

**THE INFORMATION IN
THIS PACKET SHOULD BE
READ, CLEARLY
UNDERSTOOD, SIGNED &
WITNESSED BY A NOTARY
PUBLIC BEFORE ANY
STUDENT/ATHLETE MAY
PARTICIPATE IN
TENNESSEE HIGH SCHOOL
ATHLETICS
(PRACTICE OR PLAY)**



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**TENNESSE HIGH SCHOOL ATHLETIC DEPARTMENT
PARENT/ ATHLETE GUIDELINES
2018-2019**

Athletic participation is a privilege granted all students who voluntarily accept the rules and regulations outlined in these guidelines. The purpose of these guidelines is to provide information to student-athletes and their parents concerning athletics at Tennessee High School during the 2018-2019 school year.

Student-athletes and their parents should refer to these guidelines as they should provide answers to questions that might arise during the year. These guidelines outline the requirements, responsibilities, and expectations of a Tennessee High School Student-Athlete. It is very important that all student-athletes and their parents understand these guidelines as they will be required to uphold all rules and regulations that are outlined.

It is impossible for these guidelines to provide solutions to all situations that might arise; therefore, the Athletic Director and Principal will have the authority to deal with these situations as they arise. Any alterations to these guidelines will require the approval of the Athletic Director or Principal of Tennessee High School.

PHILOSOPHY/PURPOSE

Tennessee High School and the Bristol Tennessee City Schools believe that athletics are an integral part of the total high school educational experience and should therefore be an extension of the overall academic program at Tennessee High School. As such, athletics provide opportunities and emphasize definite goals which are difficult to duplicate or achieve in other high school activities. It is desired that athletics be an enriching and healthful experience in which physical, mental, and social growth can be stimulated through inter-scholastic competition. The Athletic Department will emphasize academics, self-discipline, high morals, and team play. As teachers, coaches, and administrators, we hope to build a strong foundation for our student-athletes that will prepare them to become productive citizens.

**TENNESSEE SECONDARY SCHOOLS ATHLETIC ASSOCIATION
(TSSAA)**

Tennessee High School is a member of the TSSAA and therefore agrees to follow the guidelines set forth in the TSSAA Bylaws. The Tennessee High Athletic Department will not compromise its integrity when it comes to following TSSAA policies. Student athletes are responsible for knowing and understanding all TSSAA policies. These guidelines provide an overall

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understanding of TSSAA policies that affect student athletes; any questions concerning the TSSAA Bylaws should be addressed with the head coach of the sport in which a student athlete is participating. The By-Laws can also be viewed on the TSSAA website, www.tssaa.org.

ATHLETIC DEPARTMENT ADMINISTRATIVE STAFF

Barry Wade	Athletic Director
Patty Feathers	Athletic Department Administrative Assistant
Kelly Flanary	Athletic Trainer

Tennessee High School's Athletic Department is located next to the main lobby in Viking Hall and is open Monday-Friday from 7am to 3pm daily. The athletic office contact information is:

Office phone	652-9361
Office fax	652-9582

TENNESSEE HIGH SCHOOL SPORTS

FALL SPORTS

Cheerleading	V, JV	Rachel Fleenor
Cross Country	V	Frankie Nunn
Boys' Golf	V, JV	Bob Zeiger
Girls' Golf	V	Richard Ensor
Football	V, JV, Fr.	Mike Mays
Girls' Soccer	V, JV	Kevin Mooney
Volleyball	V, JV, Fr.	Mary C Johnson

WINTER SPORTS

Cheerleading	V, JV	Rachel Fleenor
Boys' Basketball	V, JV, Fr.	Roby Witcher
Girls' Basketball	V, JV, Fr.	TBD
Swimming	V, JV	Mary M Johnson
Wrestling	V, JV	Tim Marshall

SPRING SPORTS

Baseball	V, JV, Fr.	Preston Roberts
Boys' Soccer	V, JV	Andrew Snyder
Softball	V, JV	TBD
Tennis	V	TBD
Track	V	Randy Irvin

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REQUIREMENTS FOR PARTICIPATION

In order for a student athlete to be eligible he/she must meet certain criteria that are set by the TSSAA, Tennessee High School, and the Bristol Tennessee City Schools. Determination of eligibility is the responsibility of the athletic director. No student-athlete will be permitted to participate unless he/she has been approved for eligibility by the athletic director.

A. Tennessee High School Requirements – **NO STUDENT WILL BE ALLOWED TO PARTICIPATE IN PRACTICE UNTIL THE FOLLOWING REQUIREMENTS HAVE BEEN MET:**

1. Medical Form (physical) – Both the TSSAA and School Board Policy states that each athlete must have a medical examination by a physician before they can compete. A copy of an approved physical form must be kept on file in the Athletic Office.
2. Insurance and Health Data Form – A copy of the notarized Health Data Form must be kept on file in the Athletic Office.
3. BTCS Random Drug Testing Form - Signed by both the student-athlete and a parent/ legal guardian.
4. Concussion Form – Signed by both the student-athlete and a parent/ legal guardian.
5. Sudden Cardiac Arrest Form - Signed by both the student-athlete and a parent/ legal guardian.
6. Be enrolled and in full attendance at Tennessee High School or be an approved home school student.

B. Home School Law – Pursuant to Tennessee State Law, home school students may participate in interscholastic athletic competition in public schools. Beginning with the 2013-2014 school year, public schools were required to allow home school students to participate in interscholastic athletics that are sanctioned by the TSSAA. This does not mean that home school students are automatically placed on a team, it simply means they must be given an opportunity to try-out.

C. TSSAA Eligibility

1. A student athlete may not turn 19 years of age on or before August 1st.
2. A student athlete must have earned 6 credits toward graduation in the proceeding year (All credits must be earned prior to the first day of school.)
3. A student athlete is permitted 8 semesters of eligibility beginning when they enter the ninth grade.
4. Athletes must live at home with their parent/guardian.
5. A student athlete must be enrolled in at least three courses for credit to be eligible.

6. The Executive Director of the TSSAA must approve all transfer students before they can participate in any game.
7. A registered athlete cannot accept any money for athletic skills in any TSSAA sponsored sport.
8. An athlete may accept a medal, trophy, high school letter, sweater, jacket, shirt, blazer, or blanket for athletic participation but nothing else of commercial value, and these awards must carry the schools letter or other appropriate award emblem.
9. All expenses to an athletic camp where specified instruction is offered must be paid by the athlete or his/her parents.
10. When an athlete is charged tuition to attend a school, it must be paid by the parent of bona fide guardian or other family member.
11. Any student who repeats the 7th or 8th grade after passing that grade and participates in school athletics while repeating shall be ineligible to participate in athletics during the 9th grade.
12. A student may not participate in an all-star game unless it is sanctioned by the TSSAA unless he/she has completed high school eligibility in that sport.
13. A student whose name is listed on the school eligibility report cannot participate in an independent game or meet until the season has closed in the particular sport (This does not include golf or tennis)

EXPECTATIONS OF TENNESSEE HIGH SCHOOL STUDENT ATHLETES

Being a Tennessee High School Athlete is a privilege that is bestowed upon those students who voluntarily accept and agree to abide by the guidelines established by Tennessee High School, Bristol Tennessee City Schools and the TSSAA. As representatives of Tennessee High School, student-athletes will be held to a higher standard than other students and will be expected to serve as role models for the student body. Student athletes who do not meet these expectations will be subject to disciplinary action that could include suspension from games or removal from teams. These expectations are minimal expectations; each head coach will formulate rules and regulations for their program that student athletes will be expected to follow.

Tennessee High Student Athletes are expected to:

1. Make a commitment to their academics - A student athlete's first responsibility is to his/her academic program. The educational process should not be compromised by participating in athletics. All student athletes are expected to attend and participate in all of their classes. Coaches will monitor student athlete's academic progress and work ethic throughout the school year. Student

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athletes must be enrolled in 3 credit bearing classes during any semester they are participating in athletics.

2. Make a commitment to the athletic team/ program in which they are participating - Tennessee High Athletic teams / programs will take precedence over non-school activities. Student athletes are expected to attend and participate in all activities that pertain to their sport. Each head coach will establish guidelines and expectations for participation in their program. These guidelines and expectations will be shared with both the student athlete and parent prior to the season.
3. Be leaders within the school and community - As highly visible and recognizable representatives of a school, student athletes are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior will help earn the respect of the student body and community.
4. Promote a team concept that places its main emphasis on the team as a whole - Student Athletes are expected to promote the group as a whole. They should understand that no individual is more important than the team and that team activities should come before their own individual needs. Part of the team concept is that student athletes understand that all members of an athletic team, Varsity, JV, and freshmen, are equal members of the group and should be treated with respect regardless of age or grade level.
5. Wear the Tennessee High uniform with pride and respect - All student athletes are expected to:
 - a. Look presentable and be well groomed when wearing a school uniform or representing Tennessee High.
 - b. Maintain and keep their uniform neat and clean.
 - c. Wear their THS issued uniforms while representing THS.
 - d. Return their uniforms at the end of the season. Student Athletes are responsible for damage to or loss of any part of a uniform. Student athletes will be expected to pay replacement cost for lost or damaged uniforms.

Student athletes may not:

- a. Lend out uniforms, warm ups, etc. to anyone who is not a member of their team.
 - b. Alter a uniform without the consent of the head coach of their sport.
6. Display good sportsmanship to visiting teams, spectators, and each other before, during, and after all games. They must be respectful to game officials at all times.

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7. Display proper manners at all times when addressing adults. All adults associated with the school should be addressed as Coach, Mr., Mrs., or Miss.
8. Know and follow all TSSAA rules and regulations related to eligibility.
9. Uphold the tradition of "Viking Pride".
10. Respect all faculty members as well as your fellow classmates.
11. Follow all school and school board rules and regulations.

ATHLETIC POLICIES AND PROCEDURES

ABSENCES FROM SCHOOL

If a student athlete is absent from school, he/she may not participate in or attend a practice or game on that day. The student athlete is required to notify the coach. Extenuating circumstances may be approved by the athletic director or principal (A death in the family would be an example of extenuating circumstances). Students must be in school at least 2 class periods to be considered present.

ADVERTISING

Both TSSAA and BTCS School Board Policy prohibit student athletes to be used in the advertisement or promotion of business or products. Students who do so will lose the amateur status and will be suspended for one calendar year.

ALCOHOL AND DRUG POLICY (SEE ATTACHED)

All student athletes should become familiar with the Bristol Tennessee City Schools alcohol and drug policy (See Attached policy). Parents should discuss this policy with their children. Student Athletes should be aware the school board policy that states that the possession of alcohol or drugs on any BTCS property at any time will be considered a Zero Tolerance Offence.

ATHLETIC ACCIDENTS, INJURIES, AND INSURANCE

Due to the competitive and physical nature of athletics, student athletes and parents should be aware that the potential of accidents and injuries always exist. Tennessee High School coaches are committed to ensuring the safety and well being of student athletes; however, athletic injuries sometimes do occur. When injuries do occur, it is very important that student athletes receive proper care. To best accomplish this, Tennessee High School trainer, Kelly Flanary, oversees all athletic injuries at Tennessee High School. To help assist him, students and parents should report all injuries to him.

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The Tennessee High School Athletic Department purchases a secondary athletic insurance policy that covers all student athletes while they are participating in interscholastic athletics at Tennessee High. This secondary coverage pays on a claim after the parent/guardians have filed their primary insurance. The secondary insurance will not necessarily pay the complete balance due. Parents need to contact Patty Feathers to obtain the necessary forms needed to file a claim under this policy.

