

Kirsten Burns Assistant Principal

# MARATHON MIDDLE HIGH SCHOOL

Christine Paul Principal Rebecca Keenum Assistant Principal

#### MARATHON HS ATHLETIC CLEARANCE CHECKLIST

## ALL OF THE FOLLOWING NEEDS TO BE DONE BEFORE YOU PRACTICE

- Go to <u>athleticclearance.com</u> and fill it out. Bring me the certificate that says you have completed it.
- Go to <u>nfhslearn.com</u> and complete the 3 required courses. Bring me the 3 certificates or screen shots that go along with the course. The courses are concussion, sudden cardiac arrest and heat illness
- 3. Complete the EL3 paperwork (4 pages) Must be signed by parent and student
- 4. Complete the Consent to Medical Treatment Form . MUST BE NOTARIZED.
- 5. Complete the Drug Testing Consent Form.
- 6. Complete the Student Conduct form.
- 7. Must have an up to date physical on file in the Athletic Office.
- Must have health insurance. A copy of your insurance card will be turned in with the packet. If you do not have insurance a student insurance is available in this packet.
- 9. Double check that all is in the packet. Check off the steps as you complete them.

Thank you

Lance Martin- Athletic Director

GO FINS!!!!!



Our mission is to educate, empower, and enable all students to become responsible, caring, and contributing citizens.

305-289-2480 KeysSchools.com/MMHS 350 Sombrero Beach Road, Marathon, FL 33040

STUDENT NAME	
CONSENT FOR MEDICAL TREATMENT (Required for students when participating in athletics, student action outside of Monroe County School District Only	vities, and field trips
The patient and others whose signatures are attached below do hereby medical and surgical treatments including anesthesia and operations wadvisable by physician and surgeons. The intention here of being to administer and to perform all singularly any examinations, treatments, and diagnostic procedures, which may now, or during the course of deemed advisable or necessary. We also agree that the patient when in the hospital until a physician recommends the patient's discharge.	hich may be deemed grant authority to anesthetic operations
In witness of our consent and agreement to the matters stated in the sentences, we have subscribed our signatures.	three preceding

\*\*\*. If there are any specific medical practices which are prohibited In regards to religious convictions, please list them below.





## Florida High School Athletic Association

Revised 06/21

Consent and Release from Liability Certificate (Page 1 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature. This form is non-transferable; a change of schools during the validity period of this form will require this form to be re-submitted.

School:	School District (if applicable):		
know that athletic participation is a privilege. I know of the risk sion, and even death, is possible in such participation, and choose participating in athletics, with full understanding of the risks involved the participating in athletics, with full understanding of the risks involved the participation of the risks involved the participation of the risks involved the participation. I hereby authorize the use or disclosure of I hereby grant to FHSAA the right to review all records relevant academic standing, age, discipline, finances, residence and physic use my name, face, likeness, voice and appearance in connection limitation. The released parties, however, are under no obligation	ISE (to be signed by student at the bottom)  age 4 of this "Consent and Release Certificate" and know of no reas a representative, I agree to follow the rules of my school and FHS/s is involved in athletic participation, understand that serious injury, it to accept such risks. I voluntarily accept any and all responsibility obved. Should I be 18 years of age or older, or should I be emancipa which it competes, the school district, the contest officials and FHS pation and agree to take no legal action against FHSAA because of a my individually identifiable health information should treatment for to my athletic eligibility including, but not limited to, my records real fitness. I hereby grant the released parties the right to photograple a with exhibitions, publicity, advertising, promotional and comment to exercise said rights herein. I understand that the authorizations and a said revocation in writing to my school. By doing so, however,	A and to abicle by their de neluding the potential for for my own safety and welf ted from my parent(s)/guan AA of any and all responsi my accident or mishap invo- illness or injury become re- lating to enrollment and at a and or videotape me and ial materials without reser	a concus- fare while rdian(s), I bility and olving my necessary. tendance, further to rvation or
Part 2. Parental/Guardian Consent, Acknow tom; where divorced or separated, parent/guardian with legal	ledgement and Release (to be completed and signed by custody must sign.) y FHSAA recognized or sanctioned sport <u>EXCEPT</u> for the follow		t the bot-
11.4			
List sport(s) exceptions here  B. I understand that participation may necessitate an early disn	CANAL CONTRACTOR OF THE CONTRA		
C. I know of, and acknowledge that my child/ward knows of, it is possible in such participation and choose to accept any and all the risks involved, I release and hold harmless my child's/ward's any and all responsibility and liability for any injury or claim response any accident or mishap involving the athletic participation of my compact my child/ward by a healthcare practitioner, as defined in F.S. 456, treatment, while my child/ward is under the supervision of the self information should treatment for illness or injury become necessal athletic eligibility including, but not limited to, records relating to I grant the released parties the right to photograph and/or videot connection with exhibitions, publicity, advertising, promotional a obligation to exercise said rights herein.	the risks involved in interscholastic athletic participation, understant responsibility for his/her safety and welfare while participating in a school, the schools against which it competes, the school district, sulting from such athletic participation and agree to take no legal as child/ward. As required by F.S. 1014.06(1), I specifically authorize he tool, or someone under the direct supervision of a healthcare practition. I further hereby authorize the use or disclosure of my child/s/wary. I consent to the disclosure to the FHSAA, upon its request, of all enrollment and attendance, academic standing, age, discipline, final age my child/ward and further to use said child/s/ward's name, fact and commercial materials without reservation or limitation. The relused and neck injuries in interscholastic athletics. I also have knowled clearance.  EFULLY. YOU ARE AGREEING TO LET YOUR. YOU ARE AGREEING THAT, EVEN IF MY CHATTES, THE SCHOOL DISTRICT, THE CONTEST THIS ACTIVITY, THERE IS A CHANCE YOU ATING IN THIS ACTIVITY BECAUSE THERE AS OT BE AVOIDED OR ELIMINATED. BY SIGNING UR RIGHT TO RECOVER FROM MY CHILD'S THE SCHOOL DISTRICT, THE CONTEST OF INCLUDING DEATH, TO YOUR CHILD OR AS ANATURAL PART OF THE ACTIVITY, YOU FINAL PART OF THE ACTIVITY.	athletics. With full underst, the contest officials and F rition against the FHSAA be ealthcare services to be proioner, should the need arise ard's individually identifial records relevant to my chinces, residence and physice, likeness, voice and appeaased parties, however, are	anding of HSAA of ecause of ovided for e for such ble health ild/ward's al fitness. sarance in under no
F. I understand that the authorizations and rights granted here writing to my school. By doing so, however, I understand that my G. Please check the appropriate box(es):  My child/ward is covered under our family health insurance Company:	in are voluntary and that I may revoke any or all of them at any to child/ward will no longer be eligible for participation in interschol plan, which has limits of not less than \$25,000.  Policy Number:		
My child/ward is covered by his/her school's activities med			
I have purchased supplemental football insurance through n I HAVE READ THIS CAREFULLY AND KNOW	ny child's/ward's school. W IT CONTAINS A RELEASE (Only one parent/guardia	an signature is required	d)
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date //_	
Name of Parent/Guardian (printed)	C:		
	Signature of Parent/Guardian LY AND KNOW IT CONTAINS A RELEASE (student in	Date	
	the state of the s	aus. argur)	
Name of Student (printed)	Signature of Student	Date /	





Name of Parent Guardian (printed)

# Florida High School Athletic Association

Revised 06/21

# Consent and Release from Liability Certificate for Concussions (Page 2 of 4)

School:	School D	365 calendar days from the date of the most recent signature.
Concussion Informatio		
Concussion is a brain injury. Concus acceleration, a blow or jolt to the her all concussions occur without loss o concussions are potentially serious a bump on the head can be serious. If	sions, as well as all other head injuries, are serious. They can ad, or by a blow to another part of the body with force transn consciousness. Signs and symptoms of concussion may sho	n be caused by a bump, a twist of the head, sudden deceleration or nitted to the head. You can't see a concussion, and more than 90% of ow up right after the injury or can take hours or days to fully appear. Al cluding brain damage and, in rare cases, even death. Even a "ding" or a tice the symptoms or signs of concussion yoursel f, your child should be contact.
Signs and Symptoms of a Conc	cussion:	ir. Studies have shown that it takes on average 10-14 days or longer e symptoms can be prolonged. Signs and symptoms of concussion can
Vacant stare or seeing stars		
<ul> <li>Lack of awareness of surroundings</li> </ul>		
<ul> <li>Emotions out of proportion to circu</li> <li>Headache or persistent headache, n</li> <li>Altered vision</li> </ul>	ausea, vomiting	
Sensitivity to light or noise		
<ul> <li>Delayed verbal and motor response</li> </ul>	s	
<ul> <li>Disorientation, slurred or incoherent</li> </ul>	t engach	
Decreased coordination, reaction to	r spectri siss, vertigo(spinning) or loss of equilibrium (being off balance	ce or swimming sensation)
· Confusion and inability to focus an	ention	
Memory loss		
Sudden change in academic perform	nance or drop in grades	
<ul> <li>In rare cases, loss of consciousness</li> </ul>	p disturbances, easy fatigability	
concussion leaves the young athlete e	in has had a share at the total and the state of the stat	ce) immediately. Continuing to play with the signs and symptoms of a tes who sustain a second concussion before the symptoms of the first ion symptoms, permanent disability and over death (cell) of the first ion symptoms.
concussion leaves the young athlete e concussion have resolved and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DQ, as per Chapter 450 F	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athlet in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple correlations of the concussion should be removed from the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial professional (Section 2015).	ion symptoms, permanent disability and even death (called "Second procussions can lead to long-term symptoms, including early dementia.  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP), an (MD, as per Chapter 458, Florida Statutes), a licensed extremation
concussion leaves the young athlete e concussion have resolved and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you them out.  Return to play or practice:	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athle in has had a chance to heal are at risk for prolonged concussion wells uncontrollably). There is also evidence that multiple concussion should be removed from the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial orida Statutes). Close observation of the athlete should continue thild may have a concussion. Remember, it's better to missing the statutes of the s	ion symptoms, permanent disability and even death (called "Second oncussions can lead to long-term symptoms, including early dementia.  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP), in (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform iss one game than to have your life changed forever. When in doubt, sin
concussion leaves the young athlete e concussion have resolved and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you them out.  Return to play or practice: Following physician evaluation, the reprotocol under the supervision of a lice	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athlet in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple corrections on the suffered a concussion:  oncussion should be removed from the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial orida Statutes). Close observation of the athlete should contour child may have a concussion. Remember, it's better to mistrum to activity process requires the athlete to be completely ensed athletic trainer, coach or medical professional and the	ion symptoms, permanent disability and even death (called "Second oncussions can lead to long-term symptoms, including early dementia.  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP), in (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform iss one game than to have your life changed forever. When in doubt, sin y symptom free, after which time they would complete a step-wise in, receive written medical clearance of an AHCP
Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you then out.  Return to play or practice: Following physician evaluation, the protocol under the supervision of a lice	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athlet in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple corrections on the suffered a concussion:  oncussion should be removed from the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial orida Statutes). Close observation of the athlete should contour child may have a concussion. Remember, it's better to mistrum to activity process requires the athlete to be completely ensed athletic trainer, coach or medical professional and the	ion symptoms, permanent disability and even death (called "Second oncussions can lead to long-term symptoms, including early dementia.  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP), in (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform iss one game than to have your life changed forever. When in doubt, sit y symptom free, after which time they would complete a step-wise in, receive written medical clearance of an AHCP
Steps to take if your suspect you and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it in Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you then out.  Return to play or practice: Following physician evaluation, the protocol under the supervision of a lie for current and up-to-date information.  Statement of Student Athlete Reparents and students should be awa may lead to abnormal brain change suggesting the development of Parks.	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athle in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple concussion should be removed from the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial orida Statutes). Close observation of the athlete should contour child may have a concussion. Remember, it's better to mistrain to activity process requires the athlete to be completely ensed athletic trainer, coach or medical professional and the in on concussions, visit http://www.edc.gov/concussioninyoutsponsibility  re of preliminary evidence that suggests repeat concussions which can only be seen on autopsy (known as Chronic Tenesa's History.)	ion symptoms, permanent disability and even death (called "Second meussions can lead to long-term symptoms, including early dementia."  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP), in (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform its one game than to have your life changed forever. When in doubt, sin y symptom free, after which time they would complete a step-wise in, receive written medical clearance of an AHCP.  thisports/ or http://www.seeingstarsfoundation.org  ons, and even hits that do not cause a symptomatic concussion, Traumatic Encephalopathy (CTE). There have been case reports.
concussion leaves the young athlete e concussion have resolved and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you them out.  Return to play or practice: Following physician evaluation, the protocol under the supervision of a lie.  For current and up-to-date information Statement of Student Athlete Re Parents and students should be awa may lead to abnormal brain change suggesting the development of Park memory issues that may be related to acknowledge the annual requireminguries and illnesses to my parents, have read and understand the above	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athle in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple concussions to the concussion:  oncussion should be removed from the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial lorida Statutes). Close observation of the athlete should conting the concussion. Remember, it's better to mistrain to activity process requires the athlete to be completely ensed athletic trainer, coach or medical professional and the in on concussions, visit http://www.cdc.gov/concussioninyous.csponsibility  re of preliminary evidence that suggests repeat concussions which can only be seen on autopsy (known as Chronic inson's-like symptoms, Amyotropic Lateral Sclerosis (AL o concussion history. Further research on this topic is nearly formy child/ward to view "Concussion in Sports" at team doctor, athletic trainer, or coaches associated with information and the concursion of the concussion history. Further research on this topic is nearly formy child/ward to view "Concussion in Sports" at	ion symptoms, permanent disability and even death (called "Second meussions can lead to long-term symptoms, including early dementia."  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP), in (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform its one game than to have your life changed forever. When in doubt, sin y symptom free, after which time they would complete a step-wise in, receive written medical clearance of an AHCP.  thisports/ or http://www.seeingstarsfoundation.org  ons, and even hits that do not cause a symptomatic concussion, Traumatic Encephalopathy (CTE). There have been case reports.
concussion leaves the young athlete e concussion have resolved and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you think that you think to coach if you think that you them out.  Return to play or practice: Following physician evaluation, the protocol under the supervision of a lie.  For current and up-to-date information Statement of Student Athlete Re Parents and students should be awa may lead to abnormal brain change suggesting the development of Park memory issues that may be related to I acknowledge the annual requireminjuries and illnesses to my parents, have read and understand the above	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athle in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple concussions to the concussion:  oncussion should be removed from the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial lorida Statutes). Close observation of the athlete should conting the concussion. Remember, it's better to mistrain to activity process requires the athlete to be completely ensed athletic trainer, coach or medical professional and the in on concussions, visit http://www.cdc.gov/concussioninyous.csponsibility  re of preliminary evidence that suggests repeat concussions which can only be seen on autopsy (known as Chronic inson's-like symptoms, Amyotropic Lateral Sclerosis (AL o concussion history. Further research on this topic is nearly formy child/ward to view "Concussion in Sports" at team doctor, athletic trainer, or coaches associated with information and the concursion of the concussion history. Further research on this topic is nearly formy child/ward to view "Concussion in Sports" at	ion symptoms, permanent disability and even death (called "Second oncussions can lead to long-term symptoms, including early dementia."  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP). In (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform its one game than to have your life changed forever. When in doubt, sit y symptom free, after which time they would complete a step-wise in, receive written medical clearance of an AHCP.  Ons, and even hits that do not cause a symptomatic concussion, Traumatic Encephalopathy (CTE)). There have been case reports ended before any conclusions can be drawn.  Www.nfhslearn.com. I accept responsibility for reporting all my sport including any signs and symptoms of CONCUSSION. I g coach, athletic trainer or team physician immediately if I experive been advised of the dangers of participation for myself and that
concussion leaves the young athlete e concussion have resolved and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you them out.  Return to play or practice: Following physician evaluation, the protocol under the supervision of a lie for current and up-to-date information.  Statement of Student Athlete Re Parents and students should be awa may lead to abnormal brain change suggesting the development of Park memory issues that may be related in I acknowledge the annual requireminguries and illnesses to my parents, have read and understand the above once any of these symptoms or witnessed in which world ward.	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athle in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple courselies on the sufficient of the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial contains on the concussion. Remember, it's better to mister the activity process requires the athlete to be completely ensed athletic trainer, coach or medical professional and the in on concussions, visit http://www.cdc.gov/concussioninyouesponsibility  re of preliminary evidence that suggests repeat concussions which can only be seen on autopsy (known as Chronic inson's-like symptoms, Amyotropic Lateral Sclerosis (AL o concussion history. Further research on this topic is need to my child/ward to view "Concussion in Sports" at team doctor, athletic trainer, or coaches associated with its information on concussion. I will inform the supervising as a teammate with these symptoms. Furthermore, I have	ion symptoms, permanent disability and even death (called "Second oncussions can lead to long-term symptoms, including early dementia."  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP). In (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform iss one game than to have your life changed forever. When in doubt, sit y symptom free, after which time they would complete a step-wise in, receive written medical clearance of an AHCP.  This ports or http://www.seeingstarsfoundation.org  Dons, and even hits that do not cause a symptomatic concussion, Traumatic Encephalopathy (CTE)). There have been case reports and some case reports and long term reded before any conclusions can be drawn.  Www.nfhslearn.com. I accept responsibility for reporting all my sport including any signs and symptoms of CONCUSSION.
concussion leaves the young athlete e concussion have resolved and the bra Impact Syndrome" where the brain so Steps to take if you suspect you Any athlete suspected of suffering a concussion, regardless of how mild it In Florida, an appropriate health-care physician (DO, as per Chapter 459, F your child's coach if you think that you think to the mout.  Return to play or practice: Following physician evaluation, the protocol under the supervision of a lie for current and up-to-date information.  Statement of Student Athlete Reparents and students should be awamay lead to abnormal brain change suggesting the development of Park memory issues that may be related in acknowledge the annual requireminjuries and illnesses to my parents, have read and understand the above once any of these symptoms or witnesses for my child/ward.	concussion should be removed from activity (play or practice specially vulnerable to sustaining another concussion. Athle in has had a chance to heal are at risk for prolonged concuss wells uncontrollably). There is also evidence that multiple courselies on the sufficient of the activity immediately seems or how quickly symptoms clear, without written med professional (AHCP) is defined as either a licensed physicial contains on the concussion. Remember, it's better to mister the activity process requires the athlete to be completely ensed athletic trainer, coach or medical professional and the in on concussions, visit http://www.cdc.gov/concussioninyouesponsibility  re of preliminary evidence that suggests repeat concussions which can only be seen on autopsy (known as Chronic inson's-like symptoms, Amyotropic Lateral Sclerosis (AL o concussion history. Further research on this topic is need to my child/ward to view "Concussion in Sports" at team doctor, athletic trainer, or coaches associated with its information on concussion. I will inform the supervising as a teammate with these symptoms. Furthermore, I have	ion symptoms, permanent disability and even death (called "Second oncussions can lead to long-term symptoms, including early dementia."  No athlete may return to activity after an apparent head injury or lical clearance from an appropriate health-care professional (AHCP). In (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic inue for several hours. You should also seek medical care and inform its one game than to have your life changed forever. When in doubt, sit y symptom free, after which time they would complete a step-wise in, receive written medical clearance of an AHCP.  Ons, and even hits that do not cause a symptomatic concussion, Traumatic Encephalopathy (CTE)). There have been case reports ended before any conclusions can be drawn.  Www.nfhslearn.com. I accept responsibility for reporting all my sport including any signs and symptoms of CONCUSSION. I g coach, athletic trainer or team physician immediately if I experive been advised of the dangers of participation for myself and that

Signature of Parent/Guardian





#### Florida High School Athletic Association

# Consent and Release from Liability Certificate for

Sudden Cardiac Arrest and Heat-Related Illness (Page 3 of 4)

Market Market Market Market	This completed form must be kept on file by the	school. This form is valid for 365 calendar days from the date of the most recent signature.
School:		School District (if applicable):
Sudden C	ardiac Arrest Information	School District (if applicable):

Sudden cardiac arrest (SCA) is a leading cause of sports-related death. This policy provides procedures for educational requirements of all paid coaches and recommends added training. Sudden cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA can cause death if it's not treated within minutes.

Symptoms of SCA include, but not limited to: sudden collapse, no pulse, no breathing.

Warning signs associated with SCA include: fainting during exercise or activity, shortness of breath, racing heart rate, dizziness, chest pains, extreme fatigue.

It is strongly recommended that all coaches, whether paid or volunteer, be regularly trained in cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED). Training is encouraged through agencies that provide hands-on training and offer certificates that include an expiration date. Beginning June 1, including practices, workouts and conditioning sessions.

The AED must be in a clearly marked and publicized location for each athletic contest, practice, workout or conditioning session, including those conducted outside of the school year.

What to do if your student-athlete collapses:

- 1. Call 911
- 2. Send for an AED
- 3. Begin compressions

#### FHSAA Heat-Related Illnesses Information

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

Heat Stroke is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

Heat Exhaustion is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

Heat Cramps usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

#### Who's at Risk?

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

By signing this agreement, I ack courses at www.nfhslearn.com. I been advised of the dangers of pa	nowledge the annual require acknowledge that the infor articipation for myself and t	ement for my child/w mation on Sudden Ci hat of my child/ward	ard to view both the " ardiac Arrest and Hea	Sudden Cardiac Arrest" a t-Related Illness have beer	nd "Heat Illness Prevention" n read and understood. I have
Name of Suident Add to Comme					1

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date //
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date /
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date //





## Florida High School Athletic Association

# Consent and Release from Liability Certificate (Page 4 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

# Attention Student and Parent(s)/Guardian(s)

Your school is a member of the Florida High School Athletic Association (FHSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an FHSAA recognized and/or sanctioned sport, the student:

- 1. This form is non-transferable; a separate form must be completed for each different school at which a student participates.
- 2. Must be regularly enrolled and in regular attendance at your school. If the student is a home education student, a charter school student, a special/alternative school student, non-member private school student or Florida Virtual School Full-time Public Program student, the student must declare in writing his/her intent to participate in athletics to the school at which the student is permitted to participate. Home education students and students attending non-member private schools must be approved through the use of a separate form prior to any participation. (FHSAA Bylaw 9.2, Policy 16 and Administrative Procedure 1.8)
- 3. Must attend school within the first 10 days of the beginning of each semester to be eligible during that semester. (FHSAA Bylaw 9.2)
- 4. Must maintain at least a cumulative 2.0 grade point average on a 4.0 unweighted scale prior to the semester in which the student wishes to participate. This GPA must include all courses taken since the student entered high school. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester. (FHSAA Bylaw 9.4)
- 5. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4)
- Must not have enrolled in the ninth grade for the first time more than eight semesters ago. If the student is a sixth, seventh or eighth grade student, the student must not participate if repeating that grade. (FHSAA Bylaw 9.5)
- Must not turn 19 before July 1st to participate at the high school level; must not turn 16 prior to September 1st to participate at the junior high level; and must not turn 15 prior to September 1st to participate at the middle school level, otherwise the student becomes permanently ineligibile.
- Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics on a form (EL2). (FHSAA Bylaw 9.7)
- Must have signed permission to participate from the student's parent(s)/legal guardian(s) on a form (EL3) provided the school. (FHSAA Bylaw 9.8)
- 10. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating. (FHSAA Bylaw 9.9)
- 11. Must not participate in an all-star contest in a sport prior to completing his/her high school eligibility in that sport. (FHSAA Policy 26)
- 12. Must display good sportsmanship and follow the rules of competition before, during and after every contest in which the student participates. If not, the student may be suspended from participation for a period of time. (FHSAA Bylaw 7.1)
- 13. Must not provide false information to his/her school or to the FHSAA to gain eligibility. (FHSAA Bylaw 9.1)
- 14. Youth exchange, other international and immigrant students must be approved by the FHSAA office prior to any participation. Exceptions may apply. See your school's principal/athletic director. (FHSAA Policy 17)
- 15. Must refrain from hazing/bullying while a member of an athletic team or while participating in any athletic activities sponsored by or affiliated with a member school.

If the student is declared or ruled ineligible due to one or more of the FHSAA rules and regulations, the student has the right to request that the school file an appeal on behalf of the student. See the principal or athletic director for information regarding this process.

By signing this agreement, the undersigned acknowledges that the information on the Consent and Release from Liability Certificate in regards to the FHSAA's established rules and eligibility have been read and understood.

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date //
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date //
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date //



## MONROE COUNTY SCHOOL DISTRICT CONSENT AND AUTHORIZATION FOR RANDOM DRUG TESTING

READ CAREFULLY BEFORE SIGNING. IF YOU DO NOT UNDERSTAND ANY PART, PLEASE CONSULT WITH THE PRINCIPAL, ATHLETIC DIRECTOR, OR TEAM COACH. I intend to become a member of the following interscholastic sport/activity regulated by the Florida High School Activities Association or the Monroe County School District.

	Saseball			
		8a	sketball	Cheerleading
-	Cross Country	Da	nce Team	
	Football	Go	lf	Drill Team
	Marching Band	500	ccer	 Lacrosse
	Swimming/Diving			 Softball
	Volleyball		nnis	Track and Field
	· one years	We	Ightlifting	Wrestling

As a member of the team, I understand that I will be participating in organized team practices, individual practice sessions, and organized interscholastic sports competitions. I also understand that participation in these activities involves risk of injury to myself and to other participants. I am also aware that the use of illegal drugs, the abuse of legal drugs, and the use of alcohol can seriously jeopardize my safety and the safety of others and greatly increase the risk of injury.

I also understand that my performance as a participant of the team and the reputation of my school are dependent in part on my conduct as an individual and the example I set may influence other students at my school. With these considerations in mind, I hereby agree to accept and to abide by the standards, rules, and regulations established by the Florida High School Activities Association, the Monroe County School Board, and my school in relation to my participation.

I further consent to abide by the Student Athlete Drug Testing Policy, and agree to provide a urine specimen, as it may be requested outlined in that policy, to be tested for the presence of prohibited substances. I understand that if (1) I refuse to provide a valid urine specimen, (2) do not appear at the appointed time and place to provide a urine specimen, or (3) I tamper with, dilute, substitute, or after the urine specimen I provide, I will be subject to administrative action authorized in the Student Athlete Drug Testing Policy. I further understand that a positive test result which indicates a Policy 2431.04.

I also understand that the costs for the drug testing of the urine sample(s) shall be at the expense of the school. This signed form shall be consent, in accordance with the Family Education Right to Privacy Act (PERPA) a section 228.093, Florida Statutes, for the release of the drug testing results to the school principal or the principal's designee, and for use of the results in the administration and enforcement of the Student Athlete Drug Testing Policy.

Consequences for positive drug test or use of drugs or alcohol.

Consequences include the following:

1st Positive Test/Use — The student is suspended from participation for 10 school days. During the period of the suspension, scheduled contest days that fall on non-school days (weekends, holidays, or breaks) shall count toward the 10 days. To maintain eligibility, the student is required to attend practice during the full ineligibility period and can resume participation in practice only after 5 school days. During the term of the suspension the student is not allowed to travel to away events/contests. Following the suspension, the student may not resume participating until providing documentation of successful completion (certificate of completion) of a minimum three (3) hour State-licensed and accredited drug/alcohol counseling or rehabilitation/education program. The student also must agree to submit to subsequent school-based drug tests.

2nd Positive Test/Use — The student is suspended from participation for 30 school days. During the period of the suspension, scheduled contest days that fall on non-school days (weekends, holidays, or breaks) shall count toward the 30 days. To maintain eligibility, the student is required to attend practice during the full ineligibility period and can resume participation in practice only after 20 school days. During the term of the suspension the student is not allowed to travel to away events/contests. Following the suspension, the student may not resume participating until providing documentation of successful completion (certificate of completion) of a minimum three (3) hour State-licensed and accredited drug/alcohol course including school-initiated counseling. The student also must agree to submit to subsequent school-based drug tests.

3rd Positive Test/Use — The student is suspended from participation in athletics and/or performance groups associated with athletics for the remainder of the school year.

through a meeting with the parents, stu	ting policy or use of drug/alcohol will be sh dents and Athletic Director.	
STUDENT PRINTED NAME	STUDENT SIGNATURE	DATE
As the parent or guardian of the studen terms, requirements and conditions about		udent, consent to the
PARENT/GUARDIAN PRINTED NAME	PARENT/GUARDIAN SIGNATURE	DATE



Kirsten Burns Assistant Principal

### MARATHON MIDDLE HIGH SCHOOL

Christine Paul Principal Rebecca Keenum Assistant Principal

#### Student - Athletes Code of Student Conduct

Sportsmanship is the "Golden Rule" of athletics. It is respect for others and oneself. It is the understanding and commitment of an athlete to play fair with ethical behavior and integrity. Treat others the way you want to be treated.

As a student – athlete at Marathon HS I, \_\_\_\_\_\_, promise to follow the Student – Athletes Code of Conduct.

- Win and lose graciously
- Understand you are a representative of the school and others will base their impression of the school on your attitude and behavior
- Treat opponents as you would like to be treated
- Refrain from disrespectful behavior such as trash talking or forms of intimidation
- Wish them good luck and greet them graciously
- Only the captain or coach should communicate with the officials
- Avoid the use of profanity
- Play with you best effort
- Be a team player
- Do not argue with officials or complain about calls
- Control your temper and do no retaliate if you feel you were wronged
- Accept accountability and punishment for your actions

Student – Athlete Signature



Our mission is to educate, empower, and enable all students to become responsible, caring, and contributing citizens.

305-289-2480 KeysSchools.com/MMHS 350 Sombrero Beach Road, Marathon, FL 33040