

Assumption of the Risk and Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19** is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The School District of Manatee County has put in place preventative measures to reduce the spread of COVID-19; however, we **cannot guarantee** that you or your child(ren) will not become infected with COVID-19. Further, **attending activities** where close contact may be inevitable will <u>increase</u> your risk and your child(ren)'s risk of contracting COVID-19.

By signing the FHSAA EL3 form, you are acknowledging the contagious nature of COVID-19 and voluntarily assume the risk that your child(ren) and yourself may be exposed to or infected by COVID-19 by attending school athletic activities and that such exposure or infection may result in personal injury, illness, permanent disability, and death.



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Signature of Student:

Florida High School Athletic Association

Revised 03/16

Date: __

Preparticipation Physical Evaluation (Page 1 of 3)

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.

ident's Name:					Sex:	Ag	ge:	Date of Birth:	/
hool:									
me Address:									
me of Parent/Guardian:									
son to Contact in Case of Emergency:									
								Call Dhama: (`
ationship to Student: Ho									
sonal/Family Physician:		(City/State:				0	ffice Phone: ()
rt 2. Medical History (to be completed	l by student o	or parent).	Explain '	'yes" ansv	wers belo	w. Circ	le ques	stions you don't kı	10w answ
	Yes								Yes
Have you had a medical illness or injury since you	r last			ou ever bec					
check up or sports physical? Do you have an ongoing chronic illness?		21	activity		eeze or na	ve troubi	ie breati	hing during or after	
Have you ever been hospitalized overnight?		20	_	have asthn	na?				
Have you ever had surgery?						ies that re	eauire n	nedical treatment?	
Are you currently taking any prescription or non-					_			ive equipment or	
prescription (over-the-counter) medications or pill- using an inhaler?	s or		medical	devices th	at aren't u	sually us	sed for y	your sport or position oot orthotics, shunt,	1
Have you ever taken any supplements or vitamins	to			on your te					
help you gain or lose weight or improve your			-	ou had any	-	-	-		
performance?			-	wear glass		_			
Do you have any allergies (for example, pollen, lat medicine, food or stinging insects)?	tex,							g after injury?	
Have you ever had a rash or hives develop during	or							lislocated any joints? or swelling in muscle	
after exercise?		35		, bones or		nems wit	ın pam	or swelling in musci	zs,
Have you ever passed out during or after exercise?				heck appro		nk and e	xplain l	below:	
Have you ever been dizzy during or after exercise				ad			T		
Have you ever had chest pain during or after exerc			Ne	ck	Fo	rearm		Thigh	
Do you get tired more quickly than your friends do			Bac	ck est oulder	Wr	rist		Knee	
during exercise?			Ch	est	На	nd		Shin/Calf	
Have you ever had racing of your heart or skipped heartbeats?					Fir	nger		Ankle	
Have you had high blood pressure or high choleste	erol?	2.0		per Arm	Fo				
Have you ever been told you have a heart murmur	2	20	-	want to we	-		-		
Has any family member or relative died of heart		3/	Do you sport?	lose weigh	it regularly	y to meet	weight	requirements for yo	ur
problems or sudden death before age 50?		38	1	feel stresse	ed out?				
Have you had a severe viral infection (for example			-			ed with s	ickle ce	ell anemia?	
myocarditis or mononucleosis) within the last mor	nth?		-		_			he sickle cell trait?	
Has a physician ever denied or restricted your								izations (shots) for:	
participation in sports for any heart problems? Do you have any current skin problems (for example)	ale		Tetanus	:		Measl	es:		
itching, rashes, acne, warts, fungus, blisters or pressur			Hepatit	us B:		Chick	enpox:		
Have you ever had a head injury or concussion?	/-								
Have you ever been knocked out, become unconsc	ious			ONLY (op	,	,	10		
or lost your memory?				vas your fir				49	
Have you ever had a seizure?								d? ne start of one period	
Do you have frequent or severe headaches?				t of another		my nave	пош и	ic start of one period	Ю
Have you ever had numbness or tingling in your at	rms,	45				had in th	he last v	year?	
hands, legs or feet? . Have you ever had a stinger, burner or pinched nerve?								the last year?	
olain "Yes" answers here:									

Signature of Parent/Guardian:



Revised 03/16



Florida High School Athletic Association

Preparticipation Physical Evaluation (Page 2 of 3)

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.

