

# Soap Lake School District Athletic/Activity Registration Form

STUDENT NAME: \_\_\_\_\_ \* GRADE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_  
GUARDIAN: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

\*Your son/daughter has chosen to participate in a school district athletic/activity program. Some athletic/activity programs are more dangerous than others. Accidents can happen, and risks of serious injury do exist. Your signature indicates that you have been advised of this information. I hereby grant permission for my student to participate in \_\_\_\_\_ for the 20\_\_/20\_\_ school year.  
(names of sports/activity)

\_\_\_\_\_  
(date) (Signature of Parent or Guardian) (date) (Signature of Participating Student)

**INSURANCE INFORMATION:** Soap Lake School District does not provide accident medical insurance for the participants of extra-curricular activities/athletics. School board policy requires participants to have medical insurance coverage. The following information must be on file with the school district prior to any student participation in this activity/athletic program.

\_\_\_\_\_ is covered by \_\_\_\_\_, policy # \_\_\_\_\_  
(student's name) (name of insurance company)

**AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT:**

As parent or legal guardian of \_\_\_\_\_, a minor, I hereby authorize the Soap Lake High/Middle School coach or their designee to seek a qualified physician to examine the above named student and in the event of injury to administer emergency care and to arrange for any consultation by a specialist including a surgeon, he deems necessary to insure proper care of any injury. Every effort will be made to contact the parent or guardian to explain the nature of the problem prior to any involved treatment.

I understand the Soap lake School District, its employees and its Board assume no liability of any nature in relationship to transportation or treatment of the said minor including but not limited to paramedic transportation, hospitalization, examination, x-ray or treatment.

Family Doctor's Name: \_\_\_\_\_ Doctor's Telephone Number: \_\_\_\_\_  
Parent/Guardian Home Telephone Number: \_\_\_\_\_  
Parent/Guardian Emergency Telephone Number: \_\_\_\_\_  
Emergency Contact and Telephone Number: \_\_\_\_\_

Any Medications Currently Being Taken by Student: \_\_\_\_\_ Any Allergies: \_\_\_\_\_

By signing this document, we acknowledge that we have read and understand its contents. We give permission for \_\_\_\_\_ to participate in Soap lake School District extra-curricular activities and athletics.

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

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Date Received by School: \_\_\_\_\_ School Personnel Receiving Form: \_\_\_\_\_

**Soap Lake School District**  
**STUDENT ASSUMPTION OF RISK AND RELEASE**

The purpose of this notice is to aid you in making an informed decision as to whether you/your child should participate in interscholastic activities and, as a condition of such participation, sign the foregoing Assumption of Risk and Release. In addition, its purpose is to make you aware that as a student participant and as the parent or guardian of a student participant, it is your responsibility to learn about and/or inquire of coaches, physicians, advisors, or other knowledgeable persons about any concerns that you might have at any time regarding participation safety and the safety of the Soap Lake School District's interscholastic program.

Participating in interscholastic activities such as football, soccer, basketball, baseball, wrestling, volleyball track, dance/drill, cross country, golf, bowling, tennis, cheerleading, gymnastics, fast-pitch, swimming/diving as well as other "nonsport" interscholastic activities is voluntary and extracurricular. As a condition to participation in these activities, you and your parent(s) or guardian(s) must agree to assume the risk of injury or death involved in this activity and agree to release the Soap Lake School District from liability for ordinary negligence in the conduct of these programs.

I, \_\_\_\_\_, as a student at Soap Lake Middle/High School and the parent/guardian of \_\_\_\_\_ understand that participating in interscholastic activities does involve the risk of injury or death. I also understand that by participating in interscholastic activities, I am subjecting myself to the possibility of injury or death.

In consideration of the Soap Lake School District's permitting \_\_\_\_\_ participation in interscholastic activities and to engage in all areas of these activities, we hereby agree to assume all of the risk of injury or death associated with the school district's interscholastic program; we further agree to release the Soap Lake School District, its employees, agents, representatives, coaches, and volunteers from any liability resulting from any ordinary negligence that may arise in connection with the School District's interscholastic activities program. We agree that the terms hereof shall serve as an assumption of risks and a release for all members of our family, for heirs, estate, executor, administrator, assignees, indemnitors, subrogees, or other releasees; and we further agree that if any part of this assumption of risk is held void, the remainder shall continue in full force and effect.

**CAUTION**

By signing this assumption of risk and release, we acknowledge that we have read its contents and understand its contents and warnings, and that we agree to its terms.

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of School Official

## SOAP LAKE SCHOOL DISTRICT ACTIVITIES CODE

The Soap Lake School District expects participants in all co-curricular activities to display and promote pride in the school and the community. The purpose of this activities code is to provide guidelines for coaches, advisors, parents, and participants in the areas of:

1. School / community climate,
2. Academic excellence,
3. Participant behavior,
4. Sportsmanship,
5. Fair discipline

This code applies to participants in any Soap Lake Middle School or Soap Lake High School co-curricular activity. This code applies to participants in or out of season for the duration of their middle school career and again for the duration of their high school career.

Coaches / Advisors are required to review the Soap Lake School District Activities Code with participants at the beginning of each school year, season, program, or activity.

The Washington Interscholastic Activities Association (WIAA) standards apply to all participants in Soap Lake School District co-curricular activities. Any WIAA standard, which exceeds an element of this activities code, takes precedence.

### 1. School / Community Climate:

- Participants will be positive ambassadors for the school and community.
- Participants are expected to promote a program which attracts additional participants and spectators; and promotes a positive learning environment.
- Participants are expected to practice good citizenship and demonstrate respect for rules, authority, and other participants

### 2. Academic Excellence:

#### A. Academic eligibility

- Participants are expected to strive for attaining their individual potential in co-curricular activities as well as regular academic programs and classes.
- Participants must pass six classes during each grade check to maintain their academic eligibility. Participants enrolled in the alternative school, "Running Start", or less than six classes will meet with the school counselor and athletic director to set case specific requirements.
  1. Grade checks are conducted at the mid-quarter, quarter, and semester dates.
  2. Students passing six or more classes are academically eligible until the next regular grade check; no weekly grade checks are required.
  3. Students who are passing less than six classes are ineligible for seven days beginning on the Monday following the grade check. These students will have grade checks conducted weekly, until the next regular grade check, to determine their eligibility for the following seven day period (Monday through Sunday).
  4. Additionally, for the semester grade checks only: Students who are passing less than five classes are ineligible for the first five weeks of the next semester. Following the five week ineligible period, these students will have grade checks conducted weekly to determine eligibility until the regular grade check at the following quarter.
- Parents are encouraged to set additional academic standards which they believe are appropriate for their student(s). Coaches and staff will support the parent in upholding the parent established requirements.

#### B. Attendance

- Participants must be in all scheduled classes in order to participate in a practice, game, or performance. Excused absences, per the student handbook, are allowed.
- Fifteen absences constitute irregular attendance by the WIAA standards and results in ineligibility for the semester following the irregular attendance.

3. Participant Behavior:
  - A. Transportation
    - Participants are required to travel in school district vehicles to and from contests.
    - Participants may travel home with their parent(s), if their parent(s) make arrangements with the head coach or advisor.
    - Participants may travel home with an adult other than their parent(s), if arrangements have been made in writing and approved by the school principal prior to the departure of the group from school. The head coach or advisor must have the approved written arrangements in hand prior to the departure from Soap Lake for the event. Other Soap Lake District students, regardless of age, are not considered adults for the purposes of this paragraph.
  - B. Alcohol
    - Participants may not possess, imbibe, or ingest, alcohol in the form of beer, wine, liquors, or distilled spirits.
    - Participants may not attend an event where alcohol is present.
    - Arrangements can be made by the parent(s) of participants for family or religious events involving alcohol, which are directly supervised by the parent(s).
  - C. Tobacco
    - Participants may not possess, use, inhale, or ingest, tobacco in any form.
  - D. Illegal Drugs
    - Participants may not possess, use, inhale, imbibe, ingest, or inject illegal drugs.
    - Participants may not attend an event where illegal drugs are present.
  - E. Theft
    - Participants may not steal.
  - F. Crimes against the School District or School District Personnel
    - Participants may not commit crimes against the school district or school district personnel.
4. Sportsmanship
  - A. Participants are to abide by the principles of justice, fair play, and sportsmanship.
  - B. Participants are to abide by the team and/or organizational rules established by the coaches and advisors.
5. Fair Discipline
  - A. Team or Organizational Rules Violations
    - The head coach or advisor will determine the disciplinary action necessary for violation of team or organizational rules.
  - B. Activities Code Violations
    - First violation during the participant's career:
      1. Twelve (12) day suspension from co-curricular activities. Participants are required to attend all practices, but may not travel or participate in contests or performances.
    - Second violation during the participants career:
      1. Thirty (30) day suspension form co-curricular activities. Participants are required to attend all practices, but may not travel or participate in contests or performances.
    - Third violation during the participant's career:
      1. One (1) calendar year suspension from co-curricular activities.
    - Additional recommendations for alcoholism, abuse, or anger management may be required prior to the end of any suspension. These will be at the expense of the student.
    - Incidents of theft or crimes against the school district will require restitution be paid in full prior to participation in any co-curricular activity.
  - C. Other Violations

- WAC 392-183-005 thru 030 and RCW 69.41 (State Law) criminal conviction of possession, use or sale of legend drugs, including anabolic steroids, will disqualify a student from participation in WIAA programs.
  1. First violation: Immediate ineligibility for remainder of the season.
  2. Second violation: Immediate ineligibility for a period of one calendar year.
  3. Third violation: Prohibited from participation in any WIAA member school program for the duration of their eligibility.
- D. Out of School and In School Suspensions
  - Co-curricular participants who have been placed in out-of-school suspension may not attend practices, travel, or participate in contests or performances.
  - Co-curricular participants who have been placed in in-school suspension are required to attend all practices, but may not travel or participate in contests or performances.

6. Appeal Process

- E. A co-curricular activities review board, made up of the athletic director or principal and two members of the co-curricular staff not directly involved in the incident (one selected by the student) will meet in a timely manner and review violations of the activities code.
- F. The suspended student who wishes to appeal a disciplinary action by the board may appeal to the superintendent. An appeal to the superintendent must be submitted, in writing, within five (5) business days of the decision of the co-curricular activities review board.
- G. If further appeal yet is necessary, appeal can be made to the school district board of directors. An appeal to the school board must be submitted, in writing, within five (5) business days of the decision of the superintendent.

**SOAP LAKE SCHOOLS ACTIVITY CODE AGREEMENT**

_____ Activity			
_____ Participant Signature	_____ Date	_____ Activity Advisor	_____ Date
_____ Parent Signature	_____ Date	_____ Filed	_____ Init.



## Soap Lake High School 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.

### Symptoms may include one or more of the following:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• "Pressure in head"</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• "Don't feel right"</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
|--|---|

### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

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





Soap Lake High School  
Concussion Information Sheet

**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.

**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