The Tennessee High School Athletic Department also purchases a catastrophic insurance policy that covers all student athletes at Tennessee High School while they are participating in interscholastic athletics at Tennessee High. This policy takes effect if a student athlete suffers an injury that will exceed \$10,000 of medical expenses. Parents should make Mr. Wade aware if they feel that their child has suffered an injury that could meet this limit. He will then write a letter to the insurance company informing them of the injury.

ATHLETIC LETTERS AND AWARDS

Head Coaches will establish criteria for awards and letters for their sport. At the end of the season it is the head coaches' responsibility to determine and issue letters and awards.

Student athletes and their parents are responsible for knowing and understanding the TSSAA policies on student athletes accepting awards or gifts. Article II, Section 23 of the TSSAA bylaws state, "a student may accept a medal, trophy, high school letter, sweater, jacket, shirt, blazer, or blanket **but nothing else of commercial value.**" The items listed above must carry the high school letter or other appropriate award emblem. Keep the following in mind when awards are being presented:

1. A student athlete may not accept anything of monetary value that is not listed above. This would include meals or certificates for food.
2. Student athletes may accept player of game awards provided they meet the requirements of carrying the school letter or other appropriate award emblem; for example, WCYB player of the week.
3. A certificate or plaque would meet the requirement as a trophy.
4. All awards given to any athlete must be approved by the head coach, athletic director and principal.

BTCS RANDOM DRUG TESTING POLICY (SEE ATTACHED)

CAMPS

Tennessee High School is permitted to pay for athletes to attend team camp in which our team is participating.

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INDIVIDUAL SPECILAIZED CAMPS - Article II, Section 27 of the TSSAA By-laws state, "All expenses of an athlete who attends any athletic camp where specialized instruction is offered in any sport sponsored by TSSAA must be paid by the athlete or his/her parents.

COMMUNICATION/ CHAIN OF COMMAND

All head coaches will have a pre-season parent meeting to discuss guidelines and expectations for their programs.

Tennessee High Coaches should make themselves available to talk with student athletes and parents. If a parent wishes to talk with a coach, he/ she should not approach the coach immediately prior to, during, or immediately after a practice or game. If a meeting is scheduled it should be done at a time when the coach is not responsible for teaching, coaching, or supervising students. It is our belief that most concerns can be solved at the level at which they occur. If a student athlete or parent has a concern about any athletic program at Tennessee High, they should first attempt to resolve the concern with the head coach of the program in which there is a concern. The following chain of command should be followed to resolve the concern (If any step is skipped in the chain, the student athlete or parent will be referred back to the appropriate level.)

1. Head Coach
2. Athletic Director
3. Principal
4. BTCS Supervisor of Student Services
5. BTCS Director of Schools
6. School Board

CONCUSSION POLICY (SEE ATTACHED)

CONFLICTS WITH OTHER EXTRACURRICULAR ACTIVITIES

Student Athletes are encouraged to become involved in as many school related activities as they possibly can. On occasion, conflicts may occur between athletic events and other school related extracurricular activities. It is very important that players and parents have a copy of their practice and game schedules so that conflicts can be addressed early. When there is a conflict, the athlete and his/her parent must notify the coach and the sponsor of the school related activity two weeks in advance by completing the conflict form which may be picked up in the Athletic Office. Please use good judgment when dealing with these situations.

In season sports take priority over non-school activities.

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DEAD PERIODS/TSSAA SPORTS CALANDAR

1. Summer Dead Period - TSSAA policy states that all schools will observe a two week dead period during the week preceding the Fourth of July and the week of the fourth of July. During this two week period there can be no coaching or any contact or observation by a coach, faculty or non-faculty, with any student-athletes. Bristol Tennessee City School System facilities will be closed to student-athletes during the dead period.
2. Participation in independent leagues – Student athletes should be made aware that they may not participate in independent leagues or games during a TSSAA season. **The general rule is “same sport, same season”**. For example, if an athlete is playing basketball at Tennessee High School they cannot be participating on an AAU basketball team at the same time. Athletes should understand that the penalty for doing so will not only result in them be suspended from games, it will also lead to forfeitures of games in which they have participated. This rule goes into effect when a student athlete is put on the eligibility list for that sport.
3. 50% RULE – In the sports of basketball, baseball, and softball the 50% rule means that during the school year, prior to the beginning of their practice, no more than 50% (3 in basketball, 5 in baseball and softball) of the students that will play the following season on the high school team are allowed to participate on a non-school team. This rule applies to both practices and games. If this rule is violated a random draw will be used to determine who will be eligible and who will not.
4. Open Facilities - There are set times during the year that sports can have open facilities. By TSSAA policy, the following criteria must be observed during times of off-season open facilities:
 - A. Must be open to all Tennessee High School students.
 - B. Coaches may serve in a supervisory capacity only. There is no teaching, no instructions, no coaching, etc.
 - C. Must occur prior to or at the conclusion of the school day on Tennessee High School property.
 - D. No practice schedules may be followed.
5. Weight training/conditioning programs – May occur during certain times of the year. Programs will be coordinated by head coaches and strength coaches. The following rules will apply to the weight room:
 - A. The strength and conditioning coordinators will formulate specific rules and regulations for the weight room.

- B. **NO STUDENTS ARE ALLOWED TO USE THE WEIGHT ROOM UNLESS THEY ARE SUPERVISED BY A TENNESSEE HIGH SCHOOL COACH.**
- C. The weight room will be open to all Tennessee High students to lift during its open hours. However, these students must follow the program that is set forth by the strength and conditioning coordinator for every other student.
- D. Students should be properly dressed when they come into the weight room. Shirts and shoes are required at all times
- E. Food and drinks are prohibited in the weight room.
- F. Any weights that are used should be put up before students leave.
- G. **DO NOT PLACE WEIGHTS IN THE DOOR.**

END OF SEASON SURVEYS

At Tennessee High School we continuously strive to improve our athletic programs. As a part of the evaluation process we will survey our student athletes at the conclusion of the season. The information we receive is confidential and is used as part of the evaluation process for the head coach and program.

HARASSMENT / HAZING

HARASSMENT AND HAZING WILL NOT BE TOLERATED AT TENNESSEE HIGH SCHOOL. Student athletes should refrain from doing anything that makes another person feel uncomfortable. This would include, but is not limited to, name-calling, teasing, and bullying. If you feel as if you someone you know is being harassed or hazed you need to inform a coach immediately. If after informing the head coach you do not feel as if the situation is being resolved, you need to inform the athletic director.

INTERNET USAGE

The internet is a worldwide, publicly accessible form of communication. Any communication such as MySpace, Facebook, or photo sharing, etc. appearing on the internet is public domain even if it is marked private. Student athletes are responsible for their personal websites and postings as well as for postings on other students' websites. The area of appropriateness will include, but are not limited to, language (abbreviated or alluding to), pictures, suggestive poses, reference to alcohol, drugs, and tobacco.

- A. Student-athletes should not make derogatory comments or posts concerning THS coaches or fellow teammates on any social media domain.
- B. Student athletes who are posted on web pages while conducting inappropriate behavior will be subject to disciplinary measures.

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- C. Student athletes are not to allow themselves to be used in an advertisement while in any part of the THS uniform.
- D. Student athletes will not allow anyone to use their uniform or outfits for any reason.

MEDIA RELEASE

Throughout the school year, Bristol Tennessee City Schools (“BTCS”) may highlight student-athletes in efforts to promote BTCS activities and achievements. For example, students may be featured in materials to increase public awareness of our schools and athletic events through newspaper, radio, television, the internet, DVDs, displays, brochures, or other types of media. As a result of their voluntary participation in athletics and athletic-related events, student-athletes may be interviewed, photographed, videoed, and/or voice recorded, and their name, image, likeness, and voice may be used in photographs, videos, publications, news media, and electronic media for publicity aimed at promoting athletics. The contents of the interview, photograph, video, or voice recording may be published, posted, distributed, or aired to the public. Student-athletes will be under the supervision of a school staff member while being interviewed, videoed, or photographed, unless they are part of a general background or group scene in which they are not specifically identified. During such a session or interview, student-athletes reserve the right to refuse to answer any questions or participate in any discussions that make them feel uncomfortable or embarrassed, and at any time, student-athletes and/or the supervising school agent reserve the right to terminate the interview, photo, or video session.

BTCS is under no obligation to publish, post, distribute, or air the image, photo, video, and/or voice of any student-athlete. Neither the parents, nor student-athlete, will receive monetary compensation for allowing the student-athlete’s image, voice, or likeness to be used, and the student-athlete’s appearance or the use of his/her voice in any publication, photo, televised form, video, or other media release does not grant any ownership rights to the parents and/or student-athlete.

If you need additional information regarding this Media Release, please contact Athletic Director Barry Wade at 423-652-9440.

OVERNIGHT TRAVEL (SEE ATTACHED)

During the year several of our teams will go on trips that require them to stay overnight. During these trips student athletes will be required to follow all Bristol Tennessee City School, athletic department, and team policies, rules and regulations. Any violation of these policies will lead to consequences prescribed under these policies or rules and regulations.

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PARTICIPATION IN MORE THAN ONE SPORT

Student athletes are encouraged to participate in more than one sport.

PROMOTING ATHLETES

It is important for student athletes and parents to understand that the primary purpose of interscholastic athletics is not to obtain scholarships; however, THS coaches do recognize that this is a benefit that will assist some student athletes continue their education. THS coaches will promote those athletes that they believe are prospects with colleges and recruiters.

Head coaches will also be responsible for assisting student athletes and their parents with arranging college signings. Student athletes and parents should inform their head coach of any commitment that they have made.

PLAYING TIME

Playing time is at the discretion of the coaches of the sport that a student athlete is participating. Any concerns should be addressed with the head coach of the sport in accordance to the guidelines set forth in the communication/ chain of command section stated previously in these guidelines.

QUITTING OR DROPPING A SPORT

If an athlete quits or is dismissed from a team for disciplinary reasons, he/she may not participate in another sport for four weeks or until the first sport has completed its season. If an athlete has been released by a coach for a reason other than disciplinary action, he/she may begin another sport immediately.

TOBACCO

The use of or possession of tobacco products, by employees or students, on school property or during a school sponsored activity is a violation of Bristol Tennessee School Board Policy. This policy applies to all school functions, during school hours and after. All school employees and students athletes are expected to comply with all school and school board policies. Violations of the tobacco policy will be handled in compliance with school board policy. Further discipline will be at the discretion of the head coach.

TRAINING ROOM / TRAINER

Kelly Flanary is Tennessee High School's trainer. He will be putting out information about his services. He will also be meeting with all head coaches to determine training needs. All student athletes should report any injury that they have to Kelly.

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TRAVEL TO CONTEST

All athletes must travel to and from contest with their team. The exceptions to this are:

1. The coach may allow an athlete to return home with his/her parent/guardian after a contest. The head coach must communicate face to face with the parent/guardian. Athletes may not be released to ride with anyone else.
2. Prior permission is given by the athletic director or principal to travel otherwise.
3. Because of team or equipment issues the coach may require all players to return with the team.

TSSAA UNSPORTSMANLIKE CONDUCT POLICY

The TSSAA, as well as the administration of Tennessee High School, believes strongly that the major purpose of athletics at the secondary level is to be a part of the total educational program. A major part of this purpose is to stress to coaches, players, officials, and fans the vital importance of sportsmanship. Recognizing this principle, unsportsmanlike conduct on the part of any of these groups will not be tolerated.

Article 1, section 8 of the TSSAA by-laws state that member schools are responsible for the conduct of their own fans at every athletic contest, regardless of where it may occur. All games will be properly supervised to insure sportsmanlike contests.

The following actions will be taken when a student athlete is ejected for unsportsmanlike conduct:

1. On the ejection of a student athlete, the school will be required to submit a report on the action of the player and any disciplinary action taken by the school. The minimum penalty will be the suspension of the student athlete from participation in the next contest(s) at the level of competition for the specified number of contest played during a week in the particular sport (one game in football, two contests in all other sports). In addition, the student athlete is also suspended from participation in the same number of contest(s) at any other level of competition in the same sport.
2. A meeting will also be held with the player, coach, parent, and administrator with a report on the meeting and plans to directly address the matter to be filed with the TSSAA.
3. If a player is ejected for a second time for unsportsmanlike conduct, a more severe punishment shall be imposed.
4. Other non-monetary penalties may be assessed by the Executive Director based on the facts.

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If a substitute leaves the bench area in an incident or fans come onto the field or floor, the school will be fined a minimum of \$250.00. In addition, other non-monetary disciplinary action will occur.

Fans that exhibit unsportsmanlike behavior may be asked to leave games and may also be suspended from returning to games.

UNIFORMS/ EQUIPMENT

All uniforms and equipment that are issued to a student-athlete are the property of Tennessee High School. Student-athletes are responsible for taking care of and maintaining any uniforms and equipment that are issued to them during a season. Parents and student athletes will be responsible for paying for or replacing any lost or damaged uniforms or equipment.

Tennessee High Schools colors are maroon and white. Student Athletes should not wear other clothing or accessory items with their uniforms that are not maroon or white unless approved by the head coach.

Coaches and student athletes should keep their dressing rooms, practice areas, and equipment clean and in an orderly fashion. We are very fortunate and should take pride in what we have. Equipment should be stored properly. Any damaged equipment or unsafe conditions should be reported to your coach.

VIKING BOOSTERS CLUB

The Viking Boosters Club is a very important group to Tennessee High School Athletics; each year the Viking Boosters Club raises and contributes a substantial amount of money to the athletic programs of Tennessee High. Their philosophy is to help each athlete by helping each sport. The boosters club is in need assistance from more people. We all benefit greatly from the work of the boosters club and we need to support the Viking Boosters in the following ways:

1. By joining and taking an active role.
2. Become active in supporting fundraisers by the Viking Boosters Club.

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TENNESSEE HIGH SCHOOL ATHLETIC DEPARTMENT ALCOHOL AND DRUG ABUSE POLICY

The Tennessee High School Athletic Department does not accept nor condone the use of alcohol or drugs by the athletes participating in sports' programs of Tennessee High School. The Bristol Tennessee City School Board Policy and Student Discipline Code outlines action to be taken for use, possession, sale, or distribution of alcohol/drugs/controlled substances at school or school sponsored/related activities. Student Athletes suspended under this policy will not be allowed to practice or play during the suspension.

The Tennessee High Athletic Department will take the following actions for use or possession of alcohol/drugs/controlled substances by student athletes away from school and/or school related activities:

I. First Offense

The athletes will be suspended from athletic contest(s) based on the following criteria:

- A. A meeting will be conducted with the parent/guardian, student and athletic director.
- B. The student will be suspended using the following guidelines:
 - Season schedule of 15 games or less contests - 1 game suspension
 - Season schedule of 16 games or more contests - 2 game suspension
 - Suspension must be regular season contest or tournament contests. (Practice, scrimmages, or jamborees may not be substituted.) The suspension will be served immediately, the first available contest that is on the schedule.
- C. The athlete will not be eligible for school-sponsored athletic banquet awards, but will be recognized for all-conference awards the year of the violation.
- D. The athlete is encouraged to seek the services of a counselor.
- E. The Head Coach of the athlete's sports may take additional disciplinary measures in dealing with violations.
- F. The athlete will be placed on athletic probation.
- G. If an athlete cannot complete the suspension, for any reason, the suspension will be completed during the next sports season in which the athlete competes (Example: Baseball – suspension of 12 games and the athlete serves 6 games half of the suspension and the next sport is football, the athlete will have to

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serve the other half of the suspension missing half of the football season, 5 games which would be two and one-half games.

II. Second Offense

If an athlete commits a second offense during his or her high school career the following action will be taken:

- A. The athlete will be suspended for one calendar year from the date of the second offense.
- B. The suspension will be reduced if the athlete completes an approved counseling program. The reduced suspension will be as follows:

Suspension – 50% of season’s schedule (Example: Baseball season – 24 scheduled games – suspension will be 12 games; track season – 10 scheduled meets – suspension will be 5 meets.)

- C. The athlete will not be eligible for school-sponsored athletic banquet awards, but will be recognized for all-conference awards the year of the violation.
- D. The athlete is encouraged to seek the services of a counselor.
- E. The Head Coach of the athlete’s sports may take additional disciplinary measures in dealing with violations.
- F. The athletes will continue on athletic probation.

BRISTOL TENNESSEE CITY SCHOOLS RANDOM DRUG TESTING PROCEDURE

In order to create a safe, crime-free and drug-free environment for students, faculty and community members, the Board of Education authorizes drug testing for all students who participate in school sponsored extracurricular activities in Bristol Tennessee City Schools. For the purpose of this procedure the following will be considered school sponsored extracurricular activities:

Athletic Programs	Off Season Weight lifting/conditioning Programs
Cheerleading	Robotics
Class Officers	ROTC
Color Guard	Slim Pickens
Marching Band	Student Council

* BTCS reserves the right to review and make amendments to this list.

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All students in grade seven through twelve in the Bristol Tennessee City Schools who participate in school sponsored extracurricular activities will be subject to random drug testing. Prior to participating in school sponsored extracurricular activities at Tennessee High School or Vance Middle School students and their parent/guardian will be required to read the BTCS Random Drug Testing Procedures and sign and return the BTCS Random Drug Testing General Authorization Form to the school at which they are enrolled. The BTCS Random Drug Testing General Authorization Form will remain active through a student's middle school and high school enrollment. If, during this time, a parent/guardian or student wishes to resend the form they may do so by submitting a written request to the principal of the school at which they are attending. To better inform both the parent/guardian and the student, informational meetings will be held at the beginning of each sports season to discuss the BTCS Random Drug Testing Procedures as well as to give participants the opportunity to ask questions regarding the program. **A student will not be allowed to participate in school sponsored extracurricular activities until a BTCS Random Drug Testing General Authorization Form is properly executed and on file with the school they attend.**

To ensure that the drug testing process is done properly and confidentially, BTCS will contract the services of a laboratory that is certified by the Substance Abuse and Mental Health Services Administration (SAMHSA) to perform the drug screening of its students. The laboratory will send qualified collectors to the school to oversee the collection of all specimens. Bristol Tennessee City Schools will also have a district representative present to witness the collection procedures. Randomly selected students will be required to provide a sample for laboratory analysis for the presence of any illegal substance, including nicotine and alcohol. Any student selected for testing who is not in school on the day of testing will be tested at the next available testing time. If a student refuses to perform the screening, he/she will be considered as having a positive test result. Students not able to provide an adequate specimen at the testing time will be considered as having a positive test result. If a specimen tests positive in the initial screening, it shall be retained for at least ten (10) days for possible retesting or reanalysis. If a specimen tests negative in the initial screening, all records of the test, requests for the test or indications that a student has been tested shall be destroyed.

If a student test is positive, the laboratory will report the positive findings to the parent/guardian of the student and the building principal in a confidential and secure manner. Upon notification, the principal will contact the parent/ guardian to set up an administrative meeting. The building principal will also notify the student's extracurricular sponsor and/or head coach, of the positive result. All test results are considered confidential information in accordance with Tennessee Code Annotated 10-7-504 and will be handled accordingly. The building principal will keep all test results until 30 days after the student's

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expected graduation date. No student who tests positive shall be suspended or expelled from school solely as the result of that positive test.

If the parent/guardian or student wishes to contest the results, they must do so, in writing, to the building principal within five (5) working days from the first notification of a positive test. The laboratory will arrange for the split portion of the original specimen to be submitted to another laboratory approved by BTCS.

CONSEQUENCES OF A POSITIVE TEST

I. First Offense

An administrative meeting, which may include the student, parent/guardian, coach/sponsor, counselor, SRO, and a school administrator, will be conducted to discuss the positive test. The purpose of this meeting will be educational in nature and the following action will be taken:

- A. The student's privilege to participate in school sponsored extracurricular activities will be suspended.
- B. In order for the student to resume participating in a school sponsored extracurricular activity, they must enroll in a drug education program that is approved by BTCS. Information on approved programs will be provided at the administrative meeting. Verification of enrollment must be provided to the administration before the student will be allowed to resume participation.
- C. A student who chooses not to enroll in a drug education program will not be permitted to participate in school sponsored extracurricular activities. A student who withdraws from the drug education program prior to its completion will be suspended from continued participation in school sponsored extracurricular activities pending verification of the completion of the drug education program.
- D. The student will be required to have follow-up screenings at all future BTCS drug screenings to ensure they remain substance free.
- E. Other consequences may be applied by the coach/sponsor.
- F. The school administrator will provide the parent/guardian and student with a copy of the procedure and will clearly explain the consequences of a second positive test.

II. Second Offense

If a student has a second positive test, an administrative meeting, which may include the student, parent/guardian, coach/sponsor, counselor, SRO and a school administrator, will be conducted to discuss the positive test.

The purpose of this meeting will be educational in nature and the following action will be taken:

- A. The student's privilege to participate in school sponsored extracurricular activities will be suspended for one calendar year from the date of the second offense.
- B. In order for a student's privilege to participate in school sponsored extracurricular activities to be reinstated, they must complete a drug rehabilitation program that is approved by BTCS. Information on approved programs will be provided at the administrative meeting. If the student completes the approved drug rehabilitation program, their suspension may be reduced by 50%.
- C. Upon completion of the drug rehabilitation program a reinstatement meeting, to include all committee members, will be scheduled to discuss reinstatement of the student's privilege to participate in school sponsored extracurricular activities. Verification of completion of the drug rehabilitation program must be provided at this meeting.
- D. The student will be required to have follow-up screenings at all future BTCS drug screenings to ensure they remain substance free.
- E. The student will not be eligible for school-sponsored banquet awards, but will be recognized for all out of school awards.

III. Third Offense

If a student has a third positive test, an administrative meeting, which may include the student, parent/guardian, coach/sponsor, counselor, SRO and a school administrator, will be conducted to discuss the positive test. The purpose of this meeting will be educational in nature and the following action will be taken:

The student's privilege to participate in school sponsored extracurricular activities will be revoked for the remainder of his/her enrollment in Bristol Tennessee City Schools.

GUIDELINES FOR OVERNIGHT SCHOOL-SPONSORED OFF CAMPUS ACTIVITIES

By signing the health data form (Attached) and returning it to the Athletic Office parents and student athletes agree to abide by all of the rules regarding behavior on all athletic related trips.

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PARENT-STUDENT AGREEMENT REGARDING
BEHAVIOR AN SCHOOL TRIPS

1. Curfew times established for the trip will be strictly enforced.
2. Students will report on time to assigned meeting places and will not, for any reason, leave their assigned group without approval from the teacher/chaperone in charge.
3. Use of tobacco products or any alcoholic beverage is prohibited, and students will not be in possession, company of others possessing, or involved in the sale or use of alcoholic beverages, marijuana, or other illegal substances.
4. Students will not enter any room of guests who are not a part of the THS group (students or chaperones)
5. Students will not enter any room assigned to students of the opposite sex.
6. Students will not take items as souvenirs for which they have not paid.
7. Any acts of vandalism will not be tolerated.
8. Student must refrain from fighting for any reason.
9. Students will remain in groups as directed by their teacher (No student is to be alone at any time).
10. Students must not use profanity or other off-color language or vulgarity at any time.
11. Students will participate in all activities scheduled by the teacher who sponsors the trip.
12. Students must obey and respect all chaperones assigned to the trip.
13. Students will remain seated while a transporting vehicle is in motion and will remain seated until directed otherwise.
14. After stops, students will continue to ride the same vehicle on which they began the trip unless given permission by the teacher to change.
15. All students must have twenty four-hour insurance or other adequate medical coverage.
16. I am aware that this is a school sponsored trip and that students will, therefore, observe all school rules as stated in the most recent student handbook.

I have read and understand the provisions of this agreement. I understand that violation of any of these guidelines will make a student subject to being sent home at his/her parent's expense. I also understand that upon return from the trip the student will face disciplinary action that may result in a suspension from school. I further understand that that days missed because of a suspension shall be unexcused and work missed shall receive a zero.

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CONCUSSION

INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS (Adapted from CDC “Heads Up Concussion in Youth Sports”)

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

Read and keep this page.
Sign and return the signature page.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider* says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

Student-athlete & Parent/Legal Guardian Concussion Statement

Must be **signed and returned** to school or community youth athletic activity prior to participation in practice or play.

Student-Athlete Name: _____

Parent/Legal Guardian Name(s): _____

After reading the information sheet, I am aware of the following information:

Student-Athlete initials		Parent/Legal Guardian initials
	A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a <i>health care provider*</i> to return to play or practice after a concussion.	
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.	
	After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.	
	Sometimes repeat concussion can cause serious and long-lasting problems and even death.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

** Health care provider* means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

Signature of Student-Athlete

Date

Signature of Parent/Legal guardian

Date

BRISTOL TENNESSEE CITY SCHOOLS RANDOM DRUG TESTING PROCEDURE

In order to create a safe, crime-free and drug-free environment for students, faculty and community members, the Board of Education authorizes drug testing for all students who participate in school sponsored extracurricular activities in Bristol Tennessee City Schools. For the purpose of this procedure the following will be considered school sponsored extracurricular activities:

Athletic Programs	Off Season Weight lifting/conditioning Programs
Cheerleading	Robotics
Class Officers	ROTC
Color Guard	Slim Pickens
Marching Band	Student Council

* BTCS reserves the right to review and make amendments to this list.

All students in grade seven through twelve in the Bristol Tennessee City Schools who participate in school sponsored extracurricular activities will be subject to random drug testing. Prior to participating in school sponsored extracurricular activities at Tennessee High School or Vance Middle School students and their parent/guardian will be required to read the BTCS Random Drug Testing Procedures and sign and return the BTCS Drug Testing Authorization Form to the school. To better inform both parents/guardians and students, informational meetings will be held at the beginning of each sports season to discuss the BTCS Random Drug Testing Procedures as well as to give participants the opportunity to ask questions regarding the program. **A student will not be allowed to participate in school sponsored extracurricular activities until a consent form is properly executed and on file with the school they attend.**

To ensure that the drug testing process is done properly and confidentially, BTCS will contract the services of a laboratory that is certified by the Substance Abuse and Mental Health Services Administration (SAMHSA) to perform the drug screening of its students. The laboratory will send qualified collectors to the school to oversee the collection of all specimens. Bristol Tennessee City Schools will also have a district representative present to witness the collection procedures. Randomly selected students will be required to provide a sample for laboratory analysis for the presence of any illegal substance, including nicotine and alcohol. Any student selected for testing who is not in school on the day of testing will be tested at the next available testing time. If a student refuses to perform the screening, he/she will be considered as having a positive test result. Students not able to provide an adequate specimen at the testing time will be considered as having a positive test result. If a specimen tests positive in the initial screening, it shall be retained for at least ten (10) days for possible retesting or

reanalysis. If a specimen tests negative in the initial screening, all records of the test, requests for the test or indications that a student has been tested shall be destroyed.

If a student test is positive, the laboratory will report the positive findings to the parent/guardian of the student and the building principal in a confidential and secure manner. Upon notification, the principal will contact the parent/ guardian to set up an administrative meeting. The building principal will also notify the student's extracurricular sponsor and/or head coach, of the positive result. All test results are considered confidential information in accordance with Tennessee Code Annotated 10-7-504 and will be handled accordingly. The building principal will keep all test results until 30 days after the student's expected graduation date. No student who tests positive shall be suspended or expelled from school solely as the result of that positive test.

If the parent/guardian or student wishes to contest the results, they must do so, in writing, to the building principal within five (5) working days from the first notification of a positive test. The laboratory will arrange for the split portion of the original specimen to be submitted to another laboratory approved by BTCS.

CONSEQUENCES OF A POSITIVE TEST

I. First Offense

An administrative meeting, which may include the student, parent/guardian, coach/sponsor, counselor, SRO, and a school administrator, will be conducted to discuss the positive test. The purpose of this meeting will be educational in nature and the following action will be taken:

- A. The student's privilege to participate in school sponsored extracurricular activities will be suspended.
- B. In order for the student to resume participating in a school sponsored extracurricular activity, they must enroll in a drug education program that is approved by BTCS. Information on approved programs will be provided at the administrative meeting. Verification of enrollment must be provided to the administration before the student will be allowed to resume participation.
- C. A student who chooses not to enroll in a drug education program will not be permitted to participate in school sponsored extracurricular activities. A student who withdraws from the drug education program prior to its completion will be suspended from continued participation in school sponsored extracurricular activities pending verification of the completion of the drug education program.
- D. The student will be required to have follow-up screenings at all future BTCS drug screenings to ensure they remain substance free.
- E. Other consequences may be applied by the coach/sponsor.

- F. The school administrator will provide the parent/guardian and student with a copy of the procedure and will clearly explain the consequences of a second positive test.

II. Second Offense

If a student has a second positive test, an administrative meeting, which may include the student, parent/guardian, coach/sponsor, counselor, SRO and a school administrator, will be conducted to discuss the positive test. The purpose of this meeting will be educational in nature and the following action will be taken:

- A. The student's privilege to participate in school sponsored extracurricular activities will be suspended for one calendar year from the date of the second offense.
- B. In order for a student's privilege to participate in school sponsored extracurricular activities to be reinstated, they must complete a drug rehabilitation program that is approved by BTCS. Information on approved programs will be provided at the administrative meeting. If the student completes the approved drug rehabilitation program, their suspension may be reduced by 50%.
- C. Upon completion of the drug rehabilitation program a reinstatement meeting, to include all committee members, will be scheduled to discuss reinstatement of the student's privilege to participate in school sponsored extracurricular activities. Verification of completion of the drug rehabilitation program must be provided at this meeting.
- D. The student will be required to have follow-up screenings at all future BTCS drug screenings to ensure they remain substance free.
- E. The student will not be eligible for school-sponsored banquet awards, but will be recognized for all out of school awards.

III. Third Offense

If a student has a third positive test, an administrative meeting, which may include the student, parent/guardian, coach/sponsor, counselor, SRO and a school administrator, will be conducted to discuss the positive test. The purpose of this meeting will be educational in nature and the following action will be taken:

The student's privilege to participate in school sponsored extracurricular activities will be revoked for the remainder of his/her enrollment in Bristol Tennessee City Schools.

BRISTOL TENNESSEE CITY SCHOOLS

DRUG TESTING POLICY GENERAL AUTHORIZATION FORM

I understand that my performance as a participant in a school sponsored extracurricular activity and the reputation of my school are dependent, in part, on my conduct as an individual. Participation in school sponsored extracurricular activities is a privilege, not a right. I hereby agree to accept and abide by the policies, standards, rules and regulations set forth by The Bristol Tennessee City Schools and the sponsors of the activity in which I participate.

I authorize Bristol Tennessee City Schools to conduct random drug testing during the school year in which I participate in school sponsored extracurricular activities to test for illegal substances, including nicotine and alcohol. I further authorize the release of information concerning the results of such a test to my parents and/or guardians and to the School Principal and/or Athletic Director.

Student Signature Print Name Date

Parent or Guardian Signature Date

List all Extracurricular Activities in which you anticipate participation (see list below):

The following BTCS school sponsored extracurricular activities are subject to random drug testing:

Athletic Programs
Cheerleading
Class Officers
Color Guard
Marching Band

Off Season Weight Lifting/Conditioning Programs
Robotics
ROTC
Slim Pickens
Student Council



Insurance and Health Data

Name _____ Age _____ Date of Birth _____
Sport(s) _____ Grade _____

EMERGENCY INFORMATION

Parent/Guardian Name: _____
Home Phone _____ Cell Phone _____
Address _____

In the Event a Parent/Guardian Cannot be Reached:

Name: _____ Relationship: _____ Telephone _____
Name: _____ Relationship: _____ Telephone _____

MEDICAL HISTORY

Medical or Physical restrictions for participating in sport related activities: _____
Food/Drug Allergies _____ Date of last Tetanus Shot _____
Please list medications student takes on a daily basis or uses in event of an emergency (epi pen, inhaler):

INSURANCE INFORMATION

Students must have personal or school insurance in order to participate in school sponsored athletic sports.

Company Name/School Insurance: _____
Policy and Group Number: _____

STUDENT & PARENT/GUARDIAN SIGNATURE

I understand and agree to abide by ALL of the Tennessee High School athletic guidelines and policies.

Student Signature _____ *Date* _____

I give my permission for _____ to participate in all trips and interscholastic athletics for the _____ school year. In case of an emergency, I hereby give permission to school personnel to take my child to the hospital. I will be responsible for any medical bills incurred. I understand that my child must abide by All of Tennessee High School athletic guidelines and policies.

Parent/Guardian Signature _____ *Date* _____

Subscribed and Sworn before me:
This _____ **day of** _____, _____
Notary Public _____
Expiration Date _____



**APPALACHIAN ORTHOPAEDIC ASSOCIATES, P.C.
SPECIFIC USE AND DISCLOSURE FORM**

I, _____, authorize the physicians or physician assistants of Appalachian Orthopaedic Associates, P.C. to discuss the protected health information of

Sports Player _____

Player Date of Birth _____ SSN # _____

insofar as that information is relevant to the Player's ability to participate in a school sport or game.

This information may be discussed only with the athletic director, coaches or athletic trainer of Tennessee High School for purposes of determining if the Player can continue to play in the school sport or game, and under what conditions.

This authorization expires in one year.

Since the athletic director, coaches and athletic trainer are not covered by federal privacy regulations, the information described above may be disclosed by them to other individuals or institutions and is no longer protected by these regulations.

You may refuse to sign this authorization. Your refusal to sign may result in the Player being unable to participate in the sport or game.

Finally, you may revoke this authorization in writing at any time by sending written notification to the Privacy Officer at AOA, 4105 Ft. Henry Dr., Suite 300, Kingsport, TN 37663. Your notice will not apply to actions taken by AOA prior to the date we receive your written request to revoke authorization.

Signature of Patient or Patient's Parent

Relationship to Patient

Date

**Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs
Information Sheet and Acknowledgement of Receipt and Review Form**

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- ☐ fainting or seizures during exercise;
- ☐ unexplained shortness of breath;
- ☐ dizziness;
- ☐ extreme fatigue;
- ☐ chest pains; or
- ☐ racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- ☐ All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.

Adapted from PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form. 7/2013

- ☐ The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:

- (i) Unexplained shortness of breath;
- (ii) Chest pains;
- (iii) Dizziness
- (iv) Racing heart rate; or
- (v) Extreme fatigue; and

- ☐ Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest

- ☐ Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

I have reviewed and understand the symptoms and warning signs of SCA.

Student-Athlete Signature

Print Student-Athlete Name

Date

Parent / Guardian Signature

Print Parent / Guardian Name

Date