

GOLDENDALE SCHOOL DISTRICT



Goldendale High School
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Goldendale, WA 98620
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Principal: John Westerman
Asst. Principal: Angie Hedges
Activities Director: Ann Cochran
Secretaries: Judy Seifert, Charley Thiele

Goldendale Middle School
520 East Collins Drive
Goldendale, WA 98620
Phone: 509-773-4323
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Principal: Jennifer Tenney
Activities Director: Jimmy Donaldson
Secretaries: Lisa Thiele, Renee Wilde

Webpage: www.goldendaleschools.org
Webpage: www.scaconference.org

Athletic & Activity Eligibility Packet and Requirements

Student's Last Name: _____ First Name: _____

Address: _____ Date of Birth: _____

Guardian Name: _____ Phone: _____

E-Mail: _____

Guardian Name: _____ Phone: _____

SPORT/ACTIVITY SELECTION

Please check the sports/activities the student-athlete plans to participate in:

- | FALL: | WINTER: | SPRING: | YEAR-LONG | |
|--|---|------------------------------------|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Football | <input type="checkbox"/> Boys Basketball | <input type="checkbox"/> Baseball | <input type="checkbox"/> FBLA | <input type="checkbox"/> Yearbook |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Girls Basketball | <input type="checkbox"/> Fastpitch | <input type="checkbox"/> Bands | <input type="checkbox"/> FCCLA |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Wrestling | <input type="checkbox"/> Track | <input type="checkbox"/> Drama | |
| <input type="checkbox"/> Fall Cheer | <input type="checkbox"/> Winter Cheer | <input type="checkbox"/> Golf | <input type="checkbox"/> Robotics/TSA | |
| <input type="checkbox"/> Girls Soccer | | <input type="checkbox"/> Tennis | <input type="checkbox"/> FFA | |

REQUIREMENTS FOR ATHLETIC PARTICIPATION/ELIGIBILITY

- **Current Sports Physical - Physical is valid for 2 years unless stated otherwise by physician**
- **ASB card purchased - \$40 GHS / \$25 GMS**
- **\$10 Athletic Participation Fee**
- **All sections of the Athletic/Activity Eligibility Packet signed and on file each year**
- **Have no outstanding Athletic/Activity Fines from previous sports seasons (FINES=NO PRACTICE)**
- **Annual Impact Test for High School Athletes**

WIAA ATHLETIC ELIGIBILITY REQUIREMENTS

Please answer the following questions pertaining to athletic eligibility. It is extremely important to give accurate information. False information provided by a participant/parent/guardian may result in the participant being declared ineligible for interscholastic competition for a period of one calendar year.

- YES NO A student shall be under 20 years of age on September 1 for the fall sports season, on December 1 for the winter sports season, and on March 1 for the spring sports season. For middle school, a student shall not have reached his/her 15th birthday prior to June 1 of the previous school year.
- YES NO The above student resides within the boundaries of the Goldendale School District where he/she resides with his/her parents/legal guardians.
- YES NO The above student attended school in the Goldendale School District the previous school year in its entirety.
- YES NO The above student passed the required number of full credit classes last semester. (All Classes) WIAA eligibility rules dictate a period of ineligibility from contests for failing grades earned in the prior term.
- YES NO The above student is presently enrolled as a full-time student per WIAA rules.
- YES NO The above student is presently enrolled as a Running Start student with signed agreement on file. Full time student status must be verified.
- YES NO The above student has NOT attended any other high schools besides GHS.

PARENT SIGNATURE _____

Date: _____

STUDENT SIGNATURE _____

Date: _____

INHERENT RISK IN SPORT and INJURY WARNING (Athletes and Specific Activities Only)

We, the parent/guardian and student/athlete, have read the attached Sport Safety Guidelines and we understand the list of rules and procedures. We are aware of the potential for injury while participating in athletics. We also understand the necessity of using the proper techniques while participating in the sport in which the above named student/athlete will be participating.

PARENT SIGNATURE _____

Date: _____

STUDENT SIGNATURE _____

Date: _____

MEDICAL EMERGENCY AUTHORIZATION/EMERGENCY PROCEDURE CARD

In case of an emergency Goldendale School District is authorized to proceed as indicated.

Student Name: _____

Birth Date: _____

Parent/Guardian Name: _____

Phone: _____

Parent/Guardian Name: _____

Phone: _____

Emergency Contact Name: _____

Phone: _____

Family Physician Name: _____

Phone: _____

Hospital Preference _____

Insurance Company: _____

Policy/Group # _____

Known allergies/medications _____

In the case of emergency, illness, or accident to the child named above, the school will contact the parent or emergency contact persons immediately. If they cannot be reached, do you authorize the school authorities to send the child for medical treatment?

YES

NO

- If a student athlete brings a medical note to the GMS or GHS office from a health professional with restrictions stated on it, then he or she must provide a medical note to clear the athlete from those restrictions prior to full participation in practice.
- If an athlete visits a doctor for a medical condition or injury related to the sport or activity, the parent must notify the school. In this case, the athlete must provide a medical note to the GMS or GHS office clearing the athlete for full practice before he or she can participate.
- If a parent holds an athlete out of practice for recovery from an injury not being treated by a doctor, the parent must provide a note stating the parent's permission for the student to return to practice.

PARENT SIGNATURE _____

Date: _____

INSURANCE

It is required that students participating in interscholastic athletics activities carry insurance for injury and/or accidents. Many private insurance policies and employer sponsored group policies DO NOT cover interscholastic athletic related activities. Please indicate the type of insurance coverage for your student-athlete:

- Complete coverage with personal insurance

Name of insurance company _____ Policy/Group No. _____

OR

- School Insurance (please select one of the three options below)
 - School Time Plan (covers all sports EXCEPT football)
 - Full Time Plan (covers all sports EXCEPT football)
 - Football Plan (covers ONLY football)

PARENT SIGNATURE _____ Date: _____

CONCUSSION INFORMATION (Athletics and Specific Activities Only)

We, the parent/guardian and student/athlete, have read the attached Goldendale School District Concussion Information Sheet, and we understand that all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

Athletes with the signs and symptoms of concussion should be removed from play immediately. It is the parent's responsibility to verify with the school at any time a head injury occurs, in or out of a school-sponsored event. Parent and Athlete/Student must follow all post-concussion protocols.

PARENT SIGNATURE _____ Date: _____

STUDENT SIGNATURE _____ Date: _____

TRANSPORTATION AND OVERNIGHT STAY

We, the parent/guardian and student/athlete, have read the attached Goldendale School District Transportation and Overnight Stay information on page 12, and we understand the areas of concern. We agree to follow the regulations outlined to minimize the chances of an accident or any problems during these activities.

PARENT SIGNATURE _____ Date: _____

STUDENT SIGNATURE _____ Date: _____

ATHLETIC/ACTIVITIES CODE CONTRACT

We, the parent/guardian and student/athlete, have read the attached Goldendale School District Athletics/Activity Code Contract and we understand its conditions and procedures. We realize that a violation of the conditions outlined in the code will be cause to enact disciplinary procedures or suspensions.

PARENT SIGNATURE _____

Date: _____

STUDENT SIGNATURE _____

Date: _____

Student-Parent Verification

I verify as follows:

- *I have carefully read the Goldendale School District Athletic & Activity Eligibility and Requirements packet and the Student Athletic & Extra-Curricular Activities Code of Conduct; and*
- *I understand participation in any such programs is not a right, but instead, is a privilege; and*
- *I agree to be bound by the terms of the Code for all programs participated in during the school/calendar year in which I signed this Code.*
- *I understand that the provisions of the Goldendale High School or Goldendale Middle School Student Handbook are in addition to the provisions of this Code.*

X _____ Date signed: _____
[Parent Signature]

[Print name]

X _____ Date signed: _____
[Student Signature]

[Print name]

**THIS ATHLETIC/ACTIVITIES CODE SHALL
BE IN EFFECT FOR THE ENTIRE CALENDAR YEAR, 365 DAYS,
BEGINNING MID-AUGUST THROUGH THE FOLLOWING MID-AUGUST**

STUDENT ATHLETIC & EXTRA-CURRICULAR ACTIVITIES CODE OF CONDUCT

This procedure will provide our students with an opportunity to succeed. Athletics and extra-curricular activities, including Homecoming, are completely voluntary and considered a privilege afforded to students who maintain appropriate standards of behavior. The premise of this procedure is based on the belief that Goldendale School District can be drug, alcohol, and tobacco free. All students shall refrain from using alcohol, drugs or tobacco either on or off campus throughout the calendar year, or from knowingly remaining present when drugs, alcohol or tobacco are being consumed by those under legal age. The following procedure becomes effective upon enrollment in the Goldendale School System and violations from previous schools will follow the student when enrolling in the Goldendale School District. This action shall include all associated student body groups, which include athletics, clubs, drama, music, NHS, ASB officers, and extra-curricular activities not part of a graded curriculum. This policy is effective in grades 5-12 for extra-curricular activities and 7-12 for athletics. Some violations that occur in middle school will follow the student to the high school.

Student Academic/Attendance Eligibility Expectations

Goldendale Grades 5-12

Students who participate in athletics, music, drama, and all other ASB sponsored activities must adhere to the “Good Standing” procedure:

Academics and Attendance. As a district we believe that when students miss school, they miss out. With that in mind, we believe that the first step to being successful in school is ***being in*** school and ***passing*** classes. The following **academic** measures will be in place for athletics and activities:

- A. **Academics.** If a student/athlete is **failing one or more classes** during any given week, that student will drop out of ***good academic standing***, and not be able to participate in interscholastic competitions the following week. Grades are checked every Thursday morning. Regaining a passing grade after the Thursday morning check will not remove this consequence. Middle School athletic accountability measures will also be in effect. **Academic Consequences:** No student/athlete who has lost ***good academic standing***, will be allowed to play in or attend sports events, attend dances, or participate in special events at school or activities that occur outside of the normal school day. That consequence is in effect the following Monday through Saturday, with exception to final semester grades being issued. **Athletes and activity participants are held to a higher standard than other students and cannot be failing any classes. Athletes may practice but not compete if failing a class. Athletes failing more than one class will be required to attend Wednesday after school tutoring to be eligible for practice that day and participation in their next eligible contest. Goldendale Middle School athletes will be required to attend Wednesday after school program for any D or F grades in order to be eligible for practice that day and participation in their next eligible contest.**

NOTE: A student who failed to make the grade requirements of passing all required classes in the previous term shall be placed on suspension from contests. The student may practice, but shall be ineligible for contests during the suspension period. If, at the end of the suspension period, the student is passing all classes, the student may then be reinstated for interscholastic competition. The suspension period for high school students shall be from the end of the previous semester through the fourth (4th) Saturday in September in the fall or the first five (5) weeks of the succeeding semester. The suspension period for middle level students shall be from the end of the previous semester through the first three (3) weeks of

the succeeding semester. Each student is eligible on Monday of the week following the end of the suspension period.

- B. **Regaining Good Academic Standing:** A student/athlete can regain *good academic standing* when they are passing all classes. That standing goes into effect the following Monday through Saturday.
- C. **Attendance:** In order to practice or compete in a contest, the participant must be in attendance the *entire day* of a practice or contest. To practice or play in a contest, students may not be tardy to school the first period of the day or the period immediately after lunch. *If the contest is during the school week, the participant must be in attendance the entire day afterward in order to practice that day.* There may be extenuating reasons for an absence, such as a medical, a dental, or a school-related appointment or activity. The athletic director or principal **should be notified** of the absence before it takes place and a medical note is required the day of the absence in order to practice and/or participate in contests. Rule violation will result in the loss of participation in a practice or contest.
- D. **Running Start:** The Goldendale School District has arrangements with three (3) colleges for GHS High School students to take Running Start classes: Columbia Gorge Community College (CGCC), Yakima Valley College (YVC) and Columbia Basin College (CBC).

Following is a guideline for the number of classes students may take each quarter:

College	College Max	GHS Classes	NAV	Comments
CGCC	4 credits	4 classes	Yes	Core classes are typically 4 cr.
	8 credits	2 classes	Yes	
	12-15 credits	NAV only	Yes	
YVC	5 credits	4 classes	Yes	No NAV cr. If it exceeds 1.2 FTE
	10 credits	2 classes	Yes	
	15 credits	NAV only	Yes	
CBC/LCC	5 credits	4 classes	Yes	No NAV cr. If it exceeds 1.2 FTE
	10 credits	2 classes	Yes	
	15 credits	NAV only	Yes	

All Running Start students who plan to participate in GHS Sports must complete a WIAA (Washington Interscholastic Activities Association) Form with the Athletics Office.

Conduct and Citizenship

This procedure will provide each student with an opportunity to become a responsible citizen. Citizenship is very important in the Goldendale School District.

1. The student is expected to:
 - a) exhibit exemplary behavior.
 - b) follow civil laws.
 - c) exhibit good sportsmanship.
2. Consequences for not meeting expectations:
 - a) Problems with conduct & citizenship will be dealt with by the coach when possible.
 - b) The athletic director and/or building principal will be consulted if problems continue.

Eligibility

Students who participate in interscholastic athletic or extracurricular programs are viewed by others – including fellow students, younger students, and children in the Goldendale School District – as role models. These program participants represent not only themselves to the public, both within and outside the physical boundaries of the Goldendale School District, but they also reflect on their schools, their teammates or fellow program participants, their coaches or advisors, and the District. Their conduct reflects on all of the persons and groups that they represent.

The Goldendale School District offers interscholastic athletic and extracurricular programs for many important reasons. A chief goal is to teach students to exhibit pride in treating their bodies and talents with care and respect. Correlative to this goal is the teaching of importance of good conduct, citizenship, teamwork, responsibility and loyalty to one's own teammates or fellow participants, by following rules designed to produce individual discipline and team or organizational success and goodwill. To be eligible to participate in athletic or extracurricular programs, students are therefore expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their programs, schools, coaches or advisors, and communities.

The acts listed below shall be considered to be materially disruptive to the orderly operation or discipline necessary for successful athletic or extracurricular programs, or shall be considered **acts that reflect unfavorably on the student's teammates, fellow program participants, team, organization, school, or community.** That material disruption and/or unfavorable reflection occurs regardless of whether the act occurs during the school year or during breaks from school, such as during weekends, holidays, or summer breaks. **These eligibility criteria shall therefore be in effect year-round, i.e., 365 days per year.** A student who has chosen to purposefully engage in any act prohibited by this Code has chosen, by that willful act, to put his or her continued participation in athletic or extracurricular programs in jeopardy.

Drug and Alcohol Violations

School drug and alcohol policies will also be followed when applicable.

1st VIOLATION-GRADES 5-12

(Use/sale/possession of legend drugs, schedule one drugs, anabolic steroids, marijuana, alcohol, and drug paraphernalia. Athletes may not knowingly remain present when drugs, alcohol or tobacco are being consumed by those under legal age. Departure must be immediate.)

If the student is found in violation of the sale, possession and or use of the drug policy, including anabolic steroids, marijuana and alcohol, the student is:

- a) Referred to the building principal or assistant principal. The student will be subject to district policy and will be immediately declared ineligible from participating in any athletic and extra-curricular activity.
- b) Referred to the at-risk counselor for review. The at-risk intervention specialist reports his/her review of the case to the building principal.
- c) The first violation will constitute a 30% contest ineligibility from any activity in which the student represents Goldendale Middle School or Goldendale High School. If the student is not currently involved in an athletic or extra-curricular activity, the student will face ineligibility in the next season he or she is involved in. Consequences for extra-curricular activities other than athletics will be determined by the advisor and principal, with comparable discipline to athletics.
- d) The student must undergo an assessment by a qualified agency to determine the extent of his/her substance abuse problem and follow its recommendations for treatment if warranted. **This assessment and treatment will be paid for by the student and/or family.**

- e) In all cases of students possessing, selling or distributing alcohol and other illegal drugs including the illegal distribution of prescription medications and “look-a-like” drugs will be turned over to law enforcement for prosecution.
- f) Student/athletes who violate this provision must serve the consequences in that sport season and, if not completely served, the next sport season. If the student fails to complete the season in which they are serving the consequence, the consequence must be served in whole the next sport season.

Q&A: **What if the violation occurs at school or a school-related event during basketball season?** *The student would serve a minimum of a ten-day suspension from school during which time they will not be eligible to practice or compete in contests. The 30% loss of season will not be calculated until the student/athlete would otherwise be eligible for competition.*

Q&A: **What if I quit a sport after I’ve served the loss of participation?** *You will need to start the loss of participation over in the next full sport season you participate in.*

Self-Report: If a student self-reports to a school administrator (principal, assistant principal, athletic director) prior to being found in violation of use of legend drugs, including anabolic steroids, marijuana and alcohol. Self-report must happen within the first school day after the violation and prior to discovery by district personnel. The student is:

- a) Subject to district policy and will be immediately declared ineligible from participation in any athletic and/or extra-curricular activity.
- b) Referred to the intervention specialist for review. The intervention specialist reports his/her review of the case to the building principal.
- c) The student must undergo an assessment by a qualified agency to determine the extent of his/her substance abuse problem and follow its recommendations for treatment if warranted. **This assessment and treatment will be paid for by the student and/or family.**
- d) The first violation will constitute a 15% contest ineligibility from any athletic and extra-curricular activity in which the student represents Goldendale Middle School or Goldendale High School. If the student is not currently involved in an athletic or extra-curricular activity the student will face ineligibility in the next season they are involved in.
- e) All cases of students possessing, selling or distributing alcohol and other illegal drugs including the illegal distribution of prescription medications and “look-a-like” drugs will be turned over to law enforcement for prosecution.

Q&A: **See above.**

2nd VIOLATION GRADES 5-12

If a student is found to have violated the drug and alcohol policy for the second time during grades 5 through 12, the student will be immediately declared ineligible from participation in any Goldendale School District athletic and activity program for a period of one calendar year from the date the second violation was determined and discipline assigned.

3rd VIOLATION GRADES 5-12

If a student is found to have violated the drug and alcohol policy for the third time during grades 5-12, the student shall be immediately declared ineligible and permanently prohibited from participation in any Goldendale School District athletic and activity program for the remainder of his or her middle school and high school career.

TOBACCO/NICOTINE/USE OF VAPING DEVICE and PARAPHERNALIA VIOLATIONS

1ST VIOLATION GRADES 5-12*

If a student is found to have violated the tobacco, vaping, and paraphernalia policy for the 1st time during grades 5-12, the violation will constitute a 15% period of ineligibility from the current athletic and extra-curricular activity in which the student represents Goldendale Middle School or Goldendale High School. If the student is

not currently involved in an athletic or extra-curricular activity, the student will face suspension in the next season he or she is involved in.

2ND VIOLATION GRADES 5-12*

If a student is found to have violated the tobacco, vaping, and paraphernalia policy for the 2nd time during grades 5-12, the violation will constitute a 30% period of ineligibility from the current athletic and extra-curricular activity in which the student represents Goldendale Middle School or Goldendale High School. If the student is not currently involved in an athletic or extra-curricular activity, the student will face suspension in the next season he or she is involved in.

3rd VIOLATION GRADES 5-12*

If a student is found to have violated the tobacco, vaping, and paraphernalia policy for the 3rd time during grades 5-12, the violation will constitute a 50% period of ineligibility from the current athletic and extra-curricular activity in which the student represents Goldendale Middle School or Goldendale High School. If the student is not currently involved in an athletic or extra-curricular activity, the student will face suspension in the next season he or she is involved in.

*Students/athletes who violate this provision must serve the consequences in that sport season and, if not completely served, the next sport season. If the student fails to complete the season in which he or she is serving the consequence, the consequence must be served in whole the next sport season.

**All subsequent violations will result in a full season period of ineligibility.

ATHLETIC & EXTRA CURRICULAR ACTIVITIES CODE OF CONDUCT VIOLATION APPEALS & DUE PROCESS

Due Process

Any parent or student who is aggrieved of an assigned consequence shall have the right to an informal conference with the principal to resolve the concern. In this conference the student and parent have the right to question the principal and involved staff members.

Procedure: If the parent and student are not satisfied with the informal conference, then the following Appeal Process is available.

Appeal Process

The following shall apply when consequences are imposed under this Code and the student/his or her parent or guardians wish to appeal.

Step 1: The student/his or her parent/guardian shall have the right, upon written request, to an informal conference with the *Building Hearing Committee (BHC)* to attempt an agreed resolution. The BHC shall be comprised of the principal (or principal's designee), the athletic director, and the coach or advisor of the sport or extracurricular program involved. If any member of the BHC serves in dual roles (e.g., the same person is both the athletic director and the coach of the sport involved), the principal shall designate an additional person to serve on the BHC. The written request for this informal conference must be provided to the principal within three (3) business days (as opposed to school days) of the verbal notification of the consequence to the student. Upon receipt of a written request for an informal conference, the conference shall be held within five (5) business days.

If the informal conference results in an agreement, the agreement shall be reduced to writing and signed by all parties at the conclusion of the meeting. The terms of the agreement shall be then implemented and shall terminate all further appeal proceedings.

Step 2: If agreement cannot be reached at the informal conference, the appealing party may, by written request, appeal to the Building Eligibility Committee (BEC). *The BEC shall be comprised of the Activities Director, one staff member of the school, and one student peer, with the staff member and peer being persons designated by the principal.* If any member of the BEC serves in dual roles (e.g., both athletic director and coach of the sport involved), the principal shall designate an additional person to serve on the BEC. The written request for a hearing before the BEC must be provided to the principal within three (3) business days of the informal hearing specified under Step 1. Upon receipt of a written request for a hearing before the BEC, the BEC shall conduct a hearing within five (5) business days. The BEC shall announce its decision in writing within three (3) business days of the hearing. In the event of a lack of unanimity in decision by the members of the BEC, a majority vote shall control.

Step 3: If the appealing party continues to feel aggrieved after receipt of the BEC's decision, that party may, by written request, appeal to the superintendent. The written request for a hearing before the superintendent must be provided to the superintendent within five (5) business days of the mailing to the appealing party of the BEC's decision under Step 2. Upon receipt of a written request for a hearing before the superintendent, the superintendent shall conduct a hearing within five (5) business days. The superintendent shall announce his or her decision in writing within five (5) business days of the hearing.

Step 4: If the appealing party continues to feel aggrieved after receipt of the superintendent's decision, that party may, by written request, appeal to the Board of Directors. The Board shall conduct a hearing at its next regularly scheduled hearing or meeting. The written request for a hearing before the Board must be provided to the principal within three (3) business days of the mailing to the appealing party of the superintendent's decision under Step 3. The Board shall announce its decision in writing by a mailing to the superintendent and to the appealing party within ten (10) business days of the hearing. The decision of the Board is final.

At all hearing levels (Steps 2, 3, and 4), the appealing party will be given an opportunity to present its reasons for appeal and the relief requested, as well as its supporting witnesses or documents, and a District representative shall be given an opportunity to respond by presenting the District's reasons for its position. At each step of the appeal process (Steps 1, 2, 3, 4) the appealing party shall specify the particular relief it asserts is appropriate under the circumstances (e.g., if the appealing party asserts that voiding the consequence altogether is appropriate, the party shall so state, or if the party asserts that a different consequence(s) is (are) more appropriate, the party shall state, with specificity, consequence(s) that it asserts is (are) more appropriate.)

The consequence imposed by the District shall not be stayed pending appeal, and shall remain in effect pending reversal or modification at any subsequent appeal level.

An appealing party's failure to submit a written appeal within a time frame specified in these procedures shall operate as a waiver of the next level of appeal and all other levels of appeal, and the consequence imposed shall not thereafter be subject to modification.

Travel

Participants must travel to and from events in transportation provided by the school district. Arrangements may be made, **on an extremely limited basis**, by written request between the participant's parent/guardian and the Athletic Director, for the participant to ride to a contest with the ***parent/guardian only***. This request must be

done at least 24 hours in advance. Transportation of a squad by someone other than a coach can be arranged only if the person transporting is designated as a volunteer coach with the district. Parents wishing to allow the transportation of an athlete other than their own from a contest must fill out the form titled "REQUEST FOR PARENTS TO USE PRIVATE VEHICLE TO TRANSPORT STUDENTS HOME" at least 24 hours in advance.

"In-Town" Transportation Policy

For some practices/activities at Goldendale High School, transportation may be provided on a limited basis. In some cases, depending on the program, your student may need to provide his or her own transportation. Such programs include, but are not limited to, Softball, Baseball, Tennis, Golf, and Basketball.

While we welcome your student's participation, we care a great deal about his/her safety. For our own comfort level as well as the security of the school district, we need to be assured that you will provide transportation for your student or that he or she has your permission to drive to and from the activity, ride with another student, transport other students, or take the school transportation, when available.

For those students who have parent permission to drive and who might be transporting others, we ask that they sign a statement that serves as an extension of our Student Conduct Code and Athletic/Activities Code, and that provides evidence that students have been informed that they must obey all state driving laws. That statement must include the driver's name, the names of students the driver will transport, and permission from the parent of the students who will be riding with the driver.

Overnight Stays with Student Groups

Goldendale School Procedures and Expectations

All students on school sponsored trips will be under the supervision of the advisor/coach unless released to their parents/guardians. Advisors will make room assignments. This will not be left to the discretion of students. Students will stay in their assigned rooms. At no time is there to be anyone other than participating students and advisors in these rooms or hanging around this section of the hotel. This includes parents, siblings, other students, girlfriends, boyfriends, alumni, fans, etc.

Advisors reserve the right to enter any room at their discretion. Advisors reserve the right to search bags and personal belongings that may be suspicious. Curfew will be set by the advisor. At curfew time all students are to be in their assigned room. At no time will members of the opposite gender be allowed in rooms. Students who violate these rules will face consequences that may include being sent home and denied participation. Coaches or advisors may impose stricter requirements for overnight stays. In some cases, a parent may be required to pick up the student to return the athlete/participant home.

"Lights out" and "in bed" times will be set by the advisor. Advisors will go into and inspect rooms at that time to ensure that all things are in order. Advisors may randomly go into rooms and make checks after that time as late into the night as necessary to ensure that there are no problems. An advisor may continue to monitor the rooms as long as necessary to ensure that rules are followed.

Students will stay together with the group throughout the trip. A student who feels he or she has a need to leave the group for any reason will seek permission from an advisor prior to doing so. At no time will a student leave the group in any non-school type of transportation, with the possible exception of a student leaving with his or her own parent/guardian with the advisor's permission.

During the entire trip, all rules as defined in the Goldendale High School or Middle School Handbooks and Goldendale School District Policy are to be followed. Students who violate any of these rules and/or group rules will face consequences that may include denial of participation, sending the student home, and/or additional school consequences. In some cases, rule violations such as use/possession of alcohol and drugs are also a violation of school rules and will carry additional consequences at school. In such cases, a parent may be required to pick up the student to return them home. Law enforcement may be requested for assistance.

Any and all damages to hotel room property or other property will be the responsibility of the student and his or her family.



Klickitat Valley Health SPORTS MEDICINE

MANAGEMENT OF SPORTS RELATED CONCUSSIONS

GOLDENDALE HIGH SCHOOL

Medical management of sports-related concussion continues to evolve. Goldendale High School has established this protocol to provide education about concussion for coaches, school personnel, parents, and athletes. This protocol outlines procedures for staff to follow in managing concussions, and outlines school policy as it pertains to return to play issues following a concussion. For the purposes of this document, “parent” refers to parents, guardians, or emergency contacts as listed on the Annual Pre-participation form. “Health care professional: refers to Physician (MD), Doctor of Osteopathic (DO), Physician’s Assistant (PA), or Nurse Practitioner(NP), Zackery Lystedt Law.

Klickitat Valley Health Sports Medicine seeks to provide a safe return to activity for all athletes following any injury, but particularly after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day (including academic accommodations) and are fully recovered prior to returning to activity.

Definition of a Concussion or Mild Traumatic Brain Injury:

Trauma induced alteration in mental status that may or may not involve loss of consciousness

Mechanism of a Concussion:

Concussions occur from forces applied directly or indirectly to the skull that result in a rapid shift of the brain. An athlete does not have to be hit in the head to sustain a concussion.

Recognition of a Concussion:

The following signs and symptoms succeeding a witnessed or suspected blow to the head or body are indicative of probable concussion. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the contest or practice and shall not return to play until cleared by an appropriate health care professional. (per Zackery Lystedt Law, approved in Legislation 2009

Signs (Observed by others)	Symptoms (Reported by athlete)
<ul style="list-style-type: none"> • Athlete appears dazed or stunned 	<ul style="list-style-type: none"> • Headache
<ul style="list-style-type: none"> • Confusion 	<ul style="list-style-type: none"> • Pressure in head

• Forgets Plays	• Neck pain
• Unsure about game, score, opponent	• Nausea or vomiting
• Moves clumsily (altered coordination)	• Dizziness
• Balance Problems	• Fatigue
• Personality/Mood Changes	• Numbness/ tingling
• Responds slowly to questions	• Sensitive to light or noise
• Can't recall events prior to hit	• Double vision, blurry vision
• Can't recall events after hit	• Ringing in Ears
• Loss of consciousness (any duration)	• Feels sluggish/ slowed down
	• Feels "foggy", trouble thinking clearly
	• Difficulty concentrating
	• Difficulty remembering
	• Drowsiness
	• Difficulty Sleeping
	• Sadness
	• Nervousness/ Anxiousness
	• Irritability
	• Feeling more emotional

Management and Referral Guidelines for All Staff

1. The following situations indicate a medical emergency and require activation of the Emergency Medical System:
 - a. Any athlete with a witnessed loss of consciousness (LOC) of any duration should be spine boarded and transported immediately to nearest emergency department via emergency vehicle.
 - b. Any athlete who has symptoms of a concussion, and who is not stable (i.e. condition is worsening), is to be transported immediately to the nearest emergency department via emergency vehicle.
 - i. A headache that gets worse and does not go away
 - ii. Repeated vomiting
 - iii. Slurred speech
 - iv. Increasing confusion, restlessness, or agitation
 - c. An athlete who exhibits any of the following symptoms should be transported immediately to the nearest emergency department via emergency vehicle.
 - i. Deterioration of neurological function
 - ii. Decreasing level of consciousness
 - iii. Decrease or irregularity in respirations
 - iv. Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding
 - v. Mental status changes: lethargy, difficulty maintaining arousal, confusion or agitation
 - vi. Seizure activity
2. An athlete who is symptomatic but stable, may be transported by his or her parent. All staff will be instructed to advise the parent to consult an appropriate healthcare professional on the day of the injury.

Guidelines and Procedures for Parents:

Recognize concussion

All parents and athletes should become familiar with the signs and symptoms of concussion that are described above. Parents know their athletes better than anyone, if a concussion is suspected please do not hesitate to act accordingly.

Remove from activity

A parent has every right to withdraw or hold their athlete from competition or practice if a concussion is suspected.

Refer the athlete for medical attention

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the contest and shall not return to play until an MD has determined no concussion was sustained and cleared on the Return to Play checklist. Please contact the high school Physical Therapist or your primary care provider as soon as possible if concussion is suspected.

Guidelines and Procedures for Coaches:

RECOGNIZE, REMOVE, REFER

Recognize concussion

All coaches should become familiar with the signs and symptoms of concussion that are described above. Annual training will occur for coaches of every sport as required by the WIAA.

Remove from activity

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the contest and shall not return to play until an approved medical provider has determined no concussion was sustained and cleared the athlete on the Return to Play Checklist.

Refer the athlete for medical evaluation

The coach will immediately refer any suspected concussion to the Klickitat Valley Sports Medicine Team

If the PT is unavailable, the following procedure will be followed:

1. The coach is responsible for immediately notifying the athlete's parents of the injury. [The coach will also notify the Physical Therapist (PT), as soon as possible.]
 - a. Contact the parents to inform them of the injury and notify them that the Physical Therapist will be contacting them. Depending on the injury, either an emergency vehicle will transport or parent will pick the athlete up at the event for transport.
 - b. A medical evaluation is required to begin the process of "Return to Play".
2. In the event that an athlete's parents cannot be reached and the athlete does not need immediate transport:
 - a. The coach should continue efforts to reach a parent.
 - b. The coach will remain with the athlete until a parent arrives.

Athletes with suspected head injuries should not be permitted to drive home.

3. Coaches should seek assistance from the host site certified AT, Physical Therapist or team physician, if available, at an away contest.

Guidelines and Procedures for Physical Therapist:

Recognize Concussion:

Physical Therapists are trained at recognizing and evaluating concussions along with preventing, recognizing, managing and rehabilitating injuries that result from physical activity. If signs, symptoms, and behaviors of a concussion are present, the Physical Therapist will appropriately evaluate the athlete.

Remove from Activity:

If the Physical Therapist should see an athlete present with any of the above symptoms related to a concussion, the athlete must be removed from team activity for concussion evaluation. Once the athlete is removed from play, the athlete will be evaluated utilizing the SCAT5 form. If the PT determines a concussion is not present and the athlete is safe to participate, the PT will allow the athlete to return to play. If the PT suspects the presence of a concussion, the athlete will be held from activity. The athlete's parents will be notified and concussion education materials will be handed to the athlete and/or parent. The PT will send a secure email to the following school personnel to ensure effective communication with academics and athletics about return-to-play status and any accommodations or continuing treatment that is needed: Athletic Director, Coach, School Counselor.

Refer athlete for medical evaluation:

The Physical Therapist (PT) will check in with athlete on a daily basis and monitor any changes that occur.

1. All athlete with suspected concussion must be cleared by an appropriately trained health care professional. (per Zackery Lystedt law approved by Wash Legislature in 2009)
2. If the athlete's symptoms have not improved or progressed for more than 1 week they should be referred back to their PCP or, depending on severity, a concussion specialist (neuropsychologist, physical therapist, occupational therapist, Speech Therapist etc.) An individualized treatment plan should be set in place at this point. Athlete should continue treatment with specialist until discharged and RTP progression is completed.

Guidelines and Procedures for the guidance counselor:

The PT will notify the guidance counselor of the sustained injury, potential for academic accommodations, and the restriction from P.E. and weight lifting class until cleared by an MD. The guidance counselor will communicate with the student-athlete's teachers and contact the P.E. and weight lifting teacher, informing them of the restriction. The guidance counselor should also:

1. Monitor the student closely and recommend appropriate academic accommodations for students who are exhibiting prolonged post-concussion signs and/or symptoms.
2. Communicate with the PT as changes are made to the treatment plan, to provide the most effective care for the student, specifically if further referral is necessary.

WIAA Concussion Management Guidelines

Policies for the management of concussion and head injury in youth sports

An act relating to requiring the adoption of policies for the management of concussion and head injury in youth sports; amending RCW 4.24.660 and adding a new section to chapter 28A.600 RCW.

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.

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. A youth athlete who has been removed from play 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 receives written clearance to return to play from that health care provider.

Return to Play (RTP) Procedures after Concussion

Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

- Asymptomatic at rest and with exertion (including mental exertion in school)
- Have clearance from a physician (MD, DO, PA, NP)
- Passed post-concussion testing (ImPACT, VOMS, BESS)
- Complete Stepwise RTP Progression

The Stepwise Return to Play Progression is individualized, and will be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.

The athlete must wait a minimum of 24 hours between each step before advancing to the next. If post-concussion symptoms occur at any step, depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred. The PT must closely supervise each step.

Stepwise Return to Play Progression:

Step 1.

- A. Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.
- B. Return to school full-time. Due to the physical nature of P.E. and athletic development classes athletes will not be allowed to participate until they have completed step four of this progression.
- C. Asymptomatic for 24 hrs.
- D. Pass post-injury cognitive testing. Athlete must take the ImPACT post injury test until scores are back to baseline. Test results will be reviewed and by the PT as well as local ImPACT interpreting physician.

Step 2. Light Aerobic Activity. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin elliptical or riding an exercise bike for approximately 15 minutes.

Step 3. Moderate Aerobic Activity. Running/Conditioning in the gym or on the field. No helmet or other equipment.

Step 4. Non-contact training drills in full equipment. Athlete must be cleared by appropriate healthcare professional before beginning this step. Weight-training may begin at this step.

- Football- No tackling/hitting (teammates or bags)
- Soccer- No headers or slide tackling
- Cheer- No stunting
- Wrestling- No live wrestling or takedowns
- Baseball/Softball- No sliding or diving catches
- Lacrosse- No stick or shoulder checks

- All Sports- No collisions with other persons or equipment, any activity that has potential of jarring movements must be avoided.

Step 5. Full contact practice or training in full equipment.

Step 6. Unrestricted participation including competition.

Athletes who sustain a second concussion in a single season will be required to be cleared by a medical professional with specific training in concussion management.

For any questions or concerns regarding concussions please contact:

Kasey Webber, PT, DPT
Klickitat Valley Health Sports Medicine
kwebber@kvhealth.net

You **MUST** also inform your child's coach if you think that your child may have a concussion, whether caused in or outside of a school sponsored event. Remember it's better to miss one game 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:

<http://www.cdc.gov/ConcussionInYouthSports/>

CROSS COUNTRY SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with cross-country. There is a chance of broken bones, muscle and back injuries which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, running and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, and appropriate frames that are compatible with running. If you have a bi or tri-focal lens, contact your doctor to provide the best lens combination for running on surfaces with sudden changes in elevation.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes, is fitting properly before each day's activity. Be cautious when running on slick surfaces.
5. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for cross-country.
7. Be aware of your surroundings both home and away, including but not limited to surface conditions, obstructions in the proximity to the cross-country course and safe entrance/egress to/from the course and the locker room.
8. Wear outer and under garments appropriate for humidity and temperature.
9. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
10. Hydration is essential with frequently scheduled drink breaks during practice and drinks available during all contests. Players should hydrate themselves frequently during practice and meets and follow the coach's direction on hydration prior to and following practices and meets.
11. Notify the coach immediately if injured.
12. Practice only when your coach is present.
13. Run only on the course outlined by your coach. If running along a road, use the sidewalk and run single file. Avoid heavily traveled streets and intersections.
14. Run in pairs in unfamiliar territory.
15. When running on or near a roadway, always run facing the oncoming traffic.
16. Beware of dogs.
17. Beware of objects thrown from cars and from car doors opening.
18. Runners should be familiar with basic recognition of heat exhaustion, heat stroke, sprained ankles, and shin splints and be familiar with basic first aid treatment for those conditions.

VOLLEYBALL SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with volleyball. There is a chance of broken bones, muscle, soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching and conditioning.
2. Wear kneepads and all protective equipment as directed by the coach.
3. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, and appropriate frames that are compatible with volleyball. If you have a bi or tri-focal lens, contact your doctor to

provide the best lens combination for playing in a game requiring quick reaction to an object (ball) traveling at a very rapid speed.

4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Be sure all equipment, especially shoes, is fitting properly before each day's activity.
6. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
7. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for volleyball.
8. Be aware of your surroundings, both home and away, including but not limited to surface conditions, obstructions in the proximity to the volleyball court including nets, cables, supports official's stands, out-of-play areas and safe entrance/egress to/from the court.
9. Wear outer and under garments appropriate for humidity and temperature.
10. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
11. Players should hydrate themselves frequently during practices and matches and follow the coaches' direction on hydration prior to and following practices and matches.
12. Notify the coach immediately if injured.
13. Practice only when your coach is present.
14. Use correct techniques for jumping, diving, spiking, etc. as taught by your coach.

FOOTBALL SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. Football is a highly competitive, fast action game in which physical contact and collisions play a major role. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with football. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis. It is important to understand the dangers and risks of practicing and competing in football 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of the body, general health and well-being. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Proper safety equipment including mouth guards must be worn and used according to instructions given by your coach.
3. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, and appropriate frames that are compatible with football helmets.
4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Be sure all equipment is fitting properly before each day's activity. If any piece of protective equipment does not fit or is damaged, report this condition to your coach immediately.
6. If a piece of equipment becomes damaged or broken during an activity, report to a coach immediately for repair or replacement.
7. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
8. Remove all jewelry, metal hair fasteners and other body adornments as required by the rules and regulations for football.
9. Be aware of your surroundings, both home and away, including but not limited to field surface conditions, obstructions in the proximity to the playing field and safe entrance/egress to/from the field and the locker room.

10. Squad members must wear safe and proper fitting footwear. Be cautious when walking on slick surfaces with cleated shoes.
11. Wear outer and under garments appropriate for humidity and temperature.
12. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
13. Be aware of the potentially serious injuries if you do not follow correct procedures in blocking and tackling.
14. Hydration is essential with frequently scheduled drink breaks during practice and drinks available during all games. Players should hydrate themselves frequently during practices and games and follow the coach's direction on hydration prior to and following practices and games.
15. Notify the coach immediately if injured.
16. Practice only when your coach is present.
17. To prevent unauthorized use, at the conclusion of any practice or game, store equipment in a secure manner as directed by your coach.

Warnings Specific to Football: Coaches will teach players blocking and tackling techniques that are approved by the National Federation and the WIAA (Washington Interscholastic Activities Association). In addition the following safety warnings are of major importance for player safety:

1. Read all warnings from helmet and safety equipment suppliers prior to the first fitting of equipment.
2. Tackle, block or break tackles with the shoulder pads. NEVER USE THE HELMET TO STRIKE AN OPPONENT.
3. Keep the eyes and chin up when blocking, tackling or running with the ball. Lowering the head/helmet jeopardizes the neck and spinal cord.
4. Block from the front, side, and above the waist according to the current rules of football.
5. Do not pile on when an opponent is down.
6. Do not chop block.
7. Do not slash with a rigid arm when executing a tackle.
8. When on the ground, you are vulnerable to being stepped on or receiving an injury. Get up!
9. If injured and unable to move or movement is limited, stay on the ground until assistance is given to move you or you are capable of getting up without fear of additional injury.
10. Participate fully in all neck strengthening exercises.
11. Strength training is an important part of football. Observe all proper weight lifting procedures including lifting, spotting, storage of weights and general safety.

SOCCKER SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any Poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
6. Use equipment that complies with FIFA and/or WIAA rules, e.g., footwear, shin guards.
7. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

8. Comply with soccer rules with special attention given to avoiding such violations as:
 - a. Kicking or attempting to kick an opponent.
 - b. Tripping an opponent.
 - c. Jumping at an opponent.
 - d. Charging an opponent from behind.
 - e. Charging violently at an opponent.
 - f. Striking or attempting to strike an opponent.
 - g. Holding an opponent.
 - h. Pushing an opponent.
 - i. Playing in a manner considered by the referee to be dangerous, such as kicking at a shoulder high ball when an opponent is trying to head it.

Soccer is a **HIGH-RISK SPORT**, and that practicing or competing in soccer will be a dangerous activity involving **MANY RISKS OF INJURY**. Understand that the dangers and risks of practicing and competing in soccer 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the body, general health and well-being. The dangers and risks of practicing or competing in soccer may result not only in serious injury, but in a serious impairment of future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.

CHEERLEADING SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. Cheerleading is an activity in which stamina; strength, agility and fitness are important factors. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with cheerleading. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Proper safety equipment must be used according to instructions given by your coach. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames and safe personal positioning on any stunt.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Lead cheers and/or perform stunts only at appropriate times and at designated places on the court or field making sure you do not interfere with the game or the safety of players or other cheer squad members.
5. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for cheerleading.
7. Be aware of your surroundings both home and away including but not limited to floor and surface coverings, vertical and horizontal clearances, lightning and weather conditions. All of these conditions may dictate the proper footwear and limit the amount of cheer activity performed.

8. Keep all performance and practice areas clear of litter and place all personal items in a secured location not on the activity area.
9. Squad members must wear safe and proper fitting footwear.
10. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity and participate only to the extent allowed by the coach.
11. Be aware of the potentially serious injuries if you do not follow correct procedures in stunting. Stunt only as directed by and using only techniques taught by your coach. Participants cannot perform any stunts that are not permitted under the National Federation of State High School Associations Rules and that are not authorized by their coaches.
12. Be aware of instructions regarding communication between squad members during loading, mounting, results and dismounts phases of all stunts.
13. Use only trained spotters and use spotters as required by your coach and/or cheer rules and regulations.
14. Mini-tramps, springboards and similar equipment should be prohibited.
15. Notify the coach immediately if injured.
16. Practice only when your coach is present.
17. To prevent unauthorized use, at the conclusion of any practice or performance, store equipment in a secure manner as directed by your coach.

BASKETBALL SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. Basketball is a highly competitive, fast-action game that places great physical demands on the players. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with this particular activity. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper-fitting equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Clothing and shoes should fit properly, be comfortable and allow maximum physical effort and allow dissipation of heat.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Be aware of your surroundings both home and away, including but not limited to proximity of bleachers and courtside obstructions such as basket supports, lighting, access to and from courts, and court surfacing.
6. Be especially aware of the danger of illegal actions such as undercutting another player or grasping/hanging on the rim.
7. Players whose vision requires correction must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames and must be held in place by an elastic strap.
8. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for basketball.
9. Make sure you drink adequate water to prevent dehydration; ask you coach for consumption guidelines based on the day's activity.
10. Notify the coach immediately if injured.

WRESTLING SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur especially with a sport as strenuous as wrestling. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with wrestling. There is a chance of broken bones, muscle, soft tissue and back

injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potential for serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with wrestling. If you have a bi or tri-focal lens, contact your doctor to provide the best lens combination for wrestling.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes and head gear, is fitting properly before each day's activity.
5. Athletes should wear the proper safety equipment as designated by the coach.
6. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
7. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for wrestling. Make sure your hair is of proper length meeting the standards of the WIAA.
8. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the wrestling mat and safe entrance/egress to/from the wrestling area.
9. Wear outer and under garments appropriate for humidity and temperature.
10. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
11. Players should hydrate themselves frequently during practices and matches and follow the coaches' direction on hydration prior to and following practices and matches.
12. Notify the coach if you are injured.
13. Practice only when your coach is present.
14. Wrestlers must be aware of potentially dangerous holds and refrain from using them in any and all situations.
15. Do not attempt for the first time any hold or movement without the prior instruction and authorization of the coach. After the coach has determined your ability to apply the hold or movement in the proper manner, you may use the hold or movement at any time the hold or movement is legal or authorized.
16. Wrestling is designed to match two athletes of comparable weight and similar ability. Do not wrestle with someone much lighter than you or much heavier than you without the coaches' approval.
17. Only wrestle opponents who are certified to wrestle you at your approved weight class.
18. Check all equipment and apparatus prior to using them each day with special attention to sanitizing the mat on a daily basis both before and at the conclusion of practice or a match.
19. Make sure the border mats are in place before wrestling in a practice or competition.
20. During a match or tournament, locate the proper warm-up area and allow ample time for stretching and body warm-up before competing.
21. Athletes shall not attempt a new move or technique without the proper instruction from their coach and the approval of a coach to attempt a new move or technique.
22. Athlete weight control standards must be approved by a doctor and in compliance with WIAA rules and regulations.

I am aware that wrestling is a HIGH RISK SPORT and that practicing or competing in wrestling will be a dangerous and unpredictable activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of practicing and competing in wrestling include, but are not limited to, transmittable disease and disorders, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, serious injury to virtually all internal organs, serious injury to virtually all 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 practicing or competing in wrestling 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 wrestling, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

BASEBALL/FASTPITCH SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with this particular activity. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper-fitting equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Proper protective equipment required by rule must be worn at practices and in competition.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for baseball.
6. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with baseball. If you have a bi or tri-focal lens, contact your doctor to provide the best lens combination for playing where tracking a fast moving object is paramount.
7. The bat can be potentially dangerous. Use only approved bats and use bats for their intended purpose.
8. Be aware of your surroundings both home and away including but not limited to batters warming up, thrown bats, thrown or batted balls, out of play markers or boundaries including fences or railings and field conditions such as holes, lips on grass infields and lighting conditions.
9. One person at a time in the on-deck-circle. Swing only one bat while taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
10. Always use approved helmets for all batting, base running and for catchers and base coaches.
11. Be aware of the potentially serious injuries to your ankles, knees and legs if you do not follow correct procedures in base running. Slide only as directed by and using only techniques taught by your coach.
12. Be aware of instructions regarding communication between players, i.e. calling off players on fly balls, awareness of backstops and field boundaries and cutting off throws, etc.
13. Notify the coach immediately if injured.

GOLF SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with golf. There is a chance of broken bones, muscle, soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potential for serious injury if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with golfing. If you have a bi or tri-focal lens, contact your doctor to provide the best lens combination for playing on surfaces with sudden changes in elevation.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes, is fitting properly before each day's activity.
5. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for golf.

7. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the golf course and safe entrance/egress to/from the course.
8. Wear outer and under garments appropriate for humidity and temperature.
9. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
10. Players should hydrate themselves frequently during practices and matches, and follow the coach's direction on hydration prior to and following practices and matches.
11. Notify the coach immediately if injured.
12. Practice only when your coach is present.
13. Before swinging a club, make sure your grips are dry and make certain the area around you is clear of others. Never throw a club.
14. On the practice range hit balls within the boundaries of the driving range.
15. Be aware of the position of other golfers when you are hitting or when they are hitting. Do not hit the ball until the proper distance is available between you and other golfing groups.
16. If a ball you hit approaches another golfer, yell "FORE" to warn others of the shot.
17. In severe weather occurs while on the course:
 - a. Stop play immediately, do not hold clubs and head to a low protected area or clubhouse
 - b. Avoid hilltops, open spaces and isolated trees or metal objects

TENNIS SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur. The information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with tennis. There is a chance of broken bones, muscle and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with tennis. If you have a bi or tri-focal lenses, contact your doctor to provide the best lens combination for playing tennis.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes, is fitting properly before each day's activity.
5. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for tennis.
7. Be aware of your surroundings both home and away including surface conditions, obstructions in the proximity to the tennis court and safe entrance/egress to/from the court.
8. Wear outer and under garments appropriate for humidity and temperature.
9. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
10. Players should hydrate themselves frequently during practices and matches and follow the coach's directions on hydration prior to and following practices and matches.
11. Notify the coach immediately if injured.
12. Practice only when your coach is present.
13. Before swinging a racket make sure your grips are dry and make certain the area around you is clear of others. Never throw a racket.
14. In doubles play, make sure of the location of your partner and understand the communication system between you and your partner.

TRACK & FIELD SAFETY GUIDELINES

Track and field is a high-risk sport and that practicing or competing in track and field will be a dangerous activity involving **many risks of injury**. It is important to understand the dangers and risks of practicing and competing in track and field 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of the body, general health and well-being. The dangers and risks of practicing or competing in track and field may result not only in serious injury, but in a serious impairment of future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. Recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

All athletes should understand, and be informed, that the sport in which they participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger and that the Goldendale School District does not assume the responsibility for the medical services required for these risks. In signing this document, it is agreed that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the district. It is further agreed that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. Parents/Guardians also acknowledge that it is their responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in these activities.

PREPARTICIPATION HISTORY AND PHYSICAL EXAMINATION
This form is a sample. It is not required as long as the conditions of 18.13.0 are met.

Name: _____ Birth Date: _____ Exam Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Sport: _____

HISTORY

- | | Yes | No | |
|-------|--------------------------|--------------------------|--|
| 1 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any illness/injury recently, or do you have an illness/injury now? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had a medical problem, illness or injury since your last exam? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any chronic or recurrent illness? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any illness lasting more than a week? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been hospitalized overnight? |
| f. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any surgery other than tonsillectomy? |
| g. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any injuries requiring treatment by a physician? |
| h. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any organ missing other than tonsils (appendix, eye, kidney, testicle, etc.)? |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Are you presently taking ANY medications (including birth control pill, vitamin, aspirin, etc.)? |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have ANY allergies (medicines, bees, foods, or other factors)? |
| 4 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had chest pain, dizziness, fainting, passing out during or after exercise? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Do you tire more easily or quickly than your friends during exercise? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any problem with your blood pressure or your heart? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have any close relatives had heart problems, heart attack or sudden death before they were age 50? |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any skin problems (acne, itching, rashes, etc.)? |
| 6 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had fainting, convulsions, seizures or severe dizziness? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have frequent severe headaches? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a "stinger" or "burner" or "pinched nerve"? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been "knocked out" or "passed out"? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a neck or head injury? |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had heat exhaustion, heat stroke, heat cramps or similar heat-related problems? |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had asthma, or trouble breathing, or cough during or after exercise? |
| 9 a. | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear eyeglasses, contact lenses or protective eye wear? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any problem with your eyes or vision? |
| 10. | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear any dental appliance such as braces, bridge, plate, retainer? |
| 11 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a knee injury? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had an ankle injury? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever injured any other joint (shoulder, wrist, fingers, etc.)? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a broken bone (fracture)? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a cast, splint, or had to use crutches? |
| f. | <input type="checkbox"/> | <input type="checkbox"/> | Must you use special equipment for competition (pads, braces, neck roll, etc.)? |
| 12. | <input type="checkbox"/> | <input type="checkbox"/> | Has it been more than 5 years since your last tetanus booster shot? |
| 13. | <input type="checkbox"/> | <input type="checkbox"/> | Are you worried about your weight? |
| 14. | <input type="checkbox"/> | <input type="checkbox"/> | FEMALES: Have you any menstrual problems? |
| 15. | <input type="checkbox"/> | <input type="checkbox"/> | Have you any medical concerns about participating in your sport? |

***** ATHLETE SHOULD NOT WRITE BELOW THIS LINE *****

EXAMINER'S COMMENTS ON ALL "YES" ANSWERS (refer to question number):

PERSONAL TRAVEL REQUEST FORM

(Submitted by Parent 24 hours in advance of departure)

REQUEST FOR PARENTS TO USE PRIVATE VEHICLE TO TRANSPORT STUDENTS TO/FROM EVENT/CONTEST:

Student making request _____ Date _____

Athletic Event / Destination _____ / _____

Date of Trip _____
Month/Day/Year Day of Week

Parent Signature _____ Date _____

*****COMPLETE THE FOLLOWING SECTION ONLY IF YOU ARE REQUESTING YOUR STUDENT RIDE WITH ANOTHER STUDENT'S PARENT *****

Please allow my student _____ to ride with _____

Signature of Parent Transporting my student _____ Date _____

.....

Name _____ Date of Birth _____

Male ___ Female ___ Grade ___ Age ___ Telephone _____

Address _____
(Street or Box Number) (City) (State)

Emergency phone # _____ Who? _____

Family Physician _____ Policy Number _____

School Insurance: ___ School Time Plan ___ Full Time Plan ___ Tackle Football Plan (required if participating in Football)

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

___ YES ___ NO If your answer is NO, please state the procedure you wish the parent to follow:

I authorize release of the health care practitioner's (family physician and/or athletic physical provider) exam findings and other pertinent medical data as it relates to the participation of my child in Goldendale School District sports activities. I understand that the physical exam documentation will be kept on file at their school for middle level athletes and in the Goldendale High School Athletic Department for High School athletes.

Parent Signature _____ Date _____

(Completed by Athletic Dir./Principal/Superintendent)

APPROVED NOT APPROVED

_____/_____
Administrator Signature Date