Student's Name:									Date of Birth:	//
Height:	Weigh	t:	% Body Fat (o	ptional):]	Pulse:	Blood Pressure:		
Temperature:								_		
Visual Acuity: Right	t 20/	Left 20/	Corrected:	Yes	No	Pupils: 1	Equal	Unequal		
FINDINGS		NORMAL				ABNOR	MAL FIND	INGS		INITIALS*
MEDICAL										
1. Appearance										
2. Eyes/Ears/No	ose/Throat									
3. Lymph Node	·s									
4. Heart										
5. Pulses										
6. Lungs										
7. Abdomen										
8. Genitalia (ma	ales only)									
9. Skin										
MUSCULOSKELET	AL									
10. Neck										
11. Back										
12. Shoulder/Arr	m									
13. Elbow/Forea										
14. Wrist/Hand										
15. Hip/Thigh										
16. Knee										
17. Leg/Ankle										
18. Foot* – station-based example	mination o									
- station-based exam	iiiiiatioii oi	пу								
ASSESSMENT OF	EXAMINI	NG PHYSICIA	N/PHYSICIAN	ASSIST	ANT/N	URSE PI	RACTITION	NER		
I hereby certify that e	ach examii	nation listed abov	e was performed	by myse	lf or an	individua	al under my	direct supervision with th	e following conclus	ion(s):
Cleared without	limitation									
Disability:						Diagnos	is:			
Precautions:										
Not cleared for:								Reason:		
Cleared after co	mnleting e									
								For:		
Keleffed to										
Dagamman dations:										
Recommendations										
		-:-4/DT P							Б.	
M CDI : : m		cictont/Niirco Dro	cutioner (print):						Date:	/ /
Name of Physician/Pl Address:										





Florida High School Athletic Association

Preparticipation Physical Evaluation (Page 3 of 3)

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.

Student's Name:						
ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)						
I hereby certify that the 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:						
Name of Physician (print):		ite:/				
Address:						
Signature of Physician:						
Based on recommendations developed by the American Academy of Family Ph	hysicians, American Academy of Pediatrics, American Medical Society for Sports Medi	cine, American Orthopae-				



Name of Student (printed)

Florida High School Athletic Association

Revised 04/20

Consent and Release from Liability Certificate (Page 1 of 4)

	This form is non-transferabl	le; a change of schools during the validity period of this form wil	l require this form to be re-submitted.
School:		School District (if applical	ble):
I have read the (my school in int know that athlet sion, and even d participating in a hereby release a liability for any athletic participation. I hereby grant to academic standiuse my name, fe limitation. The r and that I may r eligible for participation.	condensed) FHSAA Eligibility Rulerscholastic athletic competition. I knie participation is a privilege. I knieath, is possible in such participation athletics, with full understanding of and hold harmless my school, the scinjury or claim resulting from such attion. I hereby authorize the use or FHSAA the right to review all recong, age, discipline, finances, reside toe, likeness, voice and appearance eleased parties, however, are under evoke any or all of them at any tincipation in interscholastic athletics		and FHSAA and to abide by their decisions are rious injury, including the potential for a concustresponsibility for my own safety and welfare while I be emancipated from my parent(s)/guardian(s), cials and FHSAA of any and all responsibility and A because of any accident or mishap involving my d treatment for illness or injury become necessary my records relating to enrollment and attendance to photograph and/or videotape me and further to I and commercial materials without reservation of thorizations and rights granted herein are voluntary so, however, I understand that I will no longer be
tom; where div	orced or separated, parent/guard	t, Acknowledgement and Release (to be completed a ian with legal custody must sign.) articipate in any FHSAA recognized or sanctioned sport EXCEP	
List spo	rt(s) exceptions here		
C. I know of, is possible in su the risks involve any and all respany accident or treatment while information shout athletic eligibilit I grant the release connection with obligation to exc. I am award participate once READ THIS IN A POTENTHE SCHOUSES REASOUSLY INJUNERENTICIVING USES REASOUSLY IN	ch participation and choose to acceed, I release and hold harmless my onsibility and liability for any injurmishap involving the athletic participation of the property of the property in the supervision of the property in the supervision of the potential danger of concustic said rights herein. The potential danger of concustic such an injury is sustained without of the potential danger of concustic such an injury is sustained without of the potential danger of concustic property of the property	and knows of, the risks involved in interscholastic athletic participation and all responsibility for his/her safety and welfare while pay child's/ward's school, the schools against which it competes, the server or claim resulting from such athletic participation and agree to the cipation of my child/ward. I authorize emergency medical treatments of the school. I further hereby authorize the use or disclosure of ecome necessary. I consent to the disclosure to the FHSAA, upon its order relating to enrollment and attendance, academic standing, age, and/or videotape my child/ward and further to use said child's/war promotional and commercial materials without reservation or limit sions and/or head and neck injuries in interscholastic athletics. I also proper medical clearance. AND CAREFULLY, YOU ARE AGREEING TO LIACTIVITY, YOU ARE AGREEING TO LIACTIVITY, YOU ARE AGREEING TO LIACTIVITY, THERE IS A CHAPARTICIPATING IN THIS ACTIVITY BECAUSE CH CANNOT BE AVOIDED OR ELIMINATED. I AND YOUR RIGHT TO RECOVER FROM MYOMPETES, THE SCHOOL DISTRICT, THE CONDIDING, THE SCHOOL DISTRICT, THE CONDIDING, INCLUDING DEATH, TO YOUR CHIPTHAT ARE A NATURAL PART OF THE ACTIVITY CHILD'S/WARD'S SCHOOL, THE SCHOOLS.	articipating in athletics. With full understanding of school district, the contest officials and FHSAA of school district, the contest officials and FHSAA of school district, the contest officials and FHSAA because of the form of the following school districts of the form of the following school of the following scho
THE SCHO CHILD PAR	<u>OL DISTRICT, THE CO</u> RTICIPATE IF YOU DO N	<u>NTEST OFFICIALS AND FHSAA HAS THE R</u> IOT SIGN THIS FORM.	IGHT TO REFUSE TO LET YOUR
F. I understar writing to my sc G. Please che My child/v	state series contests, such action and that the authorizations and right hool. By doing so, however, I under the appropriate box(es): ward is covered under our family he	ion seeking injunctive relief or other legal action impacting my can shall be filed in the Alachua County, Florida, Circuit Court. Is granted herein are voluntary and that I may revoke any or all of erstand that my child/ward will no longer be eligible for participatio ealth insurance plan, which has limits of not less than \$25,000.	them at any time by submitting said revocation in in interscholastic athletics.
Company My child/y	vard is covered by his/her school's	activities medical base insurance plan.	
I have pure	chased supplemental football insura	ance through my child's/ward's school.	
1 HAVE	READ THIS CAREFULLY	AND KNOW IT CONTAINS A RELEASE (Only one pa	rent/guardian signature is required)
Name of Parent/	Guardian (printed)	Signature of Parent/Guardian	Date /
Name of Parent	Guardian (printed)	Signature of Parent/Guardian	Date /
ranic of Farent/	Guardian (Princed)	Signature of Latent/Quartian	Daic

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (student must sign)

Date

Signature of Student



Consent and Release from Liability Certificate for Concussions (Page 2 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

School:		School District (if applicable):				
~	-					

Concussion Information

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all 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. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

Signs and Symptoms of a Concussion:

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- Vacant stare or seeing stars
- · Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- · Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo(spinning) or loss of equilibrium (being off balance or swimming sensation)
- Decreased coordination, reaction time
- · Confusion and inability to focus attention
- · Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

DANGERS if your child continues to play with a concussion or returns too soon:

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

Steps to take if you suspect your child has suffered a concussion:

Any athlete suspected of suffering a concussion should be removed from the activity 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 written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

Return to play or practice:

Following physician evaluation, the *return to activity process* requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit http://www.cdc.gov/concussioninyouthsports/ or http://www.seeingstarsfoundation.org

Statement of Student Athlete Responsibility

Parents and students should be aware of preliminary evidence that suggests repeat concussions, and even hits that do not cause a symptomatic concussion, may lead to abnormal brain changes which can only be seen on autopsy (known as Chronic Traumatic Encephalopathy (CTE)). There have been case reports suggesting the development of Parkinson's-like symptoms, Amyotropic Lateral Sclerosis (ALS), severe traumatic brain injury, depression, and long term memory issues that may be related to concussion history. Further research on this topic is needed before any conclusions can be drawn.

I acknowledge the annual requirement for my child/ward to view "Concussion in Sports" at www.nfhslearn.com. I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	/
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	/

Revised 04/20



Name of Parent/Guardian (printed)

Name of Parent/Guardian (printed)

Florida High School Athletic Association Consent and Release from Liability Certificate for

Sudden Cardiac Arrest and Heat-Related Illness (Page 3 of 4)
This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most reco

School:	School District (if appli	icable):
Sudden Cardiac Arrest Informat	<u>ion</u>	
	orts-related death. This policy provides procedures for educa ndition in which the heart suddenly and unexpectedly stops be ot treated within minutes.	
Symptoms of SCA include, but not limited to: suc	lden collapse, no pulse, no breathing.	
Warning signs associated with SCA include: faint	ting during exercise or activity, shortness of breath, racing	heart rate, dizziness, chest pains, extreme fatigue.
nal defibrillator (AED). Training is encouraged thro	r paid or volunteer, be regularly trained in cardiopulmonary reugh agencies that provide hands-on training and offer certificationing in CPR and the use of an AED must be present at each ons.	ates that include an expiration date. Beginning June 1,
The AED must be in a clearly marked and publicized the school year.	d location for each athletic contest, practice, workout or condi	itioning session, including those conducted outside of
What to do if your student-athlete collapses: 1. Call 911 2. Send for an AED 3. Begin compressions		
FHSAA Heat-Related Illnesses I	nformation_	
body temperature rises rapidly, sweating just isn't er	cannot properly cool themselves by sweating. Sweating is through. Heat-related illnesses can be serious and life threatening en death. Heat-related illnesses and deaths are preventable.	
Heat Stroke is the most serious heat-related illness. nent disability and death.	It happens when the body's temperature rises quickly and the	body cannot cool down. Heat Stroke can cause perma-
Heat Exhaustion is a milder type of heat-related illu	ness. It usually develops after a number of days in high tempe	erature weather and not drinking enough fluids.
Heat Cramps usually affect people who sweat a lot the abdomen, arms, or legs. Heat cramps may also b	during demanding activity. Sweating reduces the body's salt e a symptom of heat exhaustion.	and moisture and can cause painful cramps, usually in
	oung, people with mental illness and people with chronic diseastical activities during hot weather. Other conditions that can in escription drug or alcohol use.	
	nual requirement for my child/ward to view both the "Sud at the information on Sudden Cardiac Arrest and Heat-Ro nyself and that of my child/ward.	
Name of Student-Athlete (printed)	Signature of Student-Athlete	

Signature of Parent/Guardian

Signature of Parent/Guardian



Florida High School Athletic Association

Revised 04/20

Consent and Release from Liability Certificate (Page 4 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

Attention Student and Parent(s)/Guardian(s)

Your school is a member of the Florida High School Athletic Association (FHSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an FHSAA recognized sport (i.e. bowling, competitive cheerleading, girls flag football, lacrosse, boys volleyball, water polo and girls weightlifting or sanctioned sport (i.e. baseball, basketball, cross country, tackle football, golf, soccer, fast-pitch softball, swimming & diving, tennis, track & field, girls volleyball, boys weightlifting and wrestling), the student:

- 1. This form is non-transferable; a separate form must be completed for each different school at which a student participates.
- 2. Must be regularly enrolled and in regular attendance at your school. If the student is a home education student or attends a charter school or Florida Virtual School Full time Program or a special/alternative school or certain small non-member private schools, the student must declare in writing his/her intention to participate in athletics to the school at which the student is permitted to participate. Home education students and students attending small non-member private schools must be approved through the use of a separate form prior to any participation. (FHSAA Bylaw 9.2, Policy 16 and Administrative Procedure 1.8)
- 3. Must attend school within 10 days of the beginning of each semester to be eligible during that semester. (FHSAA Bylaw 9.2)
- 4. Must maintain at least a cumulative 2.0 grade point average on a 4.0 unweighted scale prior to the semester in which the student wishes to participate. This GPA must include all courses taken since the student entered high school. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester. (FHSAA Bylaw 9.4)
- 5. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4)
- 6. Must not have **enrolled in the ninth grade for the first time** more than four school years ago. If the student is a sixth, seventh or eighth grade student, the student must not participate if repeating that grade. (FHSAA Bylaw 9.5)
- 7. Must have signed permission to participate from the student's parent(s)/legal guardian(s) on a form (EL3) provided the school. (Bylaw 9.8)
- 8. Must not turn 19 before September 1st to participate at the high school level; must not turn 16 prior to September 1st to participate at the junior high level; and must not turn 15 prior to September 1st to participate at the middle school level, otherwise the student becomes permanently ineligibile. (FHSAA Bylaw 9.6)
- 9. Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics (form EL2).
- 10. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating. (FHSAA Bylaw 9.9)
- 11. Must not participate in an all-star contest in a sport prior to completing his/her high school eligibility in that sport. (FHSAA Policy 26)
- 12. Must display good sportsmanship and follow the rules of competition **before**, **during and after** every contest in which the student participates. If not, the student may be suspended from participation for a period of time. (FHSAA Bylaw 7.1)
- 13. Must not provide false information to his/her school or to the FHSAA to gain eligibility. (FHSAA Bylaw 9.1)
- 14. Youth exchange, other international and immigrant students must be approved by the FHSAA office prior to any participation. Exceptions may apply. See your school's principal/athletic director. (FHSAA Policy 17)
- 15. Must refrain from hazing/bullying while a member of an athletic team or while participating in any athletic activities sponsored by or affiliated with a member school.

If the student is declared or ruled ineligible due to one or more of the FHSAA rules and regulations, the student has the right to request that the school file an appeal on behalf of the student. See the principal or athletic director for information regarding this process.

By signing this agreement, the undersigned acknowledges that the information on the Consent and Release from Liability Certificate in regards to the FHSAA's established rules and eligibility have been read and understood.

Name of Student-Athlete (printed)

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Signature of Parent/Guardian

Date

Signature of Parent/Guardian

Date