

Parents and Students

Notice

This packet only includes information for Parents and Physicians and is for informational purposes only. All forms are in the packet labeled ACTUAL FORMS.

If you have questions feel free to stop in and see Mr. Lund or call and leave a message and I will get back to you at 983-5597 Ext: 224.

PHYSICAL EXAMINATION INSTRUCTIONS

I. Requirement of School Boards.

- A. Each governing board shall decide if the exam is to be repeated on an annual basis, on a biennial basis or triennial basis.
- B. Each governing board shall decide whether they want the doctors to evaluate sexual maturity based upon the Tanner Maturation Index. Please white-out item 13 on the Physical Exam form if the decision is NOT to use the Tanner Maturation Index.

II. Requirements of Member Schools.

- A. Each member school shall make copies of the forms that must be completed by the parents and/or doctors in sufficient quantities to meet your needs.
- B. Member schools must keep on file the following:
 1. A copy of the **PARENT PERMIT FORM**. This form must be submitted annually.
 2. A copy of the **INITIAL PRE-PARTICIPATION HISTORY** report for each student who takes the comprehensive exam for the first time. This form must be made available to the medical examiner at the time the student takes his/her first physical exam.
 3. A copy of the **INTERIM PRE-PARTICIPATION HISTORY** for each student must be submitted annually by the parents except on the very first occasion when the **INITIAL PRE-PARTICIPATION HISTORY** is required.

All questions on the **INTERIM PRE-PARTICIPATION HISTORY** form should be answered with the following in mind: **IN THE PAST YEAR:** Please explain any yes answers in the space provided on the form. Any yes answers may require a re-visit to the medical provider for re-certification of health. The parent/guardian signature denotes that the student is physically able to participate.

4. A copy of the comprehensive **PHYSICAL EXAMINATION** signed by either a Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, Physician Assistant or Nurse Practitioner.
- C. Member schools may commence scheduling physical exams as early as April 1 for the ensuing school year.

III. Role of Doctors, Physician Assistant and Nurse Practitioners.

- A. The certification/signing of the physical exam form is reserved for only a Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, a Physician Assistant or Nurse Practitioner. Stamping the name of a medical clinic or a medical association as a substitute for the authorized signature is unacceptable. All exams must be signed by authorized medical personnel as listed in paragraph two above.
- B. The examiner shall receive a copy of Instructions for conducting the orthopedic screening and other portions of the exam. The instruction sheet follows the other forms located in this section of this publication.
- C. The medical history form must be made available to the person(s) conducting the physical exam at the time the examination takes place.

SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION

PHYSICAL EXAMINATION ITEMS TO BE EVALUATED

Station 1 - Individual History

All YES items in the history are reviewed in detail to determine if they constitute a risk to participation by the athlete, or need additional evaluation.

Station 2 - Blood Pressure

Right arm, sitting. Values needing recheck and possible further evaluation are:

Under 11 Years 130/75
12 years and older 140/85

Station 3 - Vision (Snellen)

Uncorrected vision less than 20/200, corrected vision less than 20/40 requires further evaluation.

Station 4 - Skin, Mouth, Eyes, Ears

Pustular acne, herpes or other infections, athlete's foot; braces, dental prostheses, severe caries, pupil inequality, contacts; ear drainage, malformation.

Station 5 - Chest

Review of cardiac-related history. Heart enlargement, pulse discrepancy, murmurs, abnormal rhythm, forced expiratory maneuver, evidence of latent bronchospasm.

Station 6 - Lymphatics, Abdomen, Genitalia

Cervical or axillary adenopathy, organomegaly, absence of testicles, and hernia (males only).

Station 7 - Orthopedic

Asymmetry, scoliosis, swelling or deformity, decreased range of motion or strength

Station 8 - Review

CLEARANCE

- Cleared for ALL (*collision, contact/endurance sports, and other sports*)
- Cleared only for *contact/endurance sports and other sports*
- Cleared only for *other sports*

Definition: [Collision=Football and Wrestling]; [Contact/Endurance Sports=Basketball, Cross Country, Gymnastics, Soccer, Tennis, Track, Volleyball, Competitive Cheer and Competitive Dance]; [Other Sports=Golf]

- Cleared for ALL, but with recommendations for further evaluation or treatment for _____
- Above clearance to be granted only after _____
- Clearance cannot be given at this time because _____

**SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION
ORTHOPEDIC SCREENING GUIDE**

Athletic Activity (Instructions)	Observation
Stand Facing Examiner	General habitus; acromioclavicular joints
Look at ceiling, floor, over both shoulders; touch ears to shoulders	Cervical spine motion
Shrug shoulders (examiner resists)	Trapezius strength
Abduct shoulder 90 degrees (examiner resists at 90 degrees)	Deltoid strength
Full external rotation of arms	Shoulder motion
Flex and extend elbows	Elbow motion
Arms at sides, elbow 90 degrees flexed, pronate and supinate wrists	Elbow and wrist motion
Spread fingers; make fist	Hand or finger motion and deformities
Tighten (contact) quadriceps; relax quadriceps	Symmetry and knee effusion; ankle effusion
"Duck walk" four steps (away from the examiner with buttocks on heels)	Hip, knee and ankle motion
Back to examiner; knees straight, touch toes	Shoulder symmetry; scoliosis, hip motion, hamstring tightness
Raise up on toes, raise heels	Calf symmetry, leg strength

May require reflex hammer, tape measure, pin, and examination table

Arlington Cardinal Code of Ethics

Students involved in any athletic programs are under the full direction of the coach along with his/her assistants. Students are expected to abide by the rules and regulations set up by their coaches. Failure to abide by the rules is sufficient cause for a student to be dismissed or dropped from a sport.

No student will be permitted to practice without a physical examination, proof of insurance or insurance waiver, a medical consent form, and an interim pre-participation history form. The physical examination is valid for up to three years.

All S.D.H.S.A.A. policies and procedures will be followed and conformed to along with the Arlington High School policies. The Arlington Cardinal Code of Ethics is in effect from the first day of practice or activity each year until the last day of practice or activity each year. The regulations come into play on the first day of practice for fall sports until the end of all spring sports for every one involved with activities regardless of which activities you are involved in.

All punishment may carry over to the following year if the consequences have not been met by the end of the previous year. In order for a student to carry out their punishment they must be out for the activity within the first week of the season and continue in the activity until after the state tournament or until the team is eliminated from further competition.

These rules are the minimum and may be strengthened by the individual in charge of the activity. Activities under the Cardinal Code of Ethics are, but not limited to the following:

<i>Girls Sports</i>	<i>Boys Sports</i>	<i>Other Activities</i>	<i>Extra's</i>
Cross Country	Cross Country	FHA (Non Graded)	Prom
Basketball	Football	FFA (Non Graded)	Sr. Priv.
Volleyball	Basketball	*Band (Non Graded)	HC Royalty
Track	Track	*Vocal (Non Graded)	Dances
Cheerleading	Wrestling	* Plays	Field Trips
Golf	Golf	* Oral Interp	Sr. Skip Day

*Exceptions may be made as decided by the Administration based on what is best for the group involved.

1. Controlled substances or marijuana. (The law will change on July 1, 2014. We will then follow the new law.)

Athletes will follow SDCL 13-32-9. The law states: Suspension from extracurricular activities for controlled substance violation-- Notice to South Dakota High School Activities Association. Any person adjudicated, convicted, the subject of an informal adjustment or court-approved juvenile diversion program, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one-year suspension may be reduced to sixty school days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. If the assessment indicates the need for a higher level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. Upon a subsequent adjudication, conviction, diversion, or suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education. Upon such a determination in any juvenile court proceeding the Unified Judicial System shall give notice of that determination to the South Dakota High School Activities Association and the chief administrator of the school in which the person is participating in any extracurricular activity.

Upon placement of the person in an informal adjustment or court-approved juvenile diversion program, the state's attorney who placed the person in that program shall give notice of that placement to the South Dakota High School Activities Association and chief administrator of the school in which the person is participating in any extracurricular activity.

As used in this section, the term, extracurricular activity, means any activity sanctioned by the South Dakota High School Activities Association.

Source: SL 1997, ch 102, §§ 1, 4; SL 2003, ch 272, § 63; SL 2006, ch 82, § 1.

2. The use, possession, acquiring, delivering, or transportation of tobacco, and/or alcohol will result in the following consequences:

1st offense - the students will be suspended for two games or performances or two weeks whichever is longer. The suspension will take place beginning the day the violation is confirmed. The student will be required to attend all practices and games during this time frame with no chance to play in the games or performances.

2nd violation - the student will be suspended for the remainder of the season or six weeks whichever is longer. (This may carry over into the next activity season.) The suspension will take place beginning the day the violation is confirmed. The student will be required to attend all practices and games during this time frame with no chance to play in the games or performances.

3rd violation - the student is no longer eligible for any extracurricular activities for the remainder of the year.

In addition any student who needs to serve discipline concerning this section during an activity season will also be ineligible for all post-season awards that are given through the school for that activity where the discipline was served. This can and will include awards voted on by outside agencies.

3. Unexcused absence from practice, activity or event.

1st violation – Each case will be handled at the discretion of the coach.

2nd violation - Possible suspension from the activity for the year.

In addition to the above each varsity athlete will need to have been involved in ten team practices before competing in a contest. J.H. sports will require ten practices or every practice that has been held before they will be eligible to compete.

4. Uniform policy - Students and athletes will only wear school issued equipment or uniforms. The coach or advisor must approve any clothing or jewelry other than school issued in advance.

5. Academic Eligibility - Each Thursday, the teachers will submit a list of students who are failing or in danger of failing their class. Any student who has an D or F in any classes for three consecutive weeks will be ineligible for all games or performances starting immediately from Monday through Sunday and until all grades are above an "F"

6. Extra Curricular and Absences - Students are required to be in school for at least three full periods out of the day in order to compete in activities that day. The only exceptions will be family emergencies approved in advance with a note from the principal. Examples would be funerals and other serious family emergencies.

7. Curfew - All athletes are to be home by 10:00 pm each night except on weekends when that time will be 12:00 midnight. The coach or director of the activity will define what constitutes a weekend depending on the schools schedule and holidays. Consequences are:

1st violation - Extra workout assignments to perform for the coach.

2nd violation - Suspension from one contest.

3rd violation - Suspension from the team for the season

8. Conduct - Student/Athletes must not only maintain the required academic standards, but also proper standards of conduct. Any student/athