

Bethel Park School District

**Parent-Student
Athletic Handbook**

2010-2011



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IMS Principal
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TABLE OF CONTENTS

Letter from Athletic Director	3
Athletic Offerings	4-5
Statement of Philosophy	6-7
Mission Statements	8
Code of Ethics	9
Squad Reduction and Concern/Complaint Process	10
Eligibility	
Physical Examinations	11
Academics	12
Age	12
Attendance	13
Amateur Status	13
Period of Participation	14
All-Star Contests	14
Discipline	15
Medical Issues	
Health Insurance	15
Athletic Trainers and Training Room Information.....	16
Injury Procedure	16
Emergency Telephone Numbers.....	16
Athletic Awards	
Middle School, Jr. High, Freshman	17
Junior Varsity	17
Varsity.....	17
Varsity Jackets.....	17
Student Transportation	18
Student Transfers	18
Home-Schooled Students in Athletics.....	18
Equipment Return Procedure	18
Team Rules.....	19
Hazing Policy	20
Athletic Scholarships and Recruiting.....	20
Discipline Code of Conduct.....	20
Cancellation of Events Due to Inclement Weather	21
Instructions to Student Athletes	21
Weight Room Regulations	22
Informational Items	
M.R.S.A. Prevention	24
<i>ImPACT</i> Concussion Software.....	24
Parents' Guide for Head Injuries.....	25
Collegiate Athletic Options (NCAA, NAIA, NJCAA)	25
Recruiting Tips.....	26
NCAA Clearinghouse and Guide for College-Bound Student Athletes.....	27-29
Parents	
Positive Athletic Parenting.....	30
Parent/Coach Relationship.....	30-31
Parents' Responsibility as Fans.....	31-32
Forms	
1. Athletic Travel Release Form	2. Field Trip Emergency Form
3. Initial Physical Packet	4. Subsequent Season Physical Packet



Dear Parent and Student Athlete:

The purpose of this letter is to welcome your son/daughter into the Bethel Park Athletic Program and to provide the necessary information to help him/her succeed at their chosen endeavor. It is our goal to provide your son/daughter with an enjoyable athletic experience that is rewarding both on and off the playing field.

Being a member of a Bethel Park athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes hard work from many people over many years to develop. As a member of an interscholastic squad for Bethel Park Middle School or High School, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to win with honor. We all strive to win, but only in a vein that is honorable to our athletes, school and community. Our programs have accomplished the highest goals from Section, WPIAL, and State Championships, to All-Conference, All-State, and All-American Athletes. We hope that you will always give Bethel Park Athletics 100% to uphold this high standard we have created. When you wear black and orange, we assume that you not only understand our tradition, but are willing to accept the responsibilities that go along with it. These responsibilities include:

- 1.) **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, participation in school activities as well as participation in sports, prepare you for your life as an adult.
- 2.) **Responsibility to Bethel Park School District:** Bethel Park cannot maintain its position as having an outstanding school unless each and every student and parent represents themselves with honor and dignity. By competing in athletics, you have the power to represent your school in a positive manner by demonstrating good sportsmanship while maintaining a strong desire to win.
- 3.) **Responsibility to Others:** Younger students in Bethel Park are watching you. They will copy you in many ways. Do not do anything to lead them astray or to let them down. Whether you realize it or not, you are one of the most influential people on the youth of our community.

The following pages comprise our athletic handbook for you to familiarize yourself with the district's policies and procedures. Many topics are included and may change on an annual basis. If you have a specific question regarding athletic scholarships, NCAA guidelines, eligibility, physical examinations, attendance, hazing, lettering, and other guidelines that have been set forth by the Bethel Park School District, please do not hesitate to call the athletic office at (412) 854-8548.

Good luck and GO BLACK HAWKS!

Sincerely,

Amy Scheuneman
Athletic Director

ATHLETIC OFFERINGS

The interscholastic sports program consists of twenty eight (28) varsity teams, nineteen (19) junior varsity teams, nine (9) junior high teams and eight (8) middle school programs. All of these groups compete in the Pennsylvania Interscholastic Athletic Association (PIAA). The local district of the PIAA that our school competes in is District 7, commonly known as the Western Pennsylvania Interscholastic Athletic League or (WPIAL).

- Baseball:** This spring sport is offered for boys and is comprised of Freshman, Junior Varsity and Varsity teams.
- Basketball:** This winter sport is offered to 7th/8th grade girls and boys, Freshman girls and boys, Junior Varsity boys and girls, and Varsity boys and girls.
- Cheerleading:** This sport has teams at the 8th grade level, 9th grade level as well as the Junior Varsity and Varsity levels.
- Cross Country:** This fall sport is offered to both boys and girls at the 7th/8th grade level and at the Varsity level.
- Diving:** This winter sport is offered to boys and girls at the Varsity level.
- Football:** This fall sport, which begins approximately two weeks prior to the start of the school year, is offered at the 7th/8th/9th grade levels, as well as Junior Varsity and Varsity levels.
- Golf:** This fall season sport is offered to boys and girls at the Junior Varsity and Varsity level.
- Lacrosse:** This spring sport is offered through the school for boys and girls in grades 9-12 and consists of Junior Varsity and Varsity teams for both boys and girls.
- Rifle:** In the winter, rifle is offered at the Junior Varsity and Varsity level for both boys and girls.
- Softball:** This spring sport is available for girls and is offered to 7th/8th graders as well as the Junior Varsity and Varsity levels.
- Soccer:** In the fall, soccer is offered to girls at the 7th/8th, Junior Varsity and Varsity levels. Soccer is offered to boys at the Jr. High Level (7-9), Junior Varsity and Varsity levels.

- Swimming:** For students at the middle school level, swimming is offered in the fall to both 7th/8th grade boys and girls. Swimming is offered in the winter to both boys and girls at the Varsity level.
- Tennis:** Tennis is a fall sport for the girls at the Junior Varsity and Varsity levels. This sport is a spring sport for the boys at the Junior Varsity and Varsity levels.
- Track:** In the winter, an indoor track program is offered to both boys and girls at the Varsity level. In the spring, both boys and girls are offered outdoor track at the Middle School and Varsity levels.
- Volleyball:** The fall is the girls' season for competition at the Middle School, Junior Varsity, and Varsity levels. The Freshman girls' volleyball team is hosted during the winter/spring season. The spring season is when boys' volleyball is offered to students at the Middle School, Junior Varsity and Varsity levels.
- Wrestling:** Wrestling is offered as a winter sport and includes teams at the Jr. High level as well as at the Varsity level.

- Club Sports:** Ice Hockey
In-Line Roller Hockey
Boys' Fencing
Girls' Fencing
Crew
Girls' Slow Pitch Softball

- Intramurals:** Intramural tournaments are sponsored by various school organizations (i.e. Student Government, National Honors Society, etc.) throughout the school year. Information regarding these special events will be communicated through the home room period. Various activities could include, but are not limited to, Badminton, Volleyball, Ultimate Frisbee and Powder Puff Football. For additional information contact the Activities Office in High School Building #4.



STATEMENT OF PHILOSOPHY

The athletic program will conform to all policies of the school district. This handbook will not override Board approved policies. If there is any conflict between a Board policy and any policy procedure or other content of this Handbook, Board policy shall prevail. At no time should the program place the total educational curriculum secondary in emphasis; the program should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

The Bethel Park School District believes that a dynamic program of student athletics is vital to the educational development of the student.

The Bethel Park Athletic Program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

Athletics plays an important part in the life of Bethel Park High/Middle School students. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students (spectators as well as participants) develop pride in their school.

The major objective of the athletic program is to provide wholesome opportunities for students to develop positive habits and attitudes of social and group living.

Leadership should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the victory and defeat record, but rather in the personal development factors that are an outgrowth of the major objectives of the athletic program.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege and "not a right," and therefore can be taken away from a student if that student does not comply with the policies and procedures and Codes of Conduct of the School District that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies. While the Board of Education takes great pride in winning, it does not condone “winning at any cost” and discourages any and all pressures, which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational experience.

A comprehensive and balanced athletic program is an essential complement to the basic program of instruction. The athletic program should provide opportunities for students to further develop interests and talents in sports. Participation in athletics should provide many students with a lifetime basis for personal values for work and leisure activities.

Every effort should be made to support the activities program with facilities, equipment, and with the most qualified staff available. Coaches, directors, and sponsors should teach the specific skills necessary for improvement in athletics and provide guidance in the development of self-realization, good sportsmanship, cooperation, leadership, ethical behavior, and an appreciation for the importance of practice.

PHILOSOPHY OF DIFFERENT ATHLETIC LEVELS

Middle School / Jr. High

The Bethel Park School District believes that students need to be able to explore athletics at the age when they are learning about themselves and their abilities. Middle School and Jr. High athletics are to focus on participation so that students can discover their abilities, build their confidence and improve their performance in the classroom. It is important for students to get involved with school activities, to meet new people and to develop interests. Practices and games are to develop skills and learn about the game and rules. In turn this preparation will prepare them to participate at the next level. While the district would like to offer every student who is interested in an activity the opportunity to participate, occasionally the number of athletes becomes too large to effectively supervise or the athletes are not able to meet the minimum expectations and safely compete at the appropriate level of competition. Therefore, squad reductions may occur at this level.

Freshman / Junior Varsity

The Freshman and Junior Varsity levels serve as a transition from a developmental philosophy to a more serious philosophy. The focus of this level is to practice learned skills and prepare to play at the next level. Athletes are exposed to the traits it takes to be successful. Such traits include hard work, dedication, time management, desire, and sacrifice. If the number of athletes becomes too large to effectively supervise or the athletes are not able to meet the minimum expectations and safely compete at the appropriate level of competition, squad reductions may occur at this level.

Varsity

The Varsity level is the culmination of the athletic experience and is the highest level of competition in high school athletics. Emphasis at this level is on the use of the fundamentals of the sport, dedication, desire, hard work, and sacrifice. Playing time is at the coach's discretion and should be geared toward winning the competition while upholding both school and team rules. Success is not necessarily indicated by a win or loss, but measured by the quality of the effort, performance, and achievement of goals. Squad reductions may also occur at this level.

MISSION STATEMENTS

BPSD Mission: To lead an educational partnership with the Community, maintaining an environment that challenges all students to reach their potential as lifelong learners and responsible members of society.

BPSD Athletic Mission: To challenge all student athletes to achieve success and a sense of self-esteem through participation in competitive athletics. It is through participation in competitive athletics that students will develop the necessary skills to become productive members of a globally competitive workforce.

Bethel Park High School has a rich history of success in high school athletics. Not only are the administration, staff, and community committed to building upon that history, but it is also committed to maintaining a high level of integrity throughout its athletic program. Students are encouraged to develop responsibility and commitment, an understanding of the importance of teamwork, and respect for self and others.

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important role in helping the individual student develop a healthy self-concept as well as a healthy body.

In keeping with our philosophy, to fully develop our student athletes, and in line with keeping our athletic teams as competitive as possible, student athletes are strongly encouraged to participate in a variety of sports for Bethel Park if they are capable of doing so.

A student's physical and mental health is just one of many concerns that the administration, coaches, and teachers have for your child's total well being. Although there is no set policy against a student participating in more than one sport during any one season, and occasionally it works for the student-athlete, it is recommended that students should play only ONE sport during the fall, winter, and spring sports seasons. This is largely due to the grueling practice and academic workload for high school students. Students must remember that they are students first and athletes second. Trying to do too much will affect a student's health and also his/her academic and athletic performance.

CODE OF ETHICS

According to the PIAA Constitution and By-Laws, the following is the **Athletic Courtesy By-Law** that every school, student athlete, coach, official, athletic director, principal, and fan must abide by to ensure a strong Code of Ethics is maintained.

Athletics should foster clean sports. It is the privilege and duty of every person connected with athletics to exemplify these principles in that person's own actions and earnestly advocate them before others.

1. *The rules of the game are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage on sport is theft.*
2. *No advantages are to be sought over others except those in which the game is understood to show superiority.*
3. *Unsportsmanlike or unfair means are not to be used, even when they are used by opponents.*
4. *Visiting teams are to be honored guests of the home team and should be treated as such.*
5. *No action is to be taken nor course of conduct pursued which would seem unsportsmanlike or dishonorable if known to one's opponent or the public.*
6. *Remember that the student spectator represents his school the same, as does the athlete at all home and away contests.*
7. *Any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.*
8. *Decisions of officials are to be abided by, even when they seem unfair.*
9. *Officers and opponents are to be regarded and treated as honest in intention. In games when opponents conduct themselves in an unbecoming manner, and when officers are manifestly dishonest or incompetent, future relationships with them should be avoided.*
10. *Good points in others should be appreciated and suitable recognition given.*
11. *The practice of "booing" is regarded as discourteous and unsportsmanlike.*

SQUAD REDUCTION and CONCERN/COMPLAINT PROCESS

According to the philosophy of the Bethel Park School District, we strive to provide an opportunity for student athletes to learn through active participation in sports. An athlete's success within the athletic program is often determined by the level in which he/she is participating. Fundamental growth, progression from one year to the next, increased physical fitness, personal development, as well as winning can all be successes of the individual athlete. With that in mind, it is the intent of the athletic program to involve as many students as possible. However, it is occasionally necessary to reduce the number of athletes on the roster. This may occur when the number of athletes becomes too large to effectively supervise or the athletes are not able to meet minimum expectations and safely compete at the appropriate level of competition.

Squad Reductions:

The coach in charge of each individual team is responsible for the selection of the members of that team. They can choose to evaluate talent on their own, with a designated group of people, and/or hire outside professionals to aid in the process.

It is also the coach's responsibility to inform the athletes and parents of the tryout process and evaluation tool being used prior to the first day of tryouts.

If students must be eliminated from the squad, it is the coach's responsibility to personally inform the individuals either by a verbal or written communication. Impersonal methods of notification such as posting lists, reading names, or having other students report a team roster will not be utilized.

Concern/Complaint Process:

If a parent has a concern with the tryout process, they should follow the chain of command set forth below:

- 1 – Student should address question to coaching staff.
- 2 – Parent and student should request a meeting with the coach or coaching staff.
- 3 – Parent, student, and coach will meet with the Athletic Director.
- 4 – Parent, student, coach and Athletic Director will meet with the Principal.
- 5 – Unresolved issues will be referred to School District Policy 219 and such other applicable Board policies. All district policies are available on the School District's Website or in the Administration Building.

The Bethel Park Athletic Department believes that coaches are in the best position to determine which athletes will remain on the roster.

The Bethel Park Athletic Department is always looking for areas to improve. If a student or parent has a concern or an improvement idea for the selection process, please address all concerns prior to the tryout. Otherwise, positive changes cannot be implemented until the following year.

ELIGIBILITY

Physical Examinations

Requirement: The Bethel Park School District must follow the guidelines set forth by the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) in requiring that all athletes participating in interscholastic competition have a pre-participation physical examination.

This exam must occur no earlier than June 1st for all sports in the upcoming school year.

The health and well being of every student is our top priority. It is also important that our students learn responsibility and the ability to set priorities. The following procedures will help ensure that the school district is in compliance with P.I.A.A. regulations requiring that all athletes participating in interscholastic competition have a pre-participation physical examination:

1. The school will offer pre-participation physicals three (3) times per year (Summer, Winter and Spring). The date and place of these pre-participation physicals will be announced and publicized in the school approximately four (4) weeks prior to physicals being administered.
2. Students must obtain the PROPER forms from their coach, through the Athletic Office or online via the school website. **No other forms will be accepted.**
3. Completed physical forms are to be turned in to the coach, athletic trainer or athletic office ONLY, prior to the first designated practice. **If completed physical forms are not received, the student will NOT be allowed to practice or participate in that sport until all paperwork is received. NO EXCEPTIONS.**

Students will have to do one of two things PRIOR to the first day of tryouts in order to satisfy the Physical requirement.

1 – IF the student has not had a physical AFTER June 1, 2010 they will need to have a complete examination and fill out the entire packet. See sample “INITIAL PHYSICAL PACKET” under the FORMS section of this handbook.

2 – IF the student had a physical to participate during the fall or winter season of the current school year, they will only need to fill out the two sheets which include student information as well as a medical release that is signed by their parents. See sample “SUBSEQUENT SEASON PHYSICAL PACKET” under the FORMS section of this handbook.

The ultimate responsibility for obtaining a physical exam and becoming eligible to participate in a sport or the band will be up to the individual family. SEE SAMPLE PHYSICAL FORMS UNDER THE “FORMS” SECTION.

Academics

In order to be eligible for interscholastic athletic competition, a pupil must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the State Board of Education and the Pennsylvania School Code, as well as any local policies established by the local school board. The pupil must be passing at least four (4) full-credit subjects, or the equivalent, AND not be failing more than one full-credit subject, or the equivalent, AND maintain an overall GPA of 2.0. Eligibility shall be cumulative from the beginning of a grading period and shall be reported on a weekly basis. Where a student's cumulative work from the beginning of the grading period does not as of any Friday meet the standards provided for in this Section, the student shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday. Where a school is closed on Friday for any reason, the Principal may determine whether the student as of that day meets the standards provided for in this section.

In order to be eligible for interscholastic athletics, a pupil must have passed at least four full-credit subjects, or the equivalent, during the previous grading period. Back work may be made up, providing it is in accordance with the regular rules of the school. **In cases where a student's work in any preceding grading period does not meet the standards provided for in the "Eligibility" Section, said student shall be ineligible to participate in interscholastic athletics for the first fifteen (15) school days of the next grading period. At the end of the 15 days, the ineligible student may become eligible if his/her grades meet the current academic standards.**

At the end of the school year, the student's final credits for the entire year shall be used to determine his/her eligibility for the fall season of the following school year.

Age

Maximum Age Rule: A pupil shall be ineligible for interscholastic athletic competition upon attaining the age of nineteen (19) years, with the following exception: If the age of 19 is attained on or after July 1, of year in question, the pupil shall be eligible, age-wise, to compete throughout that school year.

How to Determine Age: In determining the age of a pupil, the date of birth (as recorded in the State Bureau of Vital Statistics) shall be considered as conclusive if filed in a State Bureau of Vital Statistics within one year after the date of birth. If a birth record from a State Bureau of Vital Statistics is not available, proof of a pupil's age may be determined by requiring the submission of a birth certificate which was issued within one year after birth; or in lieu of a birth certificate, a passport with the date of birth recorded

thereon; or in lieu of a passport, an affidavit by the parents or legal guardian, filed not later than one year after the pupil's admission to the first grade of an elementary school. In the event of the non-existence of any of these records of evidence, the earliest date of birth as recorded in the records of the school or schools attended by the pupil shall be considered the date of birth.

Attendance

In order to be eligible to participate in any interscholastic athletic contest, a pupil must have been regularly enrolled in a secondary school and in full time attendance thereafter. A pupil is eligible only at the school at which he/she is enrolled.

Students will be ineligible to participate in any activity or sport if he/she has missed more than **twenty (20) school days during a semester**, and shall not be eligible to participate in an Inter-School Practice, Scrimmage, or Contest until the student has been in attendance for a total of forty-five (45) school days following the student's twentieth (20th) day of absence except where there is a consecutive absence of five (5) or more school days due to confining injury, death in the immediate family (as defined in Section 1154 of the Public School Code of 1949, as amended), court subpoena, or quarantine, or an absence of five (5) or more school days due to the same confining illness, such absence may be waived from the application of this rule by the District Committee. **Attendance at summer school does not count toward the required forty-five (45) days.**

Students must attend **a full day of school in order to practice or participate in that sport or activity that day.** Exceptions to this rule include pre-approved college visits, funerals, medical appointments, and other special circumstances approved in advance by the Principal.

Amateur Status

Student athletes must be amateurs in order to participate in any PIAA sponsored contest. An amateur student is one who engages in athletic competition solely for the educational, physical, mental, social and pleasure benefits derived thereof. At the time of printing this Handbook, a loss of amateur status occurs when:

1. The student or student's parents receives compensation for related athletic ability, participation, performance, services, or training in a sport.
2. The student plays on a professional team or as an individual professional athlete in that sport.
3. The student signs a contract whereby the student agrees to compete in any athletic competition for consideration.
4. The student sells or pawns the student's athletic achievement awards.

It should be noted that the PIAA determines amateur status and the criteria for amateur status may change from time to time as dictated by the PIAA and if a question arises, the PIAA should be contacted directly.

Period of Participation

At the time of the printing of this Handbook, the period of participation is limited to students who have not:

1. Been in attendance more than 8 semesters beyond the 8th grade; except in cases of long, confining illness or injury which necessitates repeating a grade. To waive the 8-semester limitation, providing all other eligibility requirements are met; requires approval by the WPIAL Board of Control.
2. Played four seasons beyond the 8th grade in any one form of interscholastic athletics; or
3. Completed the work of grades 9, 10, 11, 12 (inclusive).
4. NOTE: A pupil is considered as representing his school during a particular season or sport only if he has participated in a game or interscholastic scrimmage or any part of a game or interscholastic scrimmage. A pupil who enters school in the second semester and plays two partial seasons in the same sport in separate school years shall be considered as playing the equivalent of one season.

The period of participation may change from time to time as dictated by the PIAA and if a question arises, the PIAA should be contacted directly.

All-Star Contests

It should be noted that the PIAA determines whether a student athlete loses athletic eligibility for participating in an all-star contest in that sport. The criteria for athletic eligibility may change from time to time as dictated by the PIAA and if a question arises, PIAA should be contacted directly.

You will lose your athletic eligibility in the respective sport for a period of one year if you participate in an all-star contest in that sport. You will also lose one year of eligibility if you participate in a contest to qualify for and/or determine a single national high school/interscholastic individual championship. Please contact the Athletic Director to determine if the competition in question falls under this rule.

Discipline

All athletes will abide by the current school discipline code set forth and approved since participation in extracurricular activities is a privilege and not a right and therefore can be taken away from a student if that student does not comply with the policies and procedures and Codes of Conduct of the School District.

Athletes who are assigned detention must report to detention, even if they have a practice scheduled. Students may not practice or play while under an in or out-of-school suspension. For example, a student suspended for Friday, Monday, and Tuesday may not participate in weekend school-related activities, including practice. A student who completes his/her suspension on Friday remains ineligible to play or practice until the next calendar day.

Upon obtaining the student's third level 2 or first level 3 violation, they are no longer allowed to participate in school activities including athletics for the remainder of the current school year. At any time Administration reserves the right to review a violation and distribute further discipline if necessary. Coaches and sponsors may further restrict, suspend or remove a student from the team as documented in the individual sports' team rules.

Violation of the school discipline code may result in an immediate suspension or complete termination of a student's participation in activities and athletics. Our student athletes must represent the very best of the district, both on and off the competition surface. Extracurricular activities are a privilege, not a right, and this privilege can be revoked at any time with just cause.

MEDICAL ISSUES

Health Insurance

Bethel Park School District requires all prospective student athletes to have adequate health insurance prior to any participation. Bethel Park does not provide medical insurance coverage for its athletes and the BPSD, its employees, representatives and agents are not liable for any medical or hospital care or expense. Therefore, each individual is responsible for any medical care and all related expenses resulting from any cause whatsoever in connection with the said sport.

If you currently do not have adequate medical insurance, please contact the school nurse for health care options.

