Application
for
Athletic Participation

Please read the contents of this packet thoroughly.
The Acknowledgement of Information SIGNATURE PAGE
MUST BE SIGNED AND TURNED IN to the athletic office at
Bloomington High School South
in order to meet eligibility requirements.
Dear Athlete and Parent/Guardian,

We are excited about the opportunity to have your son/daughter participate in the athletic program here at Bloomington High School South. Please read through all the items in this packet thoroughly and feel free to ask any questions. There are several documents that will need to be read and an acknowledgement of information page that needs to be signed and turned in to the athletic office, in order for student athletes to be eligible for participation. In addition to this packet is the IHSAA physical form and emergency medical form. Please fill out your portion and bring the physical form with you to your physician. The physical must be performed after April 1 of every year by a physician holding an unlimited license to practice medicine to be valid. (IHSAA By-Law C 3-10)

We appreciate you allowing your child the opportunity to participate in our athletic program at Bloomington South.

Sincerely,
J.R. Holmes
Athletic Director
Bloomington High School South

"Home of the Panthers"
CONCUSSION and SUDDEN CARDIC ARREST
New State Requirement

IC 20-34-7 and IC 20-34-8 require schools to distribute information sheets to inform and educate student athletes and their parents on the nature and risk of concussion, head injury and sudden cardiac arrest to student athletes, including the risks of continuing to play after concussion or head injury. These laws require that each year, before beginning practice for an interscholastic or intramural sport, a student athlete and the student athlete’s parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete’s coach.

IC 20-34-7 states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries.

IC 20-34-8 states that a student athlete who is suspected of experiencing symptoms of sudden cardiac arrest shall be removed from play and may not return to play until the coach has received verbal permission from a parent or legal guardian of the student athlete to return to play. Within twenty-four hours, this verbal permission must be replaced by a written statement from the parent or guardian.

Parent/Guardian - please read the attached fact sheets regarding concussion and sudden cardiac arrest and ensure that your student athlete has also received and read these fact sheets. After reading these fact sheets, please ensure that you and your student athlete sign this form, and have your student athlete return this form to his/her coach.
Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven’t been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, 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.

What should I do if I think I have a concussion?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it’s OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I help prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion; Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.
For more information, visit www.cdc.gov/Concussion.

April 2013
What is a concussion?
A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a 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 your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

<table>
<thead>
<tr>
<th>SYMPTOMS REPORTED BY ATHLETE</th>
<th>SIGNS OBSERVED BY PARENTS/GUARDIANS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Headache or “pressure” in head</td>
<td>• Appears dazed or stunned</td>
</tr>
<tr>
<td>• Nausea or vomiting</td>
<td>• Is confused about assignment or position</td>
</tr>
<tr>
<td>• Balance problems or dizziness</td>
<td>• Forgets an instruction</td>
</tr>
<tr>
<td>• Double or blurry vision</td>
<td>• Is unsure of game, score, or opponent</td>
</tr>
<tr>
<td>• Sensitivity to light</td>
<td>• Moves clumsily</td>
</tr>
<tr>
<td>• Sensitivity to noise</td>
<td>• Answers questions slowly</td>
</tr>
<tr>
<td>• Feeling sluggish, hazy, foggy, or groggy</td>
<td>• Loses consciousness (even briefly)</td>
</tr>
<tr>
<td>• Concentration or memory problems</td>
<td>• Shows mood, behavior, or personality changes</td>
</tr>
<tr>
<td>• Confusion</td>
<td>• Just “not feeling right” or “feeling down”</td>
</tr>
</tbody>
</table>

How can you help your child prevent a concussion or other serious brain injury?
• Ensure that they follow their coach’s rules for safety and the rules of the sport.
• Encourage them to practice good sportsmanship at all times.
• Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
• Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?
SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
Don’t assess it yourself, take him/her out of play.
Seek the advice of a health care professional.

It’s better to miss one game than the whole season.
For more information, visit www.cdc.gov/Concussion.

April 2013
SUDDEN CARDIAC ARREST
A Fact Sheet for Student Athletes

FACTS
Sudden cardiac arrest can occur even in athletes who are in peak shape. Approximately 500 deaths are attributed to sudden cardiac arrest in athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest. Once a cardiac arrest occurs, there is very little time to save the athlete, so identifying those at risk before the arrest occurs is a key factor in prevention.

WARNING SIGNS
There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:
- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

EMERGENCY SIGNS – Call EMS (911)
If a person experiences any of the following signs, call EMS (911) immediately:
- If an athlete collapses suddenly during competition
- If a blow to the chest from a ball, puck or another player precedes an athlete’s complaints of any of the warning signs of sudden cardiac arrest
- If an athlete does not look or feel right and you are just not sure

How can I help prevent a sudden cardiac arrest?
Daily physical activity, proper nutrition, and adequate sleep are all important aspects of lifelong health. Additionally, you can assist by:
- Knowing if you have a family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Telling your health care provider during your pre-season physical about any unusual symptoms of chest discomfort, shortness of breath, racing or irregular heartbeat, or feeling faint, especially if you feel these symptoms with physical activity
- Taking only prescription drugs that are prescribed to you by your health care provider
- Being aware that the inappropriate use of prescription medications or energy drinks can increase your risk
- Being honest and reporting symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think I am developing warning signs that may lead to sudden cardiac arrest?
1. Tell an adult – your parent or guardian, your coach, your athletic trainer or your school nurse
2. Get checked out by your health care provider
3. Take care of your heart
4. Remember that the most dangerous thing you can do is to do nothing

Developed and Reviewed by the Indiana Department of Education’s Sudden Cardiac Arrest Advisory Board (3-7-15)
SUDDEN CARDIAC ARREST
A Fact Sheet for Parents

FACTS
Sudden cardiac arrest is a rare, but tragic event that claims the lives of approximately 500 athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest.

WARNING SIGNS
There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

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EMERGENCY SIGNS – Call EMS (911)
If a person experiences any of the following signs, call EMS (911) immediately:
- If an athlete collapses suddenly during competition
- If a blow to the chest from a ball, puck or another player precedes an athlete’s complaints of any of the warning signs of sudden cardiac arrest
- If an athlete does not look or feel right and you are just not sure

How can I help my child prevent a sudden cardiac arrest?
Daily physical activity, proper nutrition, and adequate sleep are all important aspects of lifelong health. Additionally, parents can assist student athletes prevent a sudden cardiac arrest by:
- Ensuring your child knows about any family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Ensuring your child has a thorough pre-season screening exam prior to participation in an organized athletic activity
- Asking if your school and the site of competition has an automatic defibrillator (AED) that is close by and properly maintained
- Learning CPR yourself
- Ensuring your child is not using any non-prescribed stimulants or performance enhancing drugs
- Being aware that the inappropriate use of prescription medications or energy drinks can increase risk
- Encouraging your child to be honest and report symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think my child has warning signs that may lead to sudden cardiac arrest?
1. Tell your child’s coach about any previous events or family history
2. Keep your child out of play
3. Seek medical attention right away

Developed and Reviewed by the Indiana Department of Education’s Sudden Cardiac Arrest Advisory Board
(1-7-15)
BLOOMINGTON SOUTH HIGH SCHOOL
ATHLETIC DEPARTMENT

Individual Student Driving and Riding Permission Form

I understand the liability of traveling and I do not hold the coach, teammate or MCCSC liable in case an accident occurs.

By checking the appropriate box on the acknowledgement of information signature page, I hereby either give my permission, for my son/daughter to drive themselves and/or travel with a coach or a teammate to practices or local athletic events when a school bus is not available or I do not give my permission for my son/daughter to ride or drive in cars with others.

THE ABOVE CONTAINS A RELEASE PROVISION.
Bloomington High School South
Extra-Curricular Activities
Code of Conduct

It is the strong belief of our school and community that representing Bloomington High School South is an honor and a privilege. As a part of upholding this belief, appropriate conduct and behavior expectations need to be followed at all times. Any student at BHSS who chooses to participate in an extra-curricular activity of any type will be required to follow the Code of Conduct guidelines outlined below in order to maintain eligibility in that activity. Extra-curricular activities include athletics, band, choir, clubs, and any other school sponsored activities that happen outside the school day.

It will be the responsibility of the staff and administration of the school to fairly and consistently enforce this policy in all extra-curricular activities in which our students participate. The intent of this policy is to encourage positive decision-making skills and work with the student and parents to provide appropriate safety nets when the student has made a poor choice. It is our hope that this policy will help promote and ensure the tradition and pride that we all have in our students and school.

The Code of Conduct must be signed before the student will be permitted to participate. The Code of Conduct will be kept on file and will be in effect for the student’s high school career.

Consequences for violations of the code of conduct will vary depending on the cooperation and honesty of those involved.

I. Alcohol, Drugs, and Tobacco: Students involved in extra-curricular activities should be aware that if they are present at a function where alcohol and/or drugs are being used, they should leave immediately. The use or possession of alcohol, drugs or tobacco by students will not be tolerated and will result in the following penalties:

A. If the student turns him/herself into school personnel and/or cooperates with school personnel during the investigation of each offense:

1. First offense—The student will participate in a mandatory drug counseling program that will be specified/coordinated by the school. If the student refuses to participate in counseling they will be considered uncooperative and will lose 40% of their season. If reasonable suspicion of continued use arises after the initial incident, the student will be required to take a drug test. Student and parent will be responsible for all costs incurred.

2. Second offense—Suspension of 20% of total season (including sanctioned scrimmages). Students will be allowed to practice but may not dress for competition during suspension.

3. Third offense—One calendar year suspension. However if during the first or second offense there was a lack of cooperation the suspension will become permanent.

4. Fourth offense—Permanent suspension in all extra-curricular activities.
B. If the student does not turn him/herself into school personnel and does not cooperate with school personnel during the investigation (this would include denying usage and failing a drug test):

1. **First offense (without cooperation)**—Suspension 40% of total season (including sanctioned scrimmages), and the student will participate in a mandatory community drug counseling program that will be specified/coordinated by the school. Student and parent will be responsible for all costs incurred.

2. **Second offense (without cooperation)**—Permanent suspension in all extra-curricular activities.

II. **Suspension from School**: Student is suspended from the extra-curricular activity for same period of time.

III. **Grades**: All students must be enrolled in and passing courses in compliance with IHSAA regulations to be eligible for athletic participation. Eligibility for extra-curricular participation will be determined by the club sponsor/administration. (Must pass 4 out of 5 classes)

IV. **Behavior**: Conduct of all students involved in extra-curricular activities will be of the highest caliber while in school, in the community, during practices, games and competitions. Students who do not represent BHSS in an appropriate manner exhibited by their habits, conduct or character **IN OR OUT OF SCHOOL, YEAR ROUND**, shall be subject to disciplinary measures. This could result in suspension or dismissal from activities as determined by the coach, sponsor, athletic director or principal. This conduct includes relationships with coaches, team members, fellow students, teachers and the general public.

V. **Profanity**: The use of profanity will not be tolerated.

VI. **Stealing, Theft and Vandalism**: Students shall not vandalize property at school or at other schools nor have in their possession any item(s) stolen from any source, including uniforms or equipment from BHSS or from other schools.

VII. **Criminal Guilt**: If you are found guilty of a criminal act, you will not be allowed to participate in extra-curricular activities for one year.

VIII. **Quitting Teams**: If you quit a team after the first interscholastic contest you may not participate in another sport during that season without consent from both coaches involved. This includes off-season weight programs conducted by the school.

IX. **Timeline**: In accordance with school policy and the IHSAA these rules are in effect all year, including summer.

X. **Appeal Process**: A student and his or her parent/guardian have the right to appeal a ruling by so notifying the administration in writing within five (5) business days after notification of the decision. The Extra-Curricular Activity Appeals Board consists of members of the administrative staff. If written notification is not received within five (5) business days, the right of the appeal is forfeited.

XI. **Hazing/Bullying**: Will not be allowed; those involved shall be subject to disciplinary measures. This could result in suspension or dismissal from activities as determined by the coach, sponsor, athletic director or principal.
Bloomington South High School
Acknowledgement of Information Signature Page

I have received and thoroughly read all the information included in the following informational and consent forms and documents:

☐ "Heads Up" Concussion Fact Sheet for parents and athletes
☐ The sudden cardiac arrest information and fact sheet for parents and athletes
☐ Code of Conduct
☐ Student Driving Release and Riding Permission Form

[ ] Yes I give my permission
[ ] No I do not give my permission

I fully understand and agree with all of the information contained in each of the forms and handouts. I agree to abide by all the stipulations and guidelines set forth in each of the forms and handouts. I further understand that I have the opportunity to ask questions regarding the content of these forms and the provided handouts. I also understand that this form must be signed and turned in to the designated official at Bloomington South High School prior to the athlete being allowed to participate in any practices or games. This form is a requirement for eligibility to participate in athletics at Bloomington South High School.

YEAR OF GRADUATION: __________________

_________________________                ___________________________  __________________
Student Name (please print)                Student Signature                Date

_________________________                ___________________________  __________________
Parent Name (please print)                 Parent Signature                Date

Parent E-mail Address: ___________________