INFORMED CONSENT FORM ATHLETICS

We accept and understand that Middle School/High School athletics involves certain inherent risks, dangers and hazards that may cause serious personal injury, including death, severe paralysis or brain injury necessitating long term care and significantly impairing enjoyment of life or life activities. We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries potentially resulting in complete or partial paralysis; brain damage; blindness; serious injury to all internal organs; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in Middle School/High School athletics.

Football
We accept and understand that certain activities such as the act of blocking and tackling carry with them a greater inherent risk of injury.

Gymnastics
We accept and understand that certain activities such as tumbling carry with them a greater inherent risk of injury.

Soccer
We accept and understand that certain activities such as slide tackling and heading the ball carry with them a greater inherent risk of injury.

Track & Field
We accept and understand that certain activities such as high jumping, participating in throwing events such as javelin, shot put and discus and pole vaulting carry with them a greater inherent risk of injury.

We understand that the inherent risks of Middle School/High School athletics cannot be eliminated without jeopardizing the essential qualities of the sport. We have reviewed all of these risks and we understand and appreciate them and still desire to participate in the activity.

(Student Initial)________ (Parent Initial)________
We certify that (Student Name) ______________________________________ has no medical or physical conditions which could interfere with or compromise his/her safety in participating in this activity.
(Student Initial)________ (Parent Initial)________

I authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the above-named student.
(Parent Initial)________

In the event it becomes necessary for school district staff to obtain emergency medical care for the above-named student, we understand that neither the staff member nor the school district assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances.
(Student Initial)________ (Parent Initial)________

I certify that my household has sufficient medical insurance to facilitate any necessary medical care or resultant care for any injury that may be sustained by the above-named student.
(Parent Initial)________

HAVING READ AND INITIALED THE STATEMENTS ABOVE, I ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY SCHOOL DISTRICT ATHLETIC PROGRAM. BY SIGNING BELOW, I CERTIFY THAT I HAVE READ THE ABOVE, UNDERSTAND ITS CONTENT AND WISH TO PARTICIPATE.

_________________________              _________________________              ________________
Student name (please print)                      Student signature                       Date

HAVING READ AND INITIALED THE STATEMENTS ABOVE, I ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY SCHOOL DISTRICT ATHLETIC PROGRAM. BY SIGNING BELOW, I CERTIFY THAT I HAVE READ THE ABOVE, UNDERSTAND ITS CONTENT AND GIVE MY PERMISSION FOR MY STUDENT TO PARTICIPATE.

_________________________              _________________________              ________________
Parent/guardian name (please print)                      Parent/guardian signature                       Date

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INFORMED CONSENT FORM ATHLETICS
Auburn School District

ATHLETIC RULES OF CONDUCT

Auburn School District is a member of the Washington Interscholastic Activities Association and must comply with the rules as stipulated in the constitution and rules and regulations of the Association. All contestants must be eligible under the WIAA academic regulations to participate in an interscholastic contest.

Conduct: Participants shall abide by all written training rules established for the sport/activity in which he/she is participating, and shall at all times behave in a manner that conveys respect for all individuals. Acts of harassment, hazing or a criminal act defined by law will not be tolerated. In addition, a participant shall conduct him/herself with personal integrity and honesty at all times and in all situations; both as a participant and as a spectator. Unacceptable behaviors and/or misconduct may necessitate penalties as appropriate, in an attempt to reduce any behavior which negatively impacts the individual, the team/group, and/or the image of the Auburn School District Athletics/Activities. Each incident will be reviewed on a case-by-case basis by the coach/advisor, administrator, or Athletic/Activity Board.

Any athlete failing to comply with the following rules of conduct shall be subject to disciplinary action in accordance with the School District’s Athletic Code. Participation in interscholastic athletics is a privilege, not a right.

RULE 1-- LEGEND DRUGS, CONTROLLED SUBSTANCES, DRUG PARAPHERNALIA AND ALCOHOL USE

Penalties for violation of RCW 69.41.020-69.41.050 for the possession, use or sale of legend drugs (drugs obtained through prescription) including anabolic steroids and possession; Violation of RCW 69.50 (uniform Controlled Substances Act) or possession or under the influence of alcohol or alcohol related substances -- A violation shall be considered a violation of the eligibility code and standards, and shall subject the student to disciplinary actions as follows:

FIRST VIOLATION
Immediately ineligible for interscholastic competition for the remainder of the current season. If less than 25 days remain in the current season, inelegibility will continue into the next applicable sport season (completed in good standing) in order to complete a full 25 day ineligibility. Before returning to the next sport season, athlete must obtain a drug/alcohol assessment from a certified agency/professional and must participate in the Insight program or an equivalent drug education course.

