

THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA  
1960 LANDINGS BOULEVARD, SARASOTA, FL 34231  
PHONE (941) 927-9000

**MIDDLE SCHOOL STUDENT ATHLETIC PACKET CHECKLIST FOR 2019-2020**

**Instructions:** The Sarasota County School District Athletic Program must comply with rules, policies, and procedures, set by The School Board of Sarasota County, Florida. Before participating in athletics, this entire packet must be completed and returned to the Head Coach of your athletic sport/Athletic Director's Office. No student is allowed to participate unless all of the necessary information is complete and required signatures are obtained. This packet will be filed in the Athletic Director's office. A new packet must be completed every year.

Student Legal Name (Print) \_\_\_\_\_ DOB \_\_\_\_\_  
Last First Middle

2019-2020 School Name \_\_\_\_\_ Grade \_\_\_\_\_ Sex  Male  Female  
(where student takes academic classes)

School student will be participating in sports \_\_\_\_\_ Are you a school choice student?  Yes  No

Are you a Home Education student?  Yes  No

Home Educations students must contact the middle school Athletic Director 3 weeks prior to the start of season.

Check the season that you want to participate in:  Fall  Winter  Spring

**Initial box to indicate completion. All forms require both student and parent/guardian signatures. Specified forms require signatures be notarized.**

**Pre-Participation Physical Evaluation for Middle School Students (066-14-DIS)**  
Page 1 must be signed and dated by the student and the parent/guardian. Page 2 is completed, signed, and dated by the physician. The physical is valid for 365 days from the date of the physician's evaluation. As an alternative, the Florida Department of Health School Entry Health Exam Form (DH3040-CHP-07/2013) may also be used.

**Parent/Guardian Release and Hold Harmless Agreement for Middle School Student Athletic Participation (027-01-DIS)**  
Signatures of student and parent/guardian must be notarized.

**Current insurance carrier information** (name of insurance company and policy number) must be included on the above two forms. Insurance is required to try out and participate. If the student athlete is not covered under a family plan, insurance can be purchased online at [www.schoolinsuranceofflorida.com](http://www.schoolinsuranceofflorida.com). **A copy of the insurance card must be submitted with this packet.**

**Acknowledgement of Standards for Participation in Middle School Athletic Activities (068-14-DIS)**

**Authorization to Release Medical Information for Athletics (062-14-DIS)**

**Emergency Medical/Treatment Field Trip Consent (063-96-DIS)**  
Include doctor name and contact information on form.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**OFFICE USE ONLY**

Physical Date \_\_\_\_\_ Insurance: School Personal GPA \_\_\_\_\_

School: Home Oak Park PV SMA Other \_\_\_\_\_

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**PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS**

**Instructions:** This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

**Part 1. Student Information (to be completed by student or parent).**

Student Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 School \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Home Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Parent/Guardian Name \_\_\_\_\_ E-mail \_\_\_\_\_  
 Person to Contact in Case of Emergency \_\_\_\_\_ Relationship to Student \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Personal/Family Physician Name \_\_\_\_\_ Office Phone \_\_\_\_\_

**Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	___	___	26. Have you ever become ill from exercising in the heat?	___	___
2. Do you have an ongoing chronic illness?	___	___	27. Do you cough, wheeze or have trouble breathing during or after activity?	___	___
3. Have you ever been hospitalized overnight?	___	___	28. Do you have asthma?	___	___
4. Have you ever had surgery?	___	___	29. Do you have seasonal allergies that require medical treatment?	___	___
5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler?	___	___	30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, shunt, retainer on your teeth or hearing aid)?	___	___
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	___	___	31. Have you had any problems with your eyes or vision?	___	___
7. Do you have any allergies (for example, pollen, latex, medicine, food or stinging insects)?	___	___	32. Do you wear glasses, contacts or protective eyewear?	___	___
8. Have you ever had a rash or hives develop during or after exercise?	___	___	33. Have you ever had a sprain, strain or swelling after injury?	___	___
9. Have you ever passed out during or after exercise?	___	___	34. Have you broken or fractured any bones or dislocated any joints?	___	___
10. Have you ever been dizzy during or after exercise?	___	___	35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints? If yes, check appropriate blank and explain below		
11. Have you ever had chest pain during or after exercise?	___	___	___ Head      ___ Elbow      ___ Hip		
12. Do you get tired more quickly than your friends do during exercise?	___	___	___ Neck      ___ Forearm      ___ Thigh		
13. Have you ever had racing of your heart or skipped heartbeats?	___	___	___ Back      ___ Wrist      ___ Knee		
14. Have you had high blood pressure or high cholesterol?	___	___	___ Chest      ___ Hand      ___ Shin/Calf		
15. Have you ever been told you have a heart murmur?	___	___	___ Shoulder      ___ Finger      ___ Ankle		
16. Has any family member or relative died of heart problems or sudden death before age 50?	___	___	___ Upper Arm      ___ Foot		
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	___	___	36. Do you want to weigh more or less than you do now?	___	___
18. Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	37. Do you lose weight regularly to meet weight requirements for your sport?	___	___
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)?	___	___	38. Do you feel stressed out?	___	___
20. Have you ever had a head injury or concussion?	___	___	39. Have you ever been diagnosed with sickle cell anemia?	___	___
21. Have you ever been knocked out, become unconscious or lost your memory?	___	___	40. Have you ever been diagnosed with having the sickle cell trait?	___	___
22. Have you ever had a seizure?	___	___	41. Record the dates of your most recent immunizations (shots) for:		
23. Do you have frequent or severe headaches?	___	___	Tetanus _____ Measles _____		
24. Have you ever had numbness or tingling in your arms, hands, legs or feet?	___	___	Hepatitis B _____ Chickenpox _____		
25. Have you ever had a stinger, burner or pinched nerve?	___	___	<b>FEMALES ONLY (optional)</b>		
			42. When was your first menstrual period? _____		
			43. When was your most recent menstrual period? _____		
			44. How much time do you usually have from the start of one period to the start of another? _____		
			45. How many periods have you had in the last year? _____		
			46. What was the longest time between periods in the last year? _____		

Explain "Yes" answers here.

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We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s.1006.20, Florida Statutes, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS**

**Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).**

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % of Body Fat (Optional) \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_

Temperature \_\_\_\_\_ Hearing: right: P \_\_\_\_\_ F \_\_\_\_\_ left: P \_\_\_\_\_ F \_\_\_\_\_

Visual Acuity: Right 20/ \_\_\_\_\_ Left 20/ \_\_\_\_\_ Corrected:  Yes  No Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

FINDINGS	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
1. Appearance			
2. Eyes/Ears/Nose/Throat			
3. Lymph Nodes			
4. Heart			
5. Pulses			
6. Lungs			
7. Abdomen			
8. Genitalia (males only)			
9. Skin			
<b>MUSCULOSKELETAL</b>			
10. Neck			
11. Back			
12. Shoulder/Arm			
13. Elbow/Forearm			
14. Wrist/Hand			
15. Hip/Thigh			
16. Knee			
17. Leg/Ankle			
18. Foot			

\*station based examination only

**ASSESSMENT OF EXAMINING PHYSICIAN/ASSISTANT/NURSE PRACTITIONER**

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusions(s).

\_\_\_ Cleared without limitation

\_\_\_ Disability \_\_\_\_\_ Diagnosis \_\_\_\_\_

\_\_\_ Precautions \_\_\_\_\_

\_\_\_ Not Cleared For \_\_\_\_\_ Reason \_\_\_\_\_

\_\_\_ Cleared after completing evaluation/rehabilitation for \_\_\_\_\_

\_\_\_ Referred to \_\_\_\_\_ For \_\_\_\_\_

Recommendations \_\_\_\_\_

Physician/Assistant/Nurse Practitioner Name (Print) \_\_\_\_\_

Address \_\_\_\_\_

Physician/Assistant/Nurse Practitioner Signature \_\_\_\_\_ Date \_\_\_\_\_

**PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS**

**ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (IF APPLICABLE)**

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

I hereby certify that each examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s).

\_\_\_ Cleared without limitation

\_\_\_ Disability \_\_\_\_\_ Diagnosis \_\_\_\_\_

\_\_\_ Precautions \_\_\_\_\_

\_\_\_ Not Cleared For \_\_\_\_\_ Reason \_\_\_\_\_

\_\_\_ Cleared after completing evaluation/rehabilitation for \_\_\_\_\_

Recommendations \_\_\_\_\_

Physician Name (Print) \_\_\_\_\_

Address \_\_\_\_\_

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.

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**PARENT/GUARDIAN RELEASE AND HOLD HARMLESS AGREEMENT FOR  
MIDDLE SCHOOL STUDENT ATHLETIC PARTICIPATION**

**Instructions:** This form must be notarized and returned to the Head Coach/Athletic Director's Office with the Athletic Packet. If you have questions pertaining to this form, contact your child's school.

Student Name (Print) \_\_\_\_\_ DOB \_\_\_\_\_

School Name \_\_\_\_\_ School Year \_\_\_\_\_

Initial sport/activity this agreement governs (Grades 6-8) \_\_\_\_\_ Basketball \_\_\_\_\_ Track \_\_\_\_\_ Golf \_\_\_\_\_  
\_\_\_\_\_ Tennis \_\_\_\_\_ Volleyball \_\_\_\_\_ Intramurals \_\_\_\_\_

Parent/Guardian Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

I/We fully understand that playing or practicing to play interscholastic sports may be hazardous and poses a risk of injury, including but not limited to, sprains, strains, contusions, abrasions, broken bones and in extreme cases, paralysis or death. Due to the potential hazards associated with interscholastic sports, I/we recognize the importance of following the instructions of coaches and trainers, regarding playing techniques, training and other rules associated with this sport/activity.

I/We understand that it is the responsibility of the parents/guardians to provide proof of medical insurance coverage prior to participating in any phase of this sport/activity.

- Yes I/we will be purchasing the student accident insurance made available through the Sarasota School District.
- No I/we have comprehensive medical insurance that covers this student for any expenses he/she may incur as the result of a sports injury.

Name of Insurance Company \_\_\_\_\_

Policy No. \_\_\_\_\_ Effective Dates \_\_\_\_\_

This agreement is entered into voluntarily and is made with the understanding that I/we have not violated any of the eligibility rules and regulations the Sarasota School District. I/we give my/our consent for my/our student/child/ward to engage in Sarasota School District approved athletic activities as a representative of the student's school. I/we give my/our consent for him/her to accompany the team on out of town/county trips.

In consideration of The School Board of Sarasota County, Florida, permitting my/our student/child/ward to engage in interscholastic sports, I/we agree to release and hold harmless The School Board of Sarasota County, Florida, and its employees and agents from and against all claims, judgments, cost, expenses, attorney fees, including but not limited to, claims occurring from the negligence of The School Board of Sarasota County, Florida, its employees, and agents arising out of bodily injuries or property damage resulting from participation in interscholastic sports.

I/We acknowledge that I/we have read this agreement and fully understand its meaning, and that I/we will abide by all terms and conditions associated with this sport/activity and in this agreement.

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

STATE OF FLORIDA, SARASOTA COUNTY

Sworn to and subscribed before me this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, by \_\_\_\_\_

Personally known \_\_\_\_\_ Produced identification \_\_\_\_\_ Type of Identification Produced \_\_\_\_\_

(Seal)

\_\_\_\_\_  
Typed or Printed Name of Notary Public

\_\_\_\_\_  
Signature of Notary Public

My Commission Expires \_\_\_\_\_ Commission No. \_\_\_\_\_

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**ACKNOWLEDGEMENT OF STANDARDS  
FOR PARTICIPATION IN MIDDLE SCHOOL ATHLETIC ACTIVITIES**

**Instructions:** This form must be signed and returned to the Head Coach/Athletic Director's Office. This form should be filed in the Athletic Director's office. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

Student athletes and parent(s)/guardian(s) must comply with the following standards for athletes and cheerleaders representing The School Board of Sarasota County, Florida. These standards apply to all cheerleading and athletic activities. The School Board of Sarasota County, Florida, maintains high expectations for academic achievement and appropriate behavior. All students must comply with the Sarasota County School District Code of Student Conduct and all school-specific behavior expectations.

To be eligible to play or to participate in either a practice or an event/game, a student must

1. meet all eligibility requirements as set by The School Board of Sarasota County. Included in the rules is the expectation that student athletes maintain a minimum 2.0 cumulative GPA.
2. be present in school for at least one-half (1/2) of the academic day unless excused by an administrator and approved by the Athletic Director.
3. attend required practices prior to an event or game unless excused by a coach, trainer, teacher, or administrator.
4. not have left another sport during that season.

These are the minimum expectations set by the Athletic Department. A Coach/Principal may add additional rules to those listed above that he/she feels are in the best interest of the program.

The following violations will result in immediate suspension from a team:

1. The confirmed use of tobacco or alcohol\*
2. The sale or use of any illegal drugs\*
3. Being charged with a felony\*
4. Failure to adhere to the attendance policy of The School Board of Sarasota County
5. Failure to adhere to the discipline policy of The School Board of Sarasota County
6. Any act of unsportsmanlike conduct at practice or game/event
7. Any act that brings embarrassment to the school

\*Automatic suspension for the remainder of the season

By signing below, you acknowledge the rules and responsibilities as specified above.

Student Name (Print) \_\_\_\_\_ DOB \_\_\_\_\_

School Name \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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**AUTHORIZATION TO RELEASE MEDICAL INFORMATION FOR ATHLETICS**

**Instructions:** This form is required to allow Athletic Trainers from Agility Physical Therapy & Sports Performance, LLC. to release protected medical information for student athletes to The School Board of Sarasota County, Florida, coaching staff. This form must be returned to the Head Coach or Athletic Secretary. The original will be given to the Athletic Trainer and a copy will be maintained in the Athletic Director's office. This authorization is not valid unless signed and dated by the athlete or legally authorized representative. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

In accordance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, Agility Physical Therapy & Sports Performance, LLC., is required to provide the patient, the patient's parent, or legally authorized representative with the Notice of Privacy Practices describing how they use and disclose patient health information. If you have not received a copy of the Notice of Privacy Practices, it is available through the Athletic Trainer at your High School.

**Authorization of Disclosure**

Student Name (Print) \_\_\_\_\_ DOB \_\_\_\_\_

Last

First

Middle

I authorize Agility Physical Therapy & Sports Performance, LLC. to release/disclose the following protected health information from my student athlete records including information regarding my medical condition, injuries, prognosis, diagnosis, athletic participation status, treatment and care information, and related personal identifiable health information. I certify that this authorization has been made voluntarily. This information is to be released/disclosed to the Athletic Director, Team Physician, School Health Professional, or coaching staff for The School Board of Sarasota County, Florida, for the purposes of my care as a student athlete.

**Possibility of Re-disclosure**

I understand that any information provided under this release may be subject to re-disclosure by the recipient under circumstances no longer protected by state and federal regulations.

**Expiration and Revocation**

I understand that this authorization is valid for 14 months from the date I sign it. I understand that I have the right to revoke this authorization in writing at any time. The revocation will take effect on the day it is received except to the extent it has already been acted upon.

**Conditions of Treatment**

I understand that Agility Physical Therapy and Sports Performance cannot condition my treatment upon my signing this authorization.

Acknowledgement of receipt of Notice of Privacy Practices (initial) \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Legally Authorized Representative Name (Print) \_\_\_\_\_

Legally Authorized Representative Signature \_\_\_\_\_ Date \_\_\_\_\_

\*If other than student athlete signing, state relationship \_\_\_\_\_

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**EMERGENCY MEDICAL/TREATMENT CONSENT FOR FIELD TRIPS  
AND/OR OTHER AFTER SCHOOL ACTIVITIES**

**Instructions:** Return completed form to your child's school. If you have questions pertaining to this form, contact your child's school.

Date \_\_\_\_\_

Student Name \_\_\_\_\_ Last First Middle \_\_\_\_\_ DOB \_\_\_\_\_

Home Address \_\_\_\_\_ Street City Zip

Parent/Guardian Name (Print) \_\_\_\_\_ Relationship \_\_\_\_\_

Address of above (if different) \_\_\_\_\_ Street City Zip

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

List a person other than the parent or guardian who could be contacted in case of emergency below:

Emergency Contact Name (Print) \_\_\_\_\_ Phone \_\_\_\_\_

Is above student allergic to foods, medications, or insects?  Yes  No

If Yes, list what they are and emergency medication/treatment, if any. \_\_\_\_\_

Does the above student have any chronic medical problems (such as asthma, diabetes, seizures)?  Yes  No

If Yes, list and describe medical requirements for field trip \_\_\_\_\_

Does the above student take any daily medication(s)?  Yes  No

If Yes, complete the medication treatment authorization form (if not previously on file in the school Health Room) and list the medication(s) and time to be administered \_\_\_\_\_

Family Physician Name (Print) \_\_\_\_\_ Physician Phone \_\_\_\_\_

In case of non-life threatening emergency, list hospital preference \_\_\_\_\_

In case of serious illness or injury where immediate care is needed, the school or its representative has my permission to contact the appropriate emergency medical service. The emergency medical service has my consent to provide necessary treatment or transportation for my child. I then request that I be notified of the situation. The undersigned will be responsible for emergency treatment cost.

In the case of an accident or illness where immediate treatment of my child is not indicated, but where (s)he is unable to remain at the field trip, I request that the school contact me or my designee to arrange transportation for my child. If the school is unable to contact me, I request that the other person listed on this form be contacted and requested to care for my child.

**I understand that I must notify the school in writing if there are any changes in this health emergency information. I understand that this statement remains in effect until the end of this school year unless revised or cancelled by me in writing to the school.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_