

# R.F. Staples Secondary School



2016-2017

Athletic Handbook

PLEASE KEEP THIS HANDBOOK FOR THE  
DURATION OF THE SCHOOL YEAR

# Philosophy

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R.F. Staples Secondary School recognizes that extracurricular athletics promotes sportsmanship, team building, good citizenship, high academic standards, and community responsibility. Extracurricular athletics provide an opportunity for students to explore their unique talents outside of the classroom setting. These activities demand a high level of commitment, excellence, and self-motivation, which will help prepare students for the challenges they will meet outside the school community.

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. Since the reputation of the school is often judged by its extracurricular programs, high standards must be maintained. Those who earn the privilege of representing RF Staples Secondary School in extracurricular athletics are expected to accept greater responsibilities as school citizens.

Participation in extracurricular athletics is open to all students provided they meet the general requirements as outlined in this handbook, and any requirements specific to the activity of their choice.

## Athletic Department

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- Athletic Director..... Meaghan McKenzie
- Athletic Secretary.....Shawna Vollema
- School Administrator ..... Courtney Lawrance

## Alberta School Athletic Association ASAA

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The R.F. Staples Athletic Program is part of the North Central division of the Alberta School Athletic Association (NCASAA). Membership in the NCASAA allows our school teams to participate in zone and provincial tournaments.

Representatives of schools that hold memberships in the NCASAA and ASAA vote on the policies and regulations that all school team sports will follow, keeping in mind the best interest of all student athletes in their respective zone and province. To continue our school's membership in these associations, the administration, coaches, and student-athletes must abide by these policies. Copies of the ASAA and NCASAA handbooks are posted on the R.F. Staples Athletics website.

# Programs

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Junior high students can participate at the 8/9 and developmental levels. Developmental teams are open to students in grade 7 and grade 8. The 8/9 teams are open to the most accomplished players in grade 7, 8, and 9.

Senior high students can participate at the Junior Varsity (JV), and Senior Varsity (Sr) levels. Junior Varsity teams are open to students in grade 10 and grade 11. Senior Varsity teams compete in the highest level of competition and are comprised of the most accomplished players in Grade 10, 11 and 12.

R.F. Staples Secondary School sponsors the following athletic activities:

Sport	Boys				Girls				Mixed			
	Dev.	8/9	JV	Sr.	Dev.	8/9	JV	Sr.	Dev.	8/9	JV	Sr.
Golf				*				*				
Football										*		*
Cross Country	*	*	*	*	*	*	*	*				
Volleyball	*	*	*	*	*	*	*	*				
Basketball	*	*	*	*	*	*	*	*				
Curling				*				*		*		*
Wrestling									*	*	*	*
Badminton		*		*		*		*				
Track & Field		*		*		*		*				

# Seasons of Play

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The seasons of play have been established to protect the student athlete from being placed in a position of having to attend practices and games for two or more sports on the same days. Therefore,

- Each activity may hold practices according to the Alberta Schools' Athletic Association (ASAA) seasons of play.
- The preceding activity has priority for practice times and games.
- The trailing activity may hold practices according to the ASAA seasons of play; however, these practices are not to include players of the preceding activity.
- Final cuts for the trailing activity occurs (minimum) 2 practices after the completion of the preceding activity.

# Participation Fees

It is necessary for the athletic program to charge a participation fee for each activity that an athlete participates in. The following applies to participation fees;

- All participation fees will be determined by the Principal
- An effort will be made to keep the fees consistent from one activity to the next, respective of the level of the team.
- Fees are paid to Mrs. Schlachter in the main office or online via [phrd.schoolcashionline.com](http://phrd.schoolcashionline.com).
- Players must pay fees in full before they will be permitted to participate in league games or tournaments.
- Additional fees may be required for overnight accommodations.
- The following chart show the participation fee for each activity and specifies what costs are covered by the participations fee.

Activity	Fees	League Play		Divisional Tournament		Zones		Provincials			Tournaments		
		League Fees	Transportation*	Entry Fees	Transportation*	Entry Fees	Transportation*	Entry Fees	Transportation*	Accommodation	Entry Fees	Transportation*	Accommodation
Football	Administered separately by the Westlock Football Association												
Senior Cross Country	\$70					✓	✓	✓	✓	✓	✓	✓	
Golf	\$40					✓	✓	✓	✓	✓			
Developmental Volleyball	\$50	✓	✓	✓	✓								
8/9 Volleyball	\$100	✓	✓	✓	✓	✓	✓				✓	✓	
JV Volleyball	\$150					✓	✓				✓	✓	
Senior Volleyball	\$200					✓	✓	✓	✓	✓	✓	✓	
Developmental basketball	\$75	✓	✓	✓	✓								
8/9 basketball	\$200	✓	✓	✓	✓	✓	✓				✓	✓	
JV Basketball	\$300					✓	✓				✓	✓	
Senior basketball	\$400					✓	✓	✓	✓	✓	✓	✓	
Junior badminton	\$20			✓	✓	✓	✓						
Senior badminton	\$40			✓	✓	✓	✓	✓	✓	✓	✓	✓	
Curling	varied	✓						✓	✓	✓			
Jr. Wrestling	\$150					✓	✓	✓	✓	✓	✓	✓	
Sr. Wrestling	\$200					✓	✓	✓	✓	✓	✓	✓	
Senior Track & Field	\$75					✓	✓	✓	✓	✓	✓	✓	

\*See the Transportation section for details

# Uniforms and Equipment

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All uniforms will be provided by R. F. Staples Secondary School.

Uniforms will be distributed by the Athletic Director once team fees have been paid in full.

A uniform deposit of \$50 will be required of senior volleyball and wrestling, and \$150 for basketball. Cheques will be held by the office and returned to players when uniforms are returned in satisfactory condition.

Players will be responsible for the care and maintenance of uniforms while they are in their possession.

Players are responsible for the cost of replacement of any uniform damaged or lost while in their possession.

All uniforms are to be cold water washed and hang dried.

Teams may be provided equipment specific to their activity. This equipment is owned by the school. The care and supervision of this equipment shall be the responsibility of the coach or their designate.

## Transportation

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The transportation for league, invitational, division, zone and/or provincial events may be handled in two fashions at the discretion of the coach. The preferred method of transportation is school buses.

### School Bus

- The school owned buses must be booked through the Athletic Director at least one week in advance.
- The cost of using RF Staples buses for transportation will be billed to the activity at a rate of \$0.45 per km, plus the cost of the driver. Division bus rate is \$1.13 per km.
- A class 2 license with a Q endorsement is required to drive the RF Staples buses.
- When using the buses, drivers must carry a requisition and return that form complete with mileage to the Transportation Department or Athletic Director.
- Buses should be returned to the bus compound with no less than a ½ full tank of fuel. The bus should be swept and all garbage removed.
- Buses can be filled at the UFA Bulk station in Westlock. Fuel cards are on the buses with the code on the keychain.
- Keys should be returned to the bus garage that night or the school office first thing the next morning.

## Volunteer (Parent/Private) Vehicle

- Players CANNOT transport themselves to events.
- Family members may transport **only** other immediate family members to events.
- Players other than immediate family members may be transported to events by registered Volunteer Drivers.
- To become a registered Volunteer Driver, drivers must complete PHRD's F 4-61 Volunteer Driver Authorization Form which can be obtained from the school office.
- Volunteer vehicles used for transportation will not be eligible for financial compensation from the school.

## Practice and Game times

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All gym usage shall be booked through the Athletic Director.

League games and home tournaments have booking priority over practices.

Any activity underway shall have priority over the following season of play (e.g. volleyball over basketball)

There must be a coach or teacher present at all practices and games.

Coaches may request specific practice times. While all efforts will be made to accommodate requests, it shall be the priority of the Athletic Director to provide a practice schedule which is equitable to all teams in accordance with priorities.

Coaches are encouraged to provide players and parents with individual copies of these schedules as they are available and the Athletic Director shall place copies on the website.

## Guidelines for Student Athletes

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### Eligibility

To be eligible to participate, junior high student athletes must meet eligibility requirements as outlined by the NCASAA. To be eligible to participate, grade 10, 11, 12 students must meet eligibility requirements as set out by the ASAA.

Students must be in attendance at school for the day of a practice or game in order to participate in that practice or game. Legitimate reasons for an absence, which would allow a student to participate on the same day as the absence are:

- School sanctioned activities
- Appointments with health professionals

- Emergency situations
- Planned absence for personal or educational purposes that have been approved by the school administration.

Students who are absent from classes for a portion of the day due to illness are not eligible to participate by simply making it to the remaining portion of their classes. It may be considered unethical for a coach to practice or play an athlete who was ill earlier in the day. The effects of that illness may linger and present a potential health risk to the athlete, their teammates, and their opponents if the athlete practices or plays that same day.

An athlete under suspension from school is also suspended from participation in extracurricular activities and will be reinstated at the discretion of the administration.

### *Student-Athlete Conduct*

Student athletes are expected to follow school guidelines for behaviour in and out of the classroom. Student athletes are representatives and ambassadors of R.F. Staples Secondary School, the community of Westlock, Pembina Hills Regional School Division. They are expected to provide strong examples of leadership and citizenship both on and off the court/field of play, and both in and out of the classroom.

If a student athlete does not conduct him/herself in a manner that reflects favorably on the school, the privilege of participation may be suspended or revoked by a coach/supervisor, the Athletic Director or Principal.

Regardless of when or where an athletic event occurs, it is a school sponsored activity. The use of tobacco, drugs, or alcohol is prohibited and shall be strictly enforced.

### *Academic Achievement*

Student athletes are expected to strive for academic achievement at a level to which they are capable of in order to participate in extra-curricular activities. As a guideline, all students are expected to maintain a **60% average overall, and to be passing all core classes** to continue participation in extracurricular activities.

If a student fails to maintain this average, or the teacher feels that they are not attaining to a level that they are capable of (included timely submission of assignments, effort in class, etc.), they will be temporarily suspended from team activities for a maximum period of 1 month to attempt to improve their academic standing. If a student does not reach or maintain a satisfactory standing in courses he/she may be excluded or withdrawn from a sports program.

### *Injury*

All student athletes should carry some form of medical insurance. If an athlete is injured while participating on behalf of R.F. Staples Secondary School, the school will not cover medical costs (e.g.

ambulance costs). It is suggested that any student athlete not having medical coverage, subscribe to the student insurance package which is offered at the beginning of each year.

Any student injured on or off the field of play, and requiring medical attention, must present a note from a physician before being eligible to practice or play again.

### *Athlete Health Form*

Each athlete will complete Appendix B and submit it to their coach at the beginning of the season of play. This form will be used for the entirety of the 2015-2016 athletics season and will be provided to all coaches of the teams the athlete is involved with. These forms will be kept confidential. If any changes occur to an athlete's health during the season, the coach must be contacted so that the form can be updated by the athletic director.

### *Consent for Photos/FOIP*

Many school events, which are open to the public, are not subject to some of the conditions of the FOIP Act. These events may include general assemblies, concerts, school plays, academic focused activities and athletics. The general public, parents and the media may be in attendance and are allowed to take photographs, videos and conduct interviews, without first obtaining consent. The media are expected to work cooperatively with schools within the realm of mutually agreed upon guidelines and protocols. If parents have concerns regarding their child's photographs being taken or name being published in local newspapers they should contact the principal.

### *Commitment*

Being a member of any school team is a privilege, which each athlete must earn. A key to earning that privilege is commitment to the team. Team success can only be achieved if all participants are committed. This type of commitment includes;

- Attendance at all practices, games and team events.
- Providing the coach with advance notice of absences from practices or games and explanation of that absence.

While it is acceptable for a student athlete to have a job, it is not reasonable to expect the coach to accept working as a legitimate reason for missing practice or a game.

### *Hazing*

Hazing or negative initiation activities are prohibited by R.F. Staples Secondary School. The planning, initiation of, or participations in such activities shall be dealt with under the behavioral expectation of Thunderbird athletics and may lead to suspension or removal from a team and or school.



# Guidelines for Coaches

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## ASAA/ NCASAA Guidelines

The Athletic Director will strive to communicate the ASAA/NCASAA guidelines to coaches. Coaches must adhere to these guidelines so that the school's membership in these associations is not compromised.

Coaches found to be non-compliant with the ASAA and/or NCASAA guidelines, or severely in-breach the RF Staples code of conduct will be reprimanded based on the severity of the offense.

The following guidelines are to be considered a code of conduct for R.F. Staples coaching staff. The Athletic Director will work with coaches to ensure the code is upheld.

## Seasons of Play

Coaches must abide by the ASAA seasons of play for each sport. Depending on coach availability, tryouts/practices may begin on the official start dates stated below.

The definition of a 'team practice' is an organized sport specific ASAA activity, with multiple team members from the same school, under the supervision of a coach from the same school, where they direct or conduct sport specific drills for the athletes. Contests and practices for all sports shall be restricted to the ASAA seasons of play for sports. No members of any coaching staff shall direct organized practice or game activities prior to the approved starting dates for in session sports.

Allowable 'out of season activities' are weight training and general conditioning programs. 'Open' facilities are permitted but must adhere to the following guidelines: **they must be open to public, they must be supervised by school personnel for safety reasons, they cannot be mandatory, and there can be no written or unwritten instructions. Directed team-play and instruction are not permitted.**

Reports of infractions will be dealt with pursuant to the ASAA Violations policy.

Activity	Start	Finish**
Football**	May 1 <sup>st</sup> – resumes Aug. 16 <sup>th</sup>	Provincials
Golf	May 1 <sup>st</sup>	Provincials
Cross Country**	May 1 <sup>st</sup> – resumes Aug. 16 <sup>th</sup>	Provincials
Volleyball	June 1 <sup>st</sup>	Provincials
Curling	October 1 <sup>st</sup>	Provincials
Wrestling	October 22 <sup>nd</sup>	Provincials
Basketball	November 1 <sup>st</sup>	Provincials
Badminton	January 3 <sup>rd</sup>	Provincials
Track & Field	February 15 <sup>th</sup>	Provincials

## **Coach Code of Conduct**

### **A. Behaviour**

The Coach is foremost a teacher. The chief objectives of school athletics are to build leaders and to develop athletic skills. Winning games is secondary to these objectives. Coaches who do not make a positive contribution to the total educational process are not meeting their obligations.

The Coach shall not use alcohol or non-prescription drugs in any form while with the team.

The Coach should use acceptable language at all times. Vulgarity and profanity have no place on the athletic field or court, in the gym or in the classroom.

The Coach will respect the rights and feelings of other coaches and will never use tactics that take unfair advantage of others. The coach should be friendly and courteous at all times and never argue with an opposing coach in front of the team or spectators.

The Coach should instill in the team an attitude of sportsmanship on and off the court, during the game and afterwards, in school and out.

The Coach should work with their players to instill respect for the officials, and establish that they alone shall discuss aspects of the game with the officials.

The Coach should teach the team to be respectful of and friendly towards opponents.

### **B. Guardianship**

The Coach should be mindful of their position of guardianship entrusted by the athletes and their parents. While acting as a counselor to the athletes, there must also be a necessary social separation, so that over-familiarity or impropriety does not occur or is not perceived to have occurred.

The Coach should accept the responsibility as a counselor to the athletes under her/his direction. The coach is in a unique position among all teaching staff in the relationship with the students. Many students complete their high school program because of, in part, their interest in athletic participation and the influence of the coach. In this way, the coach can play a major role in the problems now confronting high schools in drop-out rates and related issues.

### **C. Discipline**

All coaches must complete the online concussion course at [www.schoolcoach.ca](http://www.schoolcoach.ca) . It is also recommended that coaches have current first aid/CPR training.

In the event that an athlete is injured during practice or a tournament, the coach must either complete an injury report (provided in coach binder) or communicate the injury to the teacher representative for the team. Parents must be contacted immediately regarding the injury. The Emergency Action Plan provided in the coach binder outlines the procedures to follow depending on the severity of the injury.

## *D. Discipline*

The Coach should, when faced with unpredicted disciplinary situations, let the common law prevail. Situations are to be assessed on a rational basis.

When disciplinary situations are brought forward by the school and/or athletic director, the coach may choose to withdraw playing time and/or suspend students from practices and team events.

## *E. Team Selection*

All activities are open to all students of R.F. Staples Secondary School who meet the requirements of grade, gender and general eligibility.

Coaches must conduct an open tryout and may not make final cuts until after the second practice. Final selections should be based on attitude, coach-ability, and skill.

Once the team has been selected, the coach must promptly submit a roster to the Athletic Director.

## *F. Playing Time/Expectations*

R.F. Staples Secondary School participates in competitive leagues. As such, there will be few, if any instances where playing time for each player on the team will be equal. The amount of playing time may vary from game to game, or from week to week. Ultimately, decisions regarding playing time shall be at the discretion of the coach.

## *G. Practices and Tournaments*

All practices and tournaments will be scheduled by the Athletic Director. Information regarding tournaments of interest should be forwarded to the Athletic Director.

Coaches should distribute a practice schedule to players and parents. Coaches should do their utmost to adhere to the practice and game schedule, and any changes should go through the Athletic Director.

A change, addition, or cancellation to a game or practice should be made with as much advance notice as possible. Such changes may affect player and parent commitments and may have an effect on other teams.

## *H. Communications*

Clear communications between coach and player, player and parent, parent and coach and between players is critical to avoid misunderstanding. This communications can be initiated and maintained in a number of ways:

- Coaches should outline the process for communication. This process to apply to all parties can be outlined for all in a letter. (See Appendix A)
- Coaches can hold a pre-season meeting, collect parent emails/cell phone numbers, etc.

## *I. Administration*

The coach should always be regular and prompt in meeting assignments- practices, games and meetings.

The Coach should be diligent in attention to routine details. This includes getting in all reports when due, keeping necessary records, phoning in results, and forwarding any receipts when required.

The Athletic Director will provide the Coach with necessary paperwork to hand out to student athletes, bring to events, or send home to parents.

## *J. Sanctioned Absences and Early Dismissals*

It is at times necessary for student athletes to be absent from classes, or to be released from the last class of the day prior to the end of the class. In these instances coaches are required to provide notice to all school staff.

Teacher-coaches or teacher-liaisons may do so at their own initiative, or request the Athletic Director to execute this task. Community based coaches shall inform the Athletic Director of the dates and times and the Athletic Director shall be responsible for executing this task.

The notice should be an email to all staff members and should be provided as early as possible and must contain the following:

- A list of all students involved
- The date of the sanctioned absence
- Periods involved
- When appropriate, time of departure
- The event

## *K. Budget*

With consideration to input from the coaches at the annual coach meeting, and expense/income statistics from the previous year, the Athletic Director will determine the appropriate number of tournaments and complete the budget for the team (Appendix C). Depending on the time of the season, if additional tournaments are requested by the coach, the Athletic Director will determine if it would be a feasible addition to the budget.

## *L. Professional Development*

It is in the best interests of the student athletes to have coaches who are well trained. In support of this, coaches will be reimbursed for registration in approved professional development activities that are directly related to their coaching assignment. Approval will be made in advance by administration and must later be supported by receipts.

## *M. Per Diem and Accommodation*

Prior to extended travel, the coach will meet with the Athletic Director, who will determine appropriate per diem and accommodation coverage. In general, the following rates will apply;

- Breakfast.....\$10.00
- Lunch.....\$15.00
- Supper.....\$25.00
- Accommodation.....One hotel room for every two coaches of the same gender

# Awards

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## *Athlete of the Year*

One male and one female will be chosen in each grade (10, 11, 12)

### *Selection Committee*

Athletes of the year will be chosen using input from Teachers, the Athletic Director, and Coaches.

### *Selection Process*

1. Each coach/supervisor must complete a short survey to determine which students on their team best characterizes the traits of Athlete of the Year.

The Athletic Director will compile and distribute the lists (in #1 above) to Teachers, so that they are aware of the individuals who meet the criteria for this award and can help finalize selections.

# Guidelines for Parents

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Support the team, the players and the coaches. Remember that coaches are unpaid volunteers.

Help your child to follow and uphold the R.F. Staples athletes' guidelines for participation.

Support the goals of sportsmanship and help bring pride and respect to your child and R.F. Staples Secondary School.

Support your child's role on the team, even if you don't understand his/her position on the depth chart. In the event of concerns, follow the guidelines as outlined in Appendix A.

## Academic/Athlete Expectations

Parents will do their best to attend parent information nights regarding their child's team sport. If unable to attend, they will review the information provided and contact the coach, school administrator, and/or athletic director for clarification if required.

Parents will review the athlete academic and behaviour requirements for participation in team sports. Coaches and/or Teachers may choose to temporarily or permanently suspend a student's participation in extra-curricular sports if severe academic and/or behaviour concerns arise.

## Parent/Spectator Conduct

Parents and spectators cheering for RF Staples teams are also considered representatives and ambassadors of R.F. Staples Secondary School, the community of Westlock, Pembina Hills Regional School Division. Fans are expected to be respectful and encouraging in their approach to ALL athletes, officials, coaches and fellow spectators.

Regardless of when or where an athletic event occurs, it is a school sponsored activity. The use of tobacco, drugs, or alcohol is prohibited and shall be strictly enforced.

Fans will be held accountable for their actions. If a parent or spectator does not conduct him/herself in a manner that reflects the guidelines outlined in code of conduct, they will be asked to leave the game, and may no longer be granted admission to future games.

# Appendix A

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## Parent Coach Communication Letter

### Letter to parents and athletes

Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to students. It is also very important to remember that coaches are volunteers and they are giving their valuable time to work and help improve your child's leadership abilities, social skills, team cooperation and responsibility. Here are some guidelines to help you as a parent supporter of the athletics programs at R.F. Staples Secondary School.

Communication Coaches expect from student athletes:

- Concerns expressed privately and directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regards to a coach's expectations and/or philosophy

As your son or daughter becomes involved in the sports programs at R.F. Staples Secondary School, he/she will experience some of the most rewarding moments in their high school career. It is important to understand however that there will be times when things do not go the way you or your son/daughter wish. At these times, discussion with the coach is encouraged.

Communication Coaches expect from Parents:

- Concerns expressed privately and directly to the coach away from the court setting
- Notification of any scheduling conflicts well in advance
- Specific concerns in regard to a coach's philosophy and or expectations

Appropriate concerns to discuss with coaches:

- The treatment of your child mentally or physically
- Ways to help your child improve
- Concerns about your child's behavior
- Any influence that the activity is having on your child's academic performance

It is difficult to accept your child's not playing as much as you or they may hope. Coaches make judgment decisions based on what they believe to be the best for all students involved. While there are certain things that should be discussed with your child's coach, there are also certain things that should not be discussed. Those decisions will be left to the coach's discretion.

Issues not appropriate to discuss with coaches:

- Playing time
- Team strategy
- Play calling
- Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged but the following procedures should be followed to help promote a resolution to the issue of concern:

- Call and set up an appointment with the coach
- Resolution, not confrontation is the best approach
- Please do not confront a coach before or after a game or practice- these can be emotional times for both the parent and coach, and our coaches are instructed to walk away from such situations.

The Next Step:

- Call and set up a meeting with the Principal to discuss the situation

The coaches at R.F. Staples Secondary School recognize the importance of extra-curricular activities. We provide a program that strives to provide your child with a positive and meaningful experience.

Sincerely,

R.F. Staples Coaching Staff



# Appendix B

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## Medical Information and Treatment Release Form

This form is to be signed by a parent or guardian and returned to the RF Athletic Director. Accurate and complete information is essential to ensure adequate supervision and protection while participating in the **2016-2017 RF Athletics Season**. This information is confidential and will be available only to the group organizer responsible for the participant and a physician, if necessary. This form will be provided to all of your child's coaches for the 2016-2017 season.

Participant:	_____	Grade:	_____
Alberta Health Care #:	_____	Date of Birth:	_____
Current Age:	_____	Age on Sept. 1 <sup>st</sup> of this school year:	_____
Home address:	_____ _____	Home Phone:	_____
Parent/Guardian #1:	_____	Work Phone:	_____
Email Address:	_____	Cell Phone:	_____
Parent/Guardian #2:	_____	Work Phone:	_____
		Cell Phone:	_____
Emergency Contact:	_____	Cell Phone:	_____
Relationship:	_____ (other than parent/guardian)	Work Phone:	_____
Family Doctor:	_____	Office Phone:	_____

### Personal Health Record

Please check if your child has been subject to any of the following and provide the pertinent details on the next page:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Epilepsy  | <input type="checkbox"/> Chronic nosebleeds                       | <input type="checkbox"/> Head or back conditions or injuries (in the past 2 years) |
| <input type="checkbox"/> Diabetes  | <input type="checkbox"/> Hernia                                   | <input type="checkbox"/> Concussion within the last year                           |
| <input type="checkbox"/> Asthma or Respiratory problems                        | <input type="checkbox"/> Orthopedic problems (eg. Knee, ankle)    | <input type="checkbox"/> Headaches and/or migraines                                |
| <input type="checkbox"/> Fainting  | <input type="checkbox"/> Dislocations (eg. Shoulder)              | <input type="checkbox"/> Dizziness   |
| <input type="checkbox"/> Cardiovascular conditions (eg. Heart, blood pressure) | <input type="checkbox"/> Swollen, hyper-mobile, or painful joints | <input type="checkbox"/> Arthritis or rheumatism                                   |
| <input type="checkbox"/> Allergies (eg. Bees, wasps)                           | <input type="checkbox"/> Dislocations (eg. Shoulder)              |  |

Details if you checked any of the previous items:

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What medication(s) should your child have on hand during sporting activity (eg. inhaler, epi-pen)

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Does your child wear a medical bracelet, neck chain, or have a medical alert card? If yes, please specify what is written on it. \_\_\_\_\_

Other relevant information that will require modification to the sports program or specific activities that your child should **NOT** participate in. \_\_\_\_\_

As the parent/guardian of \_\_\_\_\_ (name of participant), under the circumstances stated below, I hereby authorize the group organizer to secure such medical advice and treatment as may be deemed necessary for the health and safety of my child  
\_\_\_\_\_ (participant name).

**Conditions for Medical Advice and/or Treatment**

- a) Where medical advice has been such that further services are required and such services require the consent of a parent or guardian.
- b) Where all attempts to contact the parent or guardian have failed, or where, due to the nature of the emergency, there is insufficient time to contact such parent or guardian.

\_\_\_\_\_  
**Signature of parent or guardian**

\_\_\_\_\_  
**Date**