Students traveling on away school field trips must have the school district's Field Trip Emergency Form completed in advance. See sample "FIELD TRIP EMERGENCY FORM" under the FORMS section of this handbook.

Athletic Trainers and Training Room Information

Athletic Trainers: Provided through Allegheny General Hospital
Location: Main floor of HS Building #6 adjacent to Male Locker Room
Hours: Approximately 1:45pm – 7pm plus varsity events during regular school days. If you need to set up a time to meet with the trainers individually, please call the athletic office.

Injury Procedure

The athletic trainer will be responsible for the management and treatment of all athletic injuries. All injuries must be reported to the athletic trainer as soon as possible.

Any athlete who is taken to a physician as recommended by the athletic trainer or by the parent as a result of a possible injury, must provide a written medical release to the athletic trainer in order to return to participation in his/her sport.

The coach or designee must notify the parents and/or guardians of any serious injuries. If necessary, the athlete will be taken to the hospital for necessary care.

The athletic trainer, not a coach, will determine whether an injured player is capable of practicing and/or playing.

If there is a difference of opinion between the athletic trainer and coach or the athletic trainer and parent in the athletes' ability to practice or play, the family is required to provide a written medical release to override the decision of the certified athletic trainer

Emergency Telephone Numbers:

Police	911
Pittsburgh Poison Center	412-681-6669
Bethel Park EMS and Police	412-833-2000
Jefferson Hospital	412-469-5800
Training Room	412-854-8551

ATHLETIC AWARDS

All awards will be distributed to the coaches by the Athletic Director and then to the individual athletes. Anyone who quits or is removed from a team prior to the completion of the season, including post-season playoffs, will not receive a letter nor any other individual or team award even if the criteria for earning that award had been met prior to quitting or being removed.

Middle School, Jr. High, Freshman

All students who successfully complete the season for the Middle School, Jr. High, and Freshman teams will receive a respective participation certificate.

Junior Varsity

All students who successfully complete the season for a junior varsity team will receive a certificate and a chenille graduation year.

Varsity

Requirements for earning a varsity athletic letter will be determined by the head coach. Requirements must be approved by the Athletic Director prior to the start of the season and a copy of these requirements will be retained in the athletic office. All students will be notified at the end of the season as to their lettering status.

First Year: Certificate, chenille “BP”, respective sport pin and service bar

Second Year: Certificate and service bar

Third Year: Plaque and service bar

Fourth Year: Plaque and service bar

Varsity Jackets

Varsity letterman’s jackets are handled by an external company. Contact information for said vendor along with general jacket information and sizing samples will be available in the athletic office. It will be the family’s responsibility to deal with the individual company if they are dissatisfied with the product or service they receive when ordering a varsity jacket.

STUDENT TRANSPORTATION

The Bethel Park School District provides transportation to all scheduled away events. It is important for students to ride the bus to and from all contests for many reasons. Such reasons include: team unity in victory and defeat, shared responsibility for team equipment during travel, coach's discussions and instructions before and after contests, etc. However, certain occasions arise that a parent must drive their child to or from a contest. In such cases, they must complete and comply with the attached "Athletic Travel Release" form prior to the scheduled event. See "ATHLETIC TRAVEL RELEASE FORM" under the FORMS section of this handbook.

STUDENT TRANSFERS

All transfer students and questions of residence will be thoroughly checked by the Athletic Director and approved by the Principal to see if they are in compliance with all PIAA rules before the students can be declared eligible to compete on an interscholastic sports team. Please contact either the Principal or the Athletic Director immediately if you have transferred in to the district or plan to transfer out.

HOME-SCHOOLERS IN ATHLETICS

All home-schooled students must abide by the same set of rules as set forth by the PIAA and described in this handbook. Home-schooled athletes must also show evidence of academic eligibility, required immunizations, and appropriate health screenings. If there are any questions regarding home-schooled children, please contact the Athletic Director immediately.

EQUIPMENT RETURN PROCEDURE

Students are responsible for any and all equipment (including uniforms and practice gear) issued by the school. You will be expected to return all equipment at the end of the season; otherwise, you will be financially responsible for any missing items.

Issued equipment is not to be used for any activity outside of the practices and competitions of the school sport in which it was issued. It is unfortunate that some people steal but that does not void your responsibility for returning or paying for all that was originally issued to you. If you fail to pay for non-returned or overly-abused equipment, you will not be permitted further athletic participation at Bethel Park and records and transcripts will not be released until all obligations have been cleared.

TEAM RULES

Coaches are encouraged to develop a set of “Team Rules” which governs the individual sport. These rules must be approved by the Athletic Director and kept on file in the athletic office. When a student becomes a member of a team or group, he/she is committing to all the rules and expectations of that team/organization and coach/advisor.

These rules, regulations, and expectations are published prior to the season and provided to the student and his/her parents/guardians at that time.

Full participation in extracurricular activities by any student requires skillful time management and prior planning for involvement in multiple events and activities. This is part of the skills and advantages that participants develop and nurture through membership in extracurricular activities.

Acknowledging that students by nature of their youth and inexperience are still developing life skills which include time management and prioritization of responsibilities, the Board of School Directors, Administration, and Coaches shall encourage each extracurricular activity participant to strive to achieve the highest academic as well as athletic standards as an individual and as a team.

All coaches and sponsors will reinforce the premise that the student has the responsibility to maintain sound academic standings.

If, during the course of planned season activities, a situation develops which places an academic activity at risk, it is the **student’s responsibility** to bring this issue to the attention of their **immediate team head coach or sponsor** with a proposed resolution **prior to the start of the activity**.

Full participation and attendance at all competitions, practices, and events is expected of all participants. In the event of an extreme personal or family emergency and/or a conflict with academic demands, at the request of the parents/guardians and with the approval of the immediate team head coach or Athletic Director participation may be excused or abbreviated. This may only be arranged at the discretion of the team head coach or Athletic Director prior to the event. The head coach or Athletic Director may also grant these exceptions when the schedule presents an undue burden or academic strain on the students as a result of competitions/events being scheduled on two or more consecutive school evenings. **All arrangements must be made prior to the start of the event/competition.**

HAZING POLICY

It is the goal of the Bethel Park School District to provide a safe and positive environment for students and staff that is free from hazing. Hazing activities are inconsistent with the educational goals of the district. As the Bethel Park School District has adopted a “Hazing Policy,” the current hazing policy and any other relevant policy shall be part of this Handbook.

The school’s staff, administration, and coaches do not and will not condone any form of initiation or harassment, known as hazing. Please refer to the School District Policy 247 for full text of the current policy and any other relevant policies.

ATHLETIC SCHOLARSHIPS AND RECRUITING

Student athletes should conduct a meeting with their high school coach(es) at the end of their junior season. Let your coaches know that you are very interested in participating in collegiate athletics and discuss your potential as an NCAA Division I, II, or III player. Do not be afraid to ask for their help. Your coach will help you, but there are limitations as to how much he/she can do. There are over 3,000 colleges and universities that offer athletic programs. Contacting each and every one of them is impossible for your coach. See the informational section of this handbook for more recruiting tips.

DISCIPLINE CODE OF CONDUCT

All athletes will have to abide by the school’s current Student/Parent Handbook and Discipline Code of Conduct throughout the entire school year. Please review the Parent-Student Handbook and Discipline Code of Conduct for complete descriptions and more details.

CANCELLATION OF EVENTS DUE TO INCLEMENT WEATHER

Based on a cancellation or early dismissal of school, as directed by the Superintendent of Schools, due to inclement weather, the following shall apply:

1. All rehearsals, practices, competitions, performances are cancelled unless administrative approval is given. Administrative consideration will be given to the need for the rehearsal/practice based on the immediacy of the competition/performance and the severity of the weather/road conditions.
2. All student activity coaches/sponsors may request permission to use school facilities on the day of cancellation. This must be done on a single day basis.
3. Students cannot be required to attend an approved activity/practice/rehearsal during a school closing. Participation must be voluntary.
4. All home activities involving spectators are cancelled unless administrative approval is given.
5. If an early dismissal occurs, all activities are cancelled.

INSTRUCTIONS TO STUDENT ATHLETES

1. Athletes will not be permitted in any area of the building after school, except those areas designated by the coaches or Athletic Director.
2. Athletes should report immediately to the locker rooms after dismissal bell in the afternoon and practices should be scheduled to begin at a definite time.
3. No practice arrangements – formal or informal – are permitted without the presence of supervisory coaching personnel.
4. Students are not to remain after school unless coaches are present.
5. Athletic shoes with spikes are not to be worn in the building.
6. Athletes are to leave their automobile in the designated student parking areas.
7. You may not practice without properly signed physical cards returned to your coach.
8. You are responsible for all of the enclosed guidelines.

WEIGHT ROOM REGULATIONS

1. Shirts and shoes are required at all times; tank tops are acceptable.
2. Nobody is to be in the weight room alone. Wait outside the weight room for a coach. Under NO circumstances is any student permitted to be in the weight room unsupervised.
3. Lifters must work with a partner.
4. Replace all weights on racks immediately following use.
5. Know your limits! Work with the instructor in determining your limits.
6. Do the lifts correctly. It is better to use lighter weights for lifting than heavier weights and run the risk of injury.
7. Warm up with the proper stretching exercises.
8. No food or drinks (except water or sport drinks) are allowed inside the weight room.
9. No horseplay or profanity.
10. Do not abuse the equipment. This equipment will have to be used for years to come. Please respect all the school district property.
11. Any equipment that is broken must be reported immediately to the Athletic Director.
12. To reduce the risk of infections, wipe equipment after use to sanitize before the next individual uses the equipment.

INFORMATIONAL ITEMS

M.R.S.A. Prevention.....	24
<i>ImPACT</i> Concussion Software	24
Parents’ Guide for Head Injuries	25
Collegiate Athletic Options	
National Collegiate Athletic Association (NCAA).....	25
National Association of Intercollegiate Athletics (NAIA)	26
National Junior College Athletic Association (NJCAA)	26
Recruiting Tips.....	26
NCAA Clearinghouse and Guide for College-Bound Student Athletes	27
NCAA Quick Reference Sheet	28-29
Parents	
Positive Athletic Parenting	30
Parent/Coach Relationship.....	30-31
Parents’ Responsibility as Fans	31-32

M.R.S.A. Prevention

Methicillin-Resistant Staphylococcus Aureus (MRSA) infections, once seen primarily in hospital settings among older and sicker patients, have become increasingly common in recent years in community settings among healthy adults and children, including athletes who are in close contact with one another and share athletic equipment and locker room facilities. Anywhere from 20% to 50% of the general population may have staph bacteria present in or on their body without causing illness, and some proportion of these staph are antibiotic-resistant. Any staph can penetrate the skin and cause infection, which may result in redness, warmth, pimples or boils, sometimes with or without puss. Staph bacteria are spread mainly by skin-to-skin contact, especially via openings in the skin such as cuts, wounds or abrasions; by direct contact with contaminated items or surfaces; and also may result from poor hygiene.

Health officials recommend the following precautions to reduce the risk of MRSA infections:

- Wash hands with soap and warm running water frequently, especially after contact with nose secretions and drainage from skin openings.
- Skin openings -- cuts, wounds or abrasions -- should be covered at all times with clean, dry bandages.
- Dispose of used bandages in a manner so others don't have contact with infectious drainage.
- Avoid sharing personal items such as towels, washcloths, razors and clothing that may have come in contact with an infected wound.
- Wash soiled linens and clothing in hot water and detergent. Drying in a hot dryer is better than air-drying.
- Clean potentially contaminated surfaces with a commercial disinfectant or a bleach-water solution -- ¼ cup of household bleach to one gallon of water.

For more information contact the Allegheny County Health Department.

ImPACT Concussion Software

In the interest of safety for student athletes, the Bethel Park School District has purchased the ImPACT Concussion Software program. This program helps assist medical personnel in making safe return to play decisions following a concussion. The ImPACT program incorporates a pre-season computerized baseline evaluation of cognitive functioning. Athletes who participate in the "at risk" sports are given the baseline test in one of the school computer labs by the athletic trainer.

Following a suspected concussion, the athlete will undergo a second evaluation identical to the first. Baseline data from the initial evaluation (along with current injury symptoms) will serve as a direct comparison to determine the athlete's recovery from injury. At that time, the injured athlete should see a certified

medical doctor trained in reading the specific results of this test. From there a diagnosis can be rendered.

Parents' Guide for Head Injuries

The following is informational only and parents should contact a doctor for specific direction and not rely solely on the information contained in the guide.

Any head, face, neck or jaw injury has the potential to become dangerous if not treated properly. The danger may not appear immediately so the first 24 hours is vital to determine possible severity. The following is offered to help guide parents during the time after their child's head injury. These guidelines are not meant as, and should not be used as substitutes for competent medical care.

1. Awaken the athlete every two hours to check for these symptoms and his/her general mental clarity.
2. Administer NO medication during the first 24 hours, including aspirin, Tylenol or Advil unless they are prescribed by a physician.
3. Allow only clear fluids, avoid excessive eating or drinking.
4. If any of the following occur, seek medical assistance immediately:
 - a. Severe or increasing headaches
 - b. Dizziness
 - c. Inability to arouse or awaken the athlete
 - d. Pupils of unequal size
 - e. Nausea or vomiting
 - f. Tingling, numbness or lack of control in arms or legs
 - g. Blurred or double vision
 - h. Mental confusion
 - i. Clear drainage from the ears or nose
 - j. Breathing difficulties

Collegiate Athletic Options (Levels of Play)

1. National Collegiate Athletic Association (NCAA)

NCAA Division I. This is the highest level of play and they offer the most scholarships. These are the large schools with large student populations.

NCAA Division II. Smaller specialty schools that provide scholarships as well as financial aid grants.

NCAA Division III. No athletic scholarships but many high school graduates receive academic scholarships, financial aid, grants, and jobs on campus, also known as work-study programs.

2. **National Association of Intercollegiate Athletics (NAIA)**

NAIA can give athletic scholarships as well as other benefits to enable a player to attend school.

3. **National Junior College Athletic Association (NJCAA)**

Financial aid is provided for the cost of tuition and books. If you are not ready physically or mentally to attend a 4-year college, then a junior college that offers athletic programs may be the answer.

Recruiting Tips

1. Determine if you are good enough to participate at the collegiate level. Build support groups that can give you good sound advice that would consist of your parents, coaches, principals, Athletic Director, and community members that have participated in collegiate athletics that have seen you play.
2. Once you have set your goals for collegiate athletics, begin to market yourself. You can only be offered a college scholarship if a college coach or scout has an opportunity to see you play. This is where you need to begin to market yourself to the colleges of your choice.
 - a. Go to the guidance office, athletic office, or the Internet and obtain addresses of the colleges that you would be interested in.
 - b. Prepare a letter to be sent to the college coaches.
 - c. Prepare a resume of your career.
 - d. Prepare a highlight tape and game tape to send with the resume (be sure to label your game tape with the appropriate information – name, address, school name, etc.).
3. Send the information before your senior season.
4. The majority of the colleges will send you a questionnaire; complete it and return it to the colleges immediately.
5. If you are an outstanding student, you will have opportunities to obtain athletic and academic scholarships. Many of the top academic universities have stringent minimum academic entrance requirements where many athletes cannot qualify. Talk with your guidance counselor/coach to obtain the names of academic universities in which you may obtain an athletic scholarship. This is a great opportunity for you if you are an outstanding student.

6. It is suggested that you attend a summer camp to increase your chances of being noticed. You will have the opportunity to perform in front of the college coaching staff for four or five days. Your high school coach or the Athletic Director can help you obtain information for summer camps.
7. If all else fails, you have the opportunity to walk on at the college of your choice and have the chance to earn a college scholarship later. It is very feasible to walk on a team and earn a partial or full scholarship for your remaining years if you become a starter.

College coaches are looking for all around athletic ability first. They look for coordination, speed, jumping ability, size, and strength. College coaches recognize that superior all-around athletes are usually good at a variety of sports. Just by participating in different sports, you are showing scouts that you have some unique gifts – unique because most young athletes can barely excel at one sport, much less two or three. If you are a standout at two or three sports, then you are a special talent.

NCAA Clearinghouse and Guide for College-Bound Student Athletes

A guide for college-bound student athletes and their parents may be obtained by logging on to <https://web1.ncaa.org/eligibilitycenter/common/> or by calling the Athletic Office for a printed copy.

Find out if you are on track to meet academic eligibility and core-course requirements. See what the graduation rate of the athletic program is and that the athletes in your sport are at the colleges in which you are interested. Ask what academic support services are available and how academic progress is tracked.

The NCAA Quick Reference Sheet information is listed on the following page with a brief outline of core courses.

For athletes who receive a scholarship from a Division I university, their initial eligibility will be evaluated under the 16 core course rule:

- 4 years of English
- 3 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (one must be a lab science)
- 1 year of additional science, math or English
- 2 years of social studies
- 4 years of additional core courses (they can be from any listed above or from non-doctrinal religion or philosophy or foreign language)

For athletes who receive a scholarship from a Division II university they will be evaluated under the 14 core course rule:

- 3 years of English
- 2 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (one must be a lab science)
- 2 years of additional science, math or English
- 2 years of social studies
- 3 years of additional core courses (they can be from any listed above or from non-doctrinal religion or philosophy or foreign language)

The "sliding scale" used by the NCAA now allows a higher core GPA to reduce the SAT component.

2.5 core GPA will need a 820 SAT score

2.75 core GPA will need a 720 SAT score

3.0 core GPA will only require a 620 SAT score

3.55 core GPA will just need a 400 SAT score

The NCAA has stated that their research now indicates that core class grades were the best indicators of academic success during a student-athlete's freshman year.

What Do I Need To Do?

- **Grade 9**
 - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- **Grade 10**
 - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- **Grade 11**
 - Register with the eligibility center.
 - Make sure you are still on course to meet core-course requirements (verify you have the correct number of core courses and that the core courses are on your high school's 48-H with the eligibility center).
 - After your junior year, have your high school guidance counselor send a copy of your transcript. If you have attended any other high schools, make sure a transcript is sent to the eligibility center from each high school.
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
 - Begin your amateurism questionnaire.
- **Grade 12**
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
 - Complete amateurism questionnaire and sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)
 - Have your high school guidance counselor send a final transcript with proof of graduation to the eligibility center.

PARENTS

Positive Athletic Parenting

- Be a positive motivator.
- Do not degrade the coach or their staff; we all make mistakes. Instead emphasize loyalty and perseverance, and use it as a teaching moment.
- Encourage your child to play for the enjoyment of the experience.
- Do not focus on personal statistics, game scores, or athletic scholarships.
- Encourage participation in several sports. Specialization leads to decreased enjoyment and burnout.
- Be realistic about your child's abilities.
- Be a good role model for your child.
- Encourage good decision making.
- Talk to your child on a daily basis.

Parent/Coach Relationship

Communication/Information Coaches Should Provide to Parents:

- Coach's expectations of players and their parents
- Locations and times of all practices and contests
- Team requirements (i.e. special equipment, off-season conditioning, etc.)
- Team rules and guidelines
- Lettering requirements
- Disciplinary procedures
- Information regarding procedures to contact coaches

Communication / Information Parents Should Provide to Coaches:

- Notification of any schedule conflicts well in advance
- Specific concerns in regard to the coach's expectations of their child
- Information regarding student injuries and medical condition

Appropriate Concerns for Parents to Discuss with Coaches:

- Treatment of their child
- Ways to help their child improve
- Concerns about their child's behavior

Concerns NOT Appropriate to Discuss with Coaches:

- Playing time / positions / assignments
- Team strategy
- Play calling
- Other student athletes

Procedures for Discussing Parental Concerns:

- Parents should not confront coaches or engage in controversial discussion with coaches, either in person or via telephone, immediately before, during or after a practice and/or game. Failure to comply with this request will result in a meeting with the Administration and consequences may include being prohibited from attending next event, multiple events, or up to and including the remainder of the season. *Discussions during times of high emotions do not promote resolution of issues.*
- Parents may discuss concerns with coaches via the telephone or request a meeting with the coach.
- If a parent meeting is desired, the parent should call the coach to schedule an appointment in advance.
- If the coach cannot be reached, the Athletic Director should be contacted to schedule the meeting.
- If the meeting with the coach does not provide satisfactory resolution, the parent may schedule an appointment with the Athletic Director to discuss the situation.
- Coaches may also schedule a meeting with the Athletic Director to discuss issues with parents.
- If the situation is still unresolved, additional meetings with appropriate administrators may be scheduled.

Parents' Responsibility as Fans

In recent news, the role of the parent as a fan at youth or high school athletic events has become a concern. In another state, a parent was sentenced to jail for the murder of a fellow parent during a high school hockey practice. In our state not too long ago, several parents were accused of attacking a referee during a high school basketball game. It is important for fans (parents or otherwise) to realize that just like participants, they play an important role in every contest.

First, the fan must realize the participants are playing the game because of their love and enjoyment for the sport.

Second, a fan must realize that these are youth or high school athletes. They will not be able to perform at the collegiate or professional level at which you are accustomed to watching on television or attending in person.

Third, remember the athletes are trying to succeed and give their best effort every time. Fans should recognize and appreciate their successes and not criticize their failures. Their efforts are pure and genuine. Realize that some athletes will have more advanced skills than others. As a fan, you must be aware of the simple fact that even though your team may give a solid effort, they will not always win.

Fourth, the fan needs to understand the coach. Coaches work and prepare to put forth the best game possible with the resources they have. They are interested in the success of the athlete and team and are working together toward common goals. They are also educators. Along the way, coaches may be forced to sideline a player for lack of effort or

violation of team rules. While people may not always know the whole story, or agree with the decision, it is part of the coach's responsibility. The athlete may not always agree with these tough decisions either, but they will remember the reason a lot longer than they will remember the score of that game.

Fifth, remember the future of the participant. There is no need to dwell on the score, because a year from now, the score will not matter. What will matter is the impression you left on everyone and how the school will be perceived in the future. How fans behave has a larger impact on the game than you may think.

Sixth, it is the responsibility of the fan to show the athlete how to react to success and failure with the proper attitude. The fan needs to understand that everyone involved – players, coaches, officials – is trying to do their best. Appreciate that effort and be patient and understanding when mistakes occur. When success occurs, for the Black Hawks or for the opponent, recognize it with class and refrain from taunting or flaunting.

Seventh, attending an athletic contest should be an enjoyable activity for the fan. As stated before, the athletes are playing for the love of the game. Help them to look forward to participation in contests and appreciate you coming to support them. Do not make them dread this experience because of your inappropriate behavior.

Finally, always remember you are the role model. You are modeling for the athlete (your son or daughter), the community and yourself. Continue to support the sport(s) of your choice but please do so in a manner that will make the team and community proud.



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Forms

1. Athletic Travel Release Form
2. Field Trip Emergency Form
3. Initial Physical Packet
 - a. Sport Informational Sheet
 - b. Authorization for Release
 - c. PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION (CIPPE)
 - i. Section 1 – Parents
 - ii. Section 2 – Parents
 - iii. Section 3 – Parents
 - iv. Section 4 – Medical Examiner
 - v. Section 7 – Wrestlers ONLY
4. Subsequent Season Physical Packet
 - a. Sport Informational Sheet
 - b. Section 5 of CIPPE Form – Parents
 - c. Section 6 of CIPPE Form – Medical Examiner



BETHEL PARK HIGH SCHOOL
309 CHURCH ROAD / BETHEL PARK, PA 15102
PHONE 412-854-8548 / FAX 412-854-8753

Athletic Travel Release Form

This is to certify that _____ (student's name) has my permission

NOT to ride the bus home from the _____ (sport) athletic contest

on _____ (date) from _____ (location of contest).

I certify that I _____ (name of parent/guardian) am personally transporting the above named student from this event.

The adult responsible for transportation must personally see the advisor or coach in charge when taking a student to an event prior to the event.

I understand that the Bethel Park School District's Athletic Rules requires a student to ride the busses to and from all athletic events and departure from this requirement will release the Bethel Park School District from all liability for any adverse results which may occur.

I agree to release the Bethel Park School District and its employees and officers from all liability with reference to the above stated transportation.

This form must be signed by the Parent/Guardian, Athletic Director/Principal and Head Coach prior to departure from Bethel Park. The head coach will retain this form.

Signature of Parent /Guardian

Signature of Head Coach

Signature of Athletic Director/Principal

**Bethel Park School District
Field Trip Student Emergency Information Form**



**PLEASE PRINT ALL INFORMATION CLEARLY
Information is to be viewed only by District Staff
FERPA and HIPAA Regulations Apply**

Activity/Event Information:

Activity/Event _____ Date(s) of Activity _____

Student Information

Name _____ Date of Birth ___/___/___

Address _____ Home Phone() _____

Health Insurance Information

Insurance Provider _____ Provider's Phone # () _____

Agreement # _____ Group # _____

Name of Insured _____

First Aid/Emergency Treatment Authorization

In the event of an emergency where treatment is required, every attempt will be made to reach a parent or guardian. However, school agents are authorized under *in loco parentis* to seek medical treatment in the best interest of the student when necessary.

Parent/Guardian Information

Name: _____ Relationship _____ Phone() _____

Name _____ Relationship _____ Phone() _____

Name: _____ Relationship _____ Phone() _____

Other Emergency Contacts

Name _____ Relationship _____ Phone() _____

Name _____ Relationship _____ Phone() _____

Attachment B. for Board Policy 241

Student's Health Information -Please check all that apply and explain as necessary

_____ Asthma	_____ Seizure Disorder	_____ Diabetes
_____ Heart Condition	_____ Fainting	_____ Low Blood Sugar
_____ Frequent Nose Bleeds	_____ Migraines	_____ Dietary Restrictions
_____ Vision Problems	_____ Glasses/Contacts (circle)	_____ Other (Explain below)
_____ Allergies	List _____	_____

Date of Last Tetanus Shot _____

List Medications: (Please note that District Staff will only administer meds for which a physician's prescription is on file. A doctor's note is also necessary for over the counter medications. Please attach the necessary documentation.) Student must turn in all medication (including over-the-counter meds) to District Staff. The School Nurse or other appropriate district staff will be responsible for securing and distributing medication.

Medication _____ Dosage _____ Frequency _____

Medication _____ Dosage _____ Frequency _____

Medication _____ Dosage _____ Frequency _____

Medication Allergies _____

Special Instructions/Explanations for health issues or medications listed above:

(use an additional page if needed for complete explanation)

Name of Student's Physician _____ Phone() _____

Name of Student's Dentist _____ Phone() _____

Authorization of Parent/Guardian:

Signature

Date



NAME _____ SPORT _____

MALE/FEMALE _____ HOMEROOM _____ CURRENT SCHOOL YEAR _____

CONTACT TELEPHONE NUMBER _____

Please circle the grade levels that you participated in this sport (including this season):

7 8 9 10 11 12

FOR STUDENTS IN GRADES 9 – 12 ONLY: How many semesters have you been in school beyond 8th grade (including this semester and based on a max of 2 semesters per year)?

(Circle One Number) 1 2 3 4 5 6 7 8

STUDENT

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving many risks of injury. I understand that the dangers and risks of playing or practicing to play/participate include but are not limited to death, serious neck injury and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the muscular-skeletal system, and other serious injury or impairment to other parts of my body, general health and well being.

Because of these dangers of participation in the above sport, I recognize the importance of following coaches' instructions regarding playing techniques, training and team rules, and agree to follow such instructions. I further agree to abide by the rules, regulations and other material contained in the Bethel Park Athletic Handbook.

As a result of the Bethel Park School District (BPSD) providing me the opportunity to try out for the above sport and to engage in all activities related to the team, including but not limited to trying out, practicing or playing/participating in that sport, I hereby assume all the risks outlined above.

Signature of Student

Date

PARENT / LEGAL GUARDIAN

As the parent/legal guardian of the above named student, I have read the STUDENT section above and understand that all sports can involve risk of injury including but not limited to those risks outlined above.

As a result of the BPSD providing my child/ward the opportunity to try out for the above named sport and to engage in all activities related to the team, I hereby give my permission for him/her to participate in that sport for the school year indicated.

I understand that the BPSD does not provide medical insurance coverage for its athletes and that our child must be enrolled in some type of medical insurance coverage before participating in interscholastic athletics. We also agree not to hold the BPSD, its officers or its employees, liable for any medical or hospital care or expense. Therefore, I am responsible for any medical care and all related expenses for my child which resulted from any cause whatsoever in connection with the sport listed above.

I understand that as a parent/legal guardian, I am financially responsible for any lost or non-returned school issued uniform/equipment. It is important that all items be returned or paid for so that the following year's team may receive the same benefits of representing their school during athletic contests. Failure to comply will result in the student's name appearing on the school's Obligation List.

Signature of Parent / Legal Guardian

Date

PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION

INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first four Sections of the CIPPE Form. Upon completion of Sections 1, 2, and 3 by the parent/guardian, and Section 4 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school for retention by the school. The CIPPE may not be performed earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 5 of this form and must turn in that Section to the Principal, or Principal's designee, of his or her school. The Principal, or the Principal's designee, will then determine whether Section 6 need be completed.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Current Physical Address _____

Current Home Phone # () _____ Parent/Guardian Current Cellular Phone # () _____

Fall Sport(s): _____ Winter Sport(s): _____ Spring Sport(s): _____

EMERGENCY INFORMATION

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

Student's Allergies _____

Student's Health Condition(s) of Which an Emergency Physician Should be Aware _____

Student's Prescription Medications _____

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

The student's parent/guardian must complete all parts of this form.

A. I hereby give my consent for _____ born on _____ who turned _____ on his/her last birthday, a student of _____ School and a resident of the _____ public school district, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20____ - 20____ school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

Fall Sports	Signature of Parent or Guardian
Cross Country	
Field Hockey	
Football	
Golf	
Soccer	
Girls' Tennis	
Girls' Volleyball	
Water Polo	
Other	

Winter Sports	Signature of Parent or Guardian
Basketball	
Bowling	
Girls' Gymnastics	
Rifle	
Swimming and Diving	
Track & Field (Indoor)	
Wrestling	
Other	

Spring Sports	Signature of Parent or Guardian
Baseball	
Lacrosse	
Girls' Soccer	
Softball	
Boys' Tennis	
Track & Field	
Boys' Volleyball	
Other	

B. Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature _____ Date ____/____/____

C. Disclosure of records needed to determine eligibility: To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature _____ Date ____/____/____

D. Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature _____ Date ____/____/____

E. Permission to administer emergency medical care: I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care.

Parent's/Guardian's Signature _____ Date ____/____/____

F. Understanding of risk of concussion and head injury: I hereby acknowledge that I am familiar with the nature and risk of concussion and head injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or head injury. Information relevant to concussion in high school sports is available on the PIAA Web site at www.piaa.org/piaa-for/sports-med.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 3: HEALTH HISTORY

**Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.**

<p>1. Has a doctor ever denied or restricted your participation in sport(s) for any reason? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Do you have an ongoing medical condition (like asthma or diabetes)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Do you have allergies to medicines, pollens, foods, or stinging insects? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Have you ever passed out or nearly passed out DURING exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6. Have you ever passed out or nearly passed out AFTER exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>7. Have you ever had discomfort, pain, or pressure in your chest during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Does your heart race or skip beats during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>9. Has a doctor ever told you that you have (check all that apply): <input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection</p> <p>10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram) <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>11. Has anyone in your family died for no apparent reason? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>12. Does anyone in your family have a heart problem? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>13. Has any family member or relative died of heart problems or of sudden death before age 50? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>14. Does anyone in your family have Marfan syndrome? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>15. Have you ever spent the night in a hospital? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>16. Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <div style="border: 1px solid black; padding: 5px;"> <p>17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, that caused you to miss a practice or Contest? If yes, circle affected area below:</p> <p>18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:</p> <p>19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:</p> <table border="0" style="width: 100%; text-align: center; font-size: small;"> <tr> <td>Head</td><td>Neck</td><td>Shoulder</td><td>Upper arm</td><td>Elbow</td><td>Forearm</td><td>Hand/ Fingers</td><td>Chest</td> </tr> <tr> <td>Upper back</td><td>Lower back</td><td>Hip</td><td>Thigh</td><td>Knee</td><td>Calf/shin</td><td>Ankle</td><td>Foot/ Toes</td> </tr> </table> </div> <p>20. Have you ever had a stress fracture? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>22. Do you regularly use a brace or assistive device? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest	Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/ Toes	<p>23. Has a doctor every told you that you have asthma or allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>25. Is there anyone in your family who has asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>26. Have you ever used an inhaler or taken asthma medicine? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>27. Were you born without or are your missing a kidney, an eye, a testicle, or any other organ? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>28. Have you had infectious mononucleosis (mono) within the last month? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>29. Do you have any rashes, pressure sores, or other skin problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>30. Have you had a herpes skin infection? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <div style="border: 1px solid black; padding: 5px;"> <p>CONCUSSION OR HEAD INJURY</p> <p>31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or head injury? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>32. Have you been hit in the head and been confused or lost your memory? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>33. Do you experience dizziness and/or headaches with exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> </div> <p>34. Have you ever had a seizure? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>36. Have you ever been unable to move your arms or legs after being hit or falling? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>37. When exercising in the heat, do you have severe muscle cramps or become ill? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>39. Have you had any problems with your eyes or vision? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>40. Do you wear glasses or contact lenses? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>41. Do you wear protective eyewear, such as goggles or a face shield? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>42. Are you unhappy with your weight? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>43. Are you trying to gain or lose weight? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>44. Has anyone recommended you change your weight or eating habits? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>45. Do you limit or carefully control what you eat? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>46. Do you have any concerns that you would like to discuss with a doctor? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>FEMALES ONLY</p> <p>47. Have you ever had a menstrual period? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>48. How old were you when you had your first menstrual period? _____</p> <p>49. How many periods have you had in the last 12 months? _____</p> <p>50. Are you pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest										
Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/ Toes										

#s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

**SECTION 4: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION
AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER**

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ BP _____ / _____ (_____ / _____ , _____ / _____) RP _____

If either the blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended. **Age 10-12:** BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96

Vision R 20/____ L 20/____ Corrected YES NO (circle one) Pupils: Equal ____ Unequal ____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

CLEARED **CLEARED**, with recommendation(s) for further evaluation or treatment for: _____

NOT CLEARED for the following types of sports (please check those that apply):

COLLISION CONTACT NON-CONTACT STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP (circle one) Date of CIPPE ____/____/____

SECTION 5: RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed not earlier than six weeks prior to the first Practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in all subsequent sport seasons in the same school year. The Principal, or the Principal's designee, of the herein named student's school must review the SUPPLEMENTAL HEALTH HISTORY.

If any SUPPLEMENTAL HEALTH HISTORY questions are either checked yes or circled, the herein named student shall submit a completed Section 6, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

SUPPLEMENTAL HEALTH HISTORY

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Winter Sport(s): _____ Spring Sport(s): _____

CHANGES TO PERSONAL INFORMATION (In the spaces below, identify any changes to the Personal Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Current Home Address _____

Current Home Telephone # () _____ Parent/Guardian Current Cellular Phone # () _____

CHANGES TO EMERGENCY INFORMATION (In the spaces below, identify any changes to the Emergency Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

SUPPLEMENTAL HEALTH HISTORY:

Explain "Yes" answers at the bottom of this form. Circle questions you don't know the answers to.

- | | Yes | No | | Yes | No |
|--|--------------------------|--------------------------|--|--------------------------|--------------------------|
| 1. Since completion of the CIPPE, have you sustained an illness and/or injury that required medical treatment from a licensed physician of medicine or osteopathic medicine? | <input type="checkbox"/> | <input type="checkbox"/> | 4. Since completion of the CIPPE, have you experienced any episodes of unexplained shortness of breath, wheezing, and/or chest pain? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Since completion of the CIPPE, have you had a concussion (i.e. bell rung, ding, head rush) or head injury? | <input type="checkbox"/> | <input type="checkbox"/> | 5. Since completion of the CIPPE, are you taking any NEW prescription or non-prescription (over-the-counter) medicines or pills? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Since completion of the CIPPE, have you experienced dizzy spells, blackouts, and/or unconsciousness? | <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you have any concerns that you would like to discuss with a physician? | <input type="checkbox"/> | <input type="checkbox"/> |

#'s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

Section 6: CERTIFICATION BY LICENSED PHYSICIAN OF MEDICINE OR OSTEOPATHIC MEDICINE

This Form must be completed for any student who, subsequent to completion of Sections 1 through 4 of this CIPPE Form, required medical treatment from a licensed physician of medicine or osteopathic medicine. This Section 6 may be completed at any time following completion of such medical treatment. Upon completion, the Form must be turned in to the Principal, or the Principal's designee, of the student's school.

NOTE: The physician completing this Form must first review Sections 3 and 4 of the herein named student's previously completed CIPPE Form. Section 5 must also be reviewed if both 1) this Form is being used by the herein named student to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in a subsequent sport season in the same school year AND 2) the herein named student either checked yes or circled any Supplemental Health History questions in Section 5.

If the physician completing this Form is clearing the herein named student subsequent to that student sustaining a concussion or head injury, that physician must be sufficiently familiar with current concussion management such that the physician can certify that all aspects of evaluation, treatment, and risk of that injury have been thoroughly covered by that physician.

Student's Name: _____ Age _____ Grade _____

Enrolled in _____ School _____

Condition(s) Treated Since Completion of the Herein Named Student's CIPPE Form: _____

A. GENERAL CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with no restrictions, except those, if any, set forth in Section 4 of that student's CIPPE Form.

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (*circle one*) Date _____

B. LIMITED CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with, in addition to the restrictions, if any, set forth in Section 4 of that student's CIPPE Form, the following limitations/restrictions:

1. _____
2. _____
3. _____
4. _____

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (*circle one*) Date _____

Section 7: CIPPE MINIMUM WRESTLING WEIGHT

INSTRUCTIONS

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be 1) certified to by an Authorized Medical Examiner (AME) and 2) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (See NOTE 1). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

Student's Name _____ Age _____ Grade _____
Enrolled in _____ School _____

INITIAL ASSESSMENT

I hereby certify that I have conducted an Initial Assessment of the herein named student consistent with the NWCA OPC, and have determined as follows:

Urine Specific Gravity/Body Weight _____/_____ Percentage of Body Fat _____ MWW _____

Assessor's Name (print/type) _____ Assessor's I.D. # _____

Assessor's Signature _____ Date ____/____/____

CERTIFICATION

Consistent with the instructions set forth above and the Initial Assessment, I have determined that the herein named student is certified to wrestle at the MWW of _____ during the 20____ - 20____ wrestling season.

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP Date of Certification ____/____/____
(circle one)

For an appeal of the Initial Assessment, see NOTE 2.

NOTES:

1. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.

2. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment.