



Attention Parents/Guardians and Athletes:

All Athletic Physicals are valid for ONE (1) year.

- ➔ A Ticket to Play packet must be completed and turned in before you try out for any sport.
- ➔ If you came to DNHS physical night in the Spring, your physical is good for the entire next school year; you **do not** need another physical/ticket to play for each sport season. To ensure that the physical will cover the entire school year, please have the physical done at physical night, after June 1st or during the summer.

Ex: If you came to Physical Night on May 30, 2019, your physical is good throughout the entire 2019-20 school year. If you had your physical on May 10, 2019, your physical is good only for the 2019-20 Fall and Winter sports seasons.
- ➔ If your physical will expire in the middle of the season, you must have a new physical done **before** tryouts. Please turn in the physical form to the Athletic department.
- ➔ If you are a new student (new to DNHS/PUSD), you can get a copy of your physical from your old school and turn it in (as long as it's not expired) but you must fill out the other DNHS Ticket to Play paperwork. If your physical from the old school is expired or will expire during the sport season, you will need a new physical before tryouts.

If you're not sure whether you already had a physical or have other questions, please ask!

(858) 487-0877 ext. 6318

Athletic Director: Mike Giaime mgiaime@powayusd.com

Athletic Trainer: Kim Woolstencroft kwoolstencroft@powayusd.com

Athletics Secretary: Cosette Marolt cmarolt@powayusd.com

The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD prohibits discrimination, harassment, intimidation, and bullying on the basis of actual or perceived race, color, ancestry, national origin, nationality, immigration status, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or group with one or more of these actual or perceived characteristics. For more information, please contact the Title IX/Equity Compliance Officer, Associate Superintendent of Personnel Supportive Services, Poway Unified School District, 15250 Avenue of Science, San Diego, CA 92128-3406, 858-521-2800, extension 2761.

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POWAY UNIFIED SCHOOL DISTRICT PERMISSION TO TREAT AND ATHLETIC HANDBOOK ACKNOWLEDGEMENT

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Complete using BLUE or BLACK ink.

Del Norte HS Mt. Carmel HS Poway HS Rancho Bernardo HS Westview HS

Student Name:	Student ID#:	Date of Birth:	
Parent Name/Cell #:	Home Phone:	Grade:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address:	City/Zip:	Sport(s):	

EXPLANATION OF SCREENING PHYSICAL

I realize that the medical evaluations performed are only screens in order to evaluate general health, to disclose existing problems, and to determine my son or daughter's dynamic ability to participate in a given sport so that obvious conditions which might be damaged or aggravated by competitive sports can be found, evaluated and treated so as to prevent further injury. This examination does not guarantee against injury. Parent Initials _____ Student/Athlete Initials _____

AWARENESS OF RISK

STUDENT AND PARENT: I am aware that playing/practicing sports can be a dangerous activity involving many risks of injury. I understand that the risks of participation include, but are not limited to, death, serious neck and spinal cord injuries that may result in complete or partial paralysis, brain damage, serious internal injury to virtually any internal organs, bones, joints, muscles, tendons, or any other aspect of the skeletal system, and serious injury or impairment to other aspects of my body, general health and wellbeing. I understand that the risks of participation may result not only in serious injury, but in impairment of my future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy a good life. Because of the dangers of participating in sports, I recognize the importance of following coach instructions regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instructions. Parent Initials _____ Student/Athlete Initials _____

PERMISSION FOR TREATMENT

I hereby grant permission to the team physicians and those professional personnel designated by Poway Unified School District to treat my son or daughter in the event of any injury. In the event of a serious injury, if I am unable to give my consent at that time, this consent is to include any and all emergency procedures deemed necessary by the attending emergency personnel. I also understand that in the event of injury, every reasonable attempt will be made to contact me prior to securing medical treatment beyond basic first aid. Parent Initials _____ Student/Athlete Initials _____

PROOF OF INSURANCE

In compliance with California Education Code 32221, I certify that there is in effect at this time insurance coverage for medical expenses resulting from bodily injury of at least \$5,000 for my son or daughter, and that this coverage will remain in effect throughout the time that he or she participates in sports. I also give my permission for the above named student to participate in sports, including regularly scheduled trips by supervised school transportation.

NAME of Insurance Carrier _____ Policy/Group # _____ Parent Initials _____ Student/Athlete Initials _____

MEDIA RELEASE

I understand that my name, picture, and/or grade point average may be released to the media. Parent Initials _____ Student/Athlete Initials _____

REFER TO ATHLETIC HANDBOOK FOR THIS SECTION LOCATED ON SCHOOL WEBSITE UNDER ATHLETICS

ATHLETIC HANDBOOK

I have reviewed and agree to abide by the guidelines/policies in the Athletic Handbook which is posted on school website. By signing below, I acknowledge that it is my responsibility to read and understand these rules and discuss them with my parent/guardian/athlete. Parent Initials _____ Student/Athlete Initials _____

CIF CONCUSSION INFORMATION

I agree that the safety of the athletes always come first. I have read the CIF Concussion Information Sheet and am familiar with the signs and symptoms of a concussion. I understand and support the decision that any athlete suspected of suffering a serious head injury may be removed from a game or practice immediately and will not be allowed to return to activity until medically cleared. Parent Initials _____ Student/Athlete Initials _____

ATHLETIC POLICY AGAINST HAZING

Poway Unified School District strives to maintain a healthy athletic program in which all students feel safe, welcome and proud of the school and the athletic programs that they represent. I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach or administrator on campus. By signing below, I agree to uphold this District policy and understand that any violation will result in my immediate suspension from athletics and further disciplinary action as outlined in District policy and procedures. Parent Initials _____ Student/Athlete Initials _____

ETHICS IN SPORTS POLICY

I read and accept and understand the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process of the CIF- San Diego Section ETHICS IN SPORTS Policy. I agree to abide by this policy while participating and/or spectating at CIFSDS athletic events regardless of contest site or jurisdiction. Parent Initials _____ Student/Athlete Initials _____

SUDDEN CARDIAC ARREST

I agree that the safety of the athletes always come first. I have read the Sudden Cardiac Arrest Information Sheet and am familiar with the signs and symptoms of SCA. I understand and support the decision that any athlete suspected of suffering sudden cardiac arrest may be removed from a game or practice immediately and will not be allowed to return to activity until medically cleared. Parent Initials _____ Student/Athlete Initials _____

OPIOID FACT SHEET FOR PATIENTS

I have received and read the Opioid Fact Sheet for patients published by the Centers for Disease Control (CDC). Parent Initials _____ Student/Athlete Initials _____

I have read all of the above statements and understand them fully and agree/consent to their contents.

Print Student/Athlete Name _____
X _____
Student/Athlete Signature

Print Parent/Guardian Name _____
X _____
Parent/Guardian Signature



**CIF-SAN DIEGO SECTION
RESIDENCE & ELIGIBILITY VERIFICATION**
Athletic/Extracurricular Participation

** To be completed by individual with whom student resides** Complete using BLUE or BLACK ink.

Student Name:	Grade:	Sport(s):
Address:	DOB:	Parent Cell #:
Home Phone #:	Age:	Parent Cell #:

1. I am the one with whom this student-athlete **resides**: (check one box)

- Parent Legal Guardian Relative Caretaker Foster Parent Emancipated Minor

2. I AFFIRM THAT THIS STUDENT RESIDES AT THE FOLLOWING ADDRESS:

Street Address _____
 City/State/Zip _____ Telephone _____

PARENTS' ADDRESS (if different than listed in #2)

Mother's Street Address _____ City/State/Zip _____
 Father's Street Address _____ City/State/Zip _____

3. Student Status:

- Continuing Student Incoming 9th Grader New Resident Administrative Placement Intra-District Transfer Inter-District Transfer

4. School(s) Attended Last Year

_____	_____	_____	_____
Name of School	Address	City/State/Zip	Sports(s) Played
_____	_____	_____	_____
Name of School	Address	City/State/Zip	Sports(s) Played

5. I understand that this street address is within the High School boundaries and/or I have followed the District transfer procedures. **I also understand that falsifying this information will cause team forfeiture and immediate ineligibility.**

Print Name of Person Checked on Line 1

X _____ **X** _____

Signature of Person with Whom Student/Athlete Resides Date Student/Athlete Signature Date

**THIS SECTION IS TO BE COMPLETED BY ALL
NEW STUDENTS, INCOMING 9th GRADERS AND ALL TRANSFER STUDENTS**

State CIF Bylaws require that all information provided in regard to any aspect of student eligibility to participate in athletics must be true, correct, accurate, and complete. State CIF Bylaws also require that parents, students, coaches and schools must disclose any pre-enrollment contact of any kind whatsoever with the parent or student during the 24 months prior to enrollment in the school.

I understand that it is my responsibility to see the Athletic Director to receive the CIF San Diego Section Transfer Student Eligibility forms prior to athletic participation. Check one:

- There has been no pre-enrollment contact of any kind whatsoever during the previous 24 months with anyone at or associated with the school or its athletic programs.
- There has been pre-enrollment contact during the previous 24 months with individuals at or associated with the school and its athletic programs by: (check all that apply) Clubs Camps 8th Grade Parent Night Conversation with High School Coach

A true, correct, and complete disclosure of that contact is written on the back or attached to this form.



PRE-PARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

(This form is to be completed by the physician. Submit **ORIGINAL** to school Athletics Office. Physician should retain a copy.) **Complete using BLUE or BLACK ink.**

Student Name:	Date of Birth:	Age:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
EXAMINATION				
Height:	Weight:	BMI:	BP: /	Pulse:
		Vision: R 20/ L 20/		Corrected <input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS/RECOMMENDATIONS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyper		
Eyes/Ears/Nose/Throat • Pupils Equal • Hearing		
Lymph Nodes		
Heart • Murmurs (auscultation standing, supine, +/- Valsalva • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only)		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS/RECOMMENDATIONS
Neck		
Back		
Shoulder/arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Angle		
Foot/Toes		
Functional • Duck-walk, single leg hop		

CLEARED for all sports **WITHOUT** restriction. Cleared for all sports without restrictions with recommendations outlined above in Abnormal Findings/Recommendations

NOT CLEARED: Pending further evaluation For any sports For certain sport(s): _____

Needs Clearance by specialist: Orthopedist Cardiologist Other: _____

Reason: _____

(Student's name) _____ was examined by me on (date) ____ / ____ / ____ for a pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete and parents/guardians.

Print Physician's Name: _____ Phone Number: _____

Physician's Signature: **X** _____ **Physician's Office Stamp HERE** →





CONFIDENTIAL
POWAY UNIFIED SCHOOL DISTRICT
ADDITIONAL MEDICAL INFORMATION

Complete using BLUE or BLACK ink.

This form is provided to the coach and will be taken with the team wherever they travel. Please fill it out completely and be specific.
 The form gives parental consent for any staff/chaperone approved by the school principal to secure emergency services (medical, dental, paramedic, ambulance) for the student at the parent/guardian expense. Efforts will be made to contact the parent/guardian prior to treatment or hospitalization.
 An authorization with a physician's signature must be attached if the athlete takes any prescription medication.

Student Name:	Student ID #	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Sport(s):	Date of Birth:	Graduating Year:	Age:

IN CASE OF EMERGENCY, A REPRESENTATIVE OF THE PUSD ATHLETIC DEPARTMENT HAS THE AUTHORITY TO SECURE MEDICAL OR SURGICAL TREATMENT AND TRANSPORT AS NECESSARY.

If information is not applicable, please write N/A in spaces provided below.

Forms on file with DNHS Health Office (please list all):*	Medication kept on site in DNHS Health Office (please list all):
	Medication kept with student (please list all):
*Please provide a copy of the following (if applicable): PUSD Authorization to Carry Medication H-26B PUSD Life Threatening Allergy Plan H-58	
The Athletic Trainer CANNOT give over-the-counter (OTC) medication to any student or student athlete under any circumstances at any time.	

MEDICATION: Prescription and non-prescription medications are permitted only with a written statement from the physician and parent/guardian indicating desire that the District assist the student as set forth by the physician. **If prescription or non-prescription medication is necessary, an AUTHORIZATION TO CARRY MEDICATION (H-26b) must be attached.** I understand that staff/chaperones may assist my student in taking the medicine(s) as directed by my physician. I will provide the medicine(s) in the prescription container(s) labeled with the name of my student, the prescribing physician's name, and the time and dosage of medication prescribed. I agree to hold harmless and indemnify the Poway Unified School District, it's officers, employees, agents or chaperones from and against any and all liability, loss, expense or claims for illness, injury or damage any student may incur from medication assistance.

I hereby state that, to the best of my knowledge, the information I have provided is complete and correct.

 Print Student/Athlete Name

 Print Parent/Guardian Name

X _____
 Student/Athlete Signature

X _____
 Parent/Guardian Signature