assignments, and social behavior, realizing that the afterschool sports program is a **privilege** based on a minimum 2.0 GPA, without any F's in the core subjects.
- Arrive at and leave practice and game sites in a timely manner.
- Supply equipment necessary for sport, and care for the equipment (school or personal) in a responsible way.

- Share in the responsibility for completing and turning in the necessary participation forms and communication schedule and information with parents.

### **Eligibility Policy for Student-Athletes**

**Premise:** Athletic programs and WIAA events are extra-curricular activities. Such activities are offered as an option and a privilege to the students within the overall philosophy of Calvary Christian School.

**Participation:** In order to participate in after school extra-curricular activities at Calvary Christian School students must maintain a 2.0 grade point average and have no failing grades in the core subject areas of: Bible/Christology, Math, Reading/Language, History and Science. Eligibility and continued team membership will be based on academic performance as recorded at the midterm and quarterly grading period. In addition, a student may be deemed ineligible by the principal or athletic director if behaviors are in direct opposition to the philosophy of Calvary Christian School.

### **Procedure:**

- In order to try out for a team the student must have a 2.0 GPA and not have a failing grade in any of the core subject areas listed above. The grade point average will be based on the grades earned at midterm or at the quarter in a given school year.
- In the event of ineligibility, the teacher is to inform, in writing, the Athletic Director and Principal of the status on, or prior to, the day midterm and/or quarter grades are released to the students or parents.
- Parents of an ineligible athlete must be contacted and apprised of the pending suspension on, or prior to, the midterm and/or quarter grades are released to the students.
- Notification of the ineligible status for the student must take place before the student arrives for a scheduled practice or game. It is recommended that such notification occur at a private admin-student conference.

If the grade point average is below 2.0 or if the student is receiving a failing grade in a core subject at the midterm/quarter evaluation date, the student is ineligible. At that point the student is subject to a mandatory one-week (7 day) suspension from all extracurricular activities. The suspension begins on the day when the student was notified of the ineligible status.

During the week of mandatory suspension, the student may not participate in game related duties or loiter on the school premises during regular team practice and game times.

If the student is making satisfactory progress following the one-week suspension, the student may, on the teacher's recommendation to the Athletic Director, be reinstated

to the team. If, after the week suspension, little or no progress has been made to improve or correct the academic situation that resulted in ineligibility, the student is considered ineligible for the balance of the quarter and forfeits team membership, practice privileges, and any sport fee paid.

- Eligibility concerns related to learning disabilities, prolonged illness or injury will be determined by a committee made up of the teacher, principal, athletic director and parents. In such individual cases, performance expectations and guidelines will be formulated by the committee and apply only to that specific individual student-athlete. In such a case, eligibility still will hinge on the meeting of the requirement agreed upon by the committee.
- A student may lose sports eligibility if major, serious or dangerous behavior infractions occur as determined by a coach, teacher, principal, or anyone in authority. These infractions may not necessarily be sports related, nor are they tied to the grade point average. In such case(s) a student may receive a determined suspension time from the team or expulsion, as determined by the coach, athletic director, and principal.

Students who have lost eligibility due to disciplinary action as referred to above, must follow the steps below in order to be reinstated as an eligible player:

- Meet all expectations specified by those directly involved in the disciplinary action.
- Display an attitude of responsibility, contrition, and repentance.
- Petition, in writing the faculty member(s) directly involved for reinstatement of his/her eligibility.