SECOND VIOLATION
Ineligible and prohibited from participating in any WIAA sports program for a period of one calendar year from date of second violation.

THIRD VIOLATION
Permanently prohibited from participating in any WIAA athletic program for the remainder of high school eligibility.

RULE 2-- ATHLETES ATTENDING FUNCTIONS WHERE ALCOHOL AND OR DRUGS IS BEING ILLEGALLY CONSUMED: Athletes who attend a gathering where drugs and/or alcohol are being used illegally, must upon learning of the presence and/or use of such substances, make immediate and exhaustive attempts to leave the premises.

FIRST VIOLATION
See chart below

SECOND VIOLATION
Suspension for 25 participation days effective immediately. Before returning to the next sport season, athlete must obtain a drug/alcohol assessment from a certified agency/professional and must participate in the Insight program or an equivalent drug education course.

THIRD VIOLATION
Expulsion from all athletics for one calendar year

FIRST VIOLATION ONLY

<table>
<thead>
<tr>
<th>Means of Discovery</th>
<th>Action</th>
</tr>
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<td>Self-Referral</td>
<td>1 participation day effective immediately + 12 probation days.</td>
</tr>
<tr>
<td>Admittance</td>
<td>3 participation days effective immediately + 13 probation days.</td>
</tr>
<tr>
<td>Investigative</td>
<td>Suspension – 15 participation days effective immediately + 5 probation days.</td>
</tr>
</tbody>
</table>

RULE 3-- USE AND/OR BEING IN POSSESSION OF TOBACCO OR TOBACCO PRODUCTS. Tobacco includes, but is not limited to, cigarettes, cigars, snuff, smoking tobacco, smokeless tobacco, nicotine, nicotine delivering devices, chemicals, or devices that produce the same flavor or physical effect of nicotine substances; and any other tobacco innovation.

FIRST VIOLATION
See chart below

SECOND VIOLATION
Suspension for 25 participation days effective immediately.

THIRD VIOLATION
Expulsion from all athletics for one calendar year

FIRST VIOLATION ONLY

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<td>Suspension – 15 participation days effective immediately + 5 probation days.</td>
</tr>
</tbody>
</table>
RULE 4-- NOT OBEXYING SCHOOL RULES AND REGULATIONS DURING SEASON (INCLUDING REGULAR SCHOOL ATTENDANCE AND DISCIPLINARY SANCTIONS).

FIRST VIOLATION
Conference with building coordinator or administrator, unable to participate in the NEXT contest

SECOND VIOLATION
Probation, unable to participate in the NEXT two contests

THIRD VIOLATION
Suspension for remainder of current season

RULE 5-- SUSPENSION FROM SCHOOL DURING SEASON (INCLUDING IN-HOUSE DISCIPLINARY SANCTIONS)

FIRST VIOLATION
Suspension for the period of school suspension and unable to participate in the NEXT contest

SECOND VIOLATION
Suspension for 15 participation days effective immediately and automatic probation (five days minimum)

THIRD VIOLATION
Expulsion from all athletics for one calendar year

RULE 6-- ANY STUDENT CONVICTED OF A FELONY CRIME WILL NOT BE ALLOWED TO PARTICIPATE IN ATHLETIC COMPETITION FOR ONE FULL CALENDAR YEAR OR UNTIL THE SENTENCE IS COMPLETED. CONVICTED SEX OFFENDERS WILL NOT BE ALLOWED TO PARTICIPATE IN ATHLETICS.

SOCIAL MEDIA - Student-Athletes should avoid videos and photos on social media outlets. Videos and photos on social media outlets can be used as evidence of athletic code violations and lead to athletic discipline.

Definition of Sanctions:

PROBATION: A period of time in which an athlete may be given an opportunity to correct deficiencies that could result in suspension or expulsion from athletic participation. The athlete is allowed to practice but not compete in games during this time and must sit out a minimum of one contest. Athlete will not be allowed to sit on the bench, sideline or dugout during exclusion from a contest.

PARTICIPATION: As defined by the WIAA participation schedule. If the conclusion of a season occurs during suspension period, the remainder of the suspension will carry over into the next sports season.

SUSPENSION: Includes exclusion from all athletic participation.

EXPULSION: The exclusion from athletic participation for the remainder of the current school year.

INVESTIGATIVE (discovery) – The process by which an administrator/coach/athletic director arrives at a conclusion regarding a student’s involvement in an athletic code infraction. The decision will be based on evidence, either verbal or written.

SELF ADMITTANCE (discovery) – Student athletes that admit to their involvement in an athletic code infraction and who are cooperative and honest the investigative process regarding alleged code infractions.

SELF-REFERRAL (discovery) – Student athlete who reports self-infractions to school administrator prior to any investigation or inquiry by school administrators or staff.

IN SEASON: Begins with the first WIAA allowed practice day and ends with the awards ceremony (banquet) for that sport. In the event of no season-ending banquet or a banquet held prior to the last competition, the ending date will be after the last scheduled event for that sport.

COMPLETED SEASON: A season which a student athlete begins and completes the season, in good standing, without interruptions, until the last scheduled contest or banquet, whichever is later.

ACCUMULATION OF VIOLATIONS: Violations #1, #2, or #3 are accumulated while the student athlete is involved in high school athletics.

The Auburn School District sport season ends with the awards program, held at the discretion of the head coach for each sport. An athlete must finish the season in good standing in order to receive a letter. Athletes are reminded that they are under the athletic code beginning with the date of their first practice until 1 calendar year from the last participation day in any sport: Fall, Winter, or Spring and /or when representing the school during organized summer activities. Athletes are responsible for being knowledgeable of all additional information provided in the Athletic Handbook which is distributed to athletes and/or Auburn School District Website.

Participant's Printed Name

Parent's Printed Name

Parent's Signature

Date

Date 6/10/11
What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasp). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!
Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form

The Auburn School District believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from the sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Auburn School District athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.

__________________________________________________________________________  ____________________________________________________________________  __________
Student Name (Printed)              Student Name (Signed)                     Date

__________________________________________________________________________  ____________________________________________________________________  __________
Parent Name (Printed)                Parent Name (Signed)                        Date
# Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<table>
<thead>
<tr>
<th>Symptoms may include one or more of the following:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Headaches</td>
</tr>
<tr>
<td>• “Pressure in head”</td>
</tr>
<tr>
<td>• Nausea or vomiting</td>
</tr>
<tr>
<td>• Neck pain</td>
</tr>
<tr>
<td>• Balance problems or dizziness</td>
</tr>
<tr>
<td>• Blurred, double, or fuzzy vision</td>
</tr>
<tr>
<td>• Sensitivity to light or noise</td>
</tr>
<tr>
<td>• Feeling sluggish or slowed down</td>
</tr>
<tr>
<td>• Feeling foggy or gogglyy</td>
</tr>
<tr>
<td>• Drowsiness</td>
</tr>
<tr>
<td>• Change in sleep patterns</td>
</tr>
<tr>
<td>• Amnesia</td>
</tr>
<tr>
<td>• “Don’t feel right”</td>
</tr>
<tr>
<td>• Fatigue or low energy</td>
</tr>
<tr>
<td>• Sadness</td>
</tr>
<tr>
<td>• Nervousness or anxiety</td>
</tr>
<tr>
<td>• Irritability</td>
</tr>
<tr>
<td>• More emotional</td>
</tr>
<tr>
<td>• Confusion</td>
</tr>
<tr>
<td>• Concentration or memory problems</td>
</tr>
<tr>
<td>(forgetting game plays)</td>
</tr>
<tr>
<td>• Repeating the same question/comment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Signs observed by teammates, parents and coaches include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Appears dazed</td>
</tr>
<tr>
<td>• Vacant facial expression</td>
</tr>
<tr>
<td>• Confused about assignment</td>
</tr>
<tr>
<td>• Forgets plays</td>
</tr>
<tr>
<td>• Is unsure of game, score, or opponent</td>
</tr>
<tr>
<td>• Moves clumsily or displays incoordination</td>
</tr>
<tr>
<td>• Answers questions slowly</td>
</tr>
<tr>
<td>• Slurred speech</td>
</tr>
<tr>
<td>• Shows behavior or personality changes</td>
</tr>
<tr>
<td>• Can’t recall events prior to hit</td>
</tr>
<tr>
<td>• Can’t recall events after hit</td>
</tr>
<tr>
<td>• Seizures or convulsions</td>
</tr>
<tr>
<td>• Any change in typical behavior or personality</td>
</tr>
<tr>
<td>• Loses consciousness</td>
</tr>
</tbody>
</table>

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Document created 6/15/2009
If your child does get a concussion, they will not be able to return to full participation for at least a week. There may be instances in which your child’s healthcare provider determines that more time for recovery is needed. Once symptoms have returned to baseline levels, a Return to Play protocol will begin. There must be at least 24 hours in between each step and each step needs to be supervised by a healthcare provider.

The basic Return to Play progression is:
- Day 1: 24 hours with no concussion symptoms (must include a day of school)
- Day 2: Light aerobic activity only to increase the heart rate (5-10 minutes of light jog or exercise bike) (no weight lifting)
- Day 3: Sport-specific activity
- Day 4: Non-contact training drills
- Day 5: Full contact practice
- Day 6: Normal game play/competition

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/

Student-Athlete Name Printed  Student-Athlete Signature  Date

Parent or Legal Guardian Printed  Parent or Legal Guardian Signature  Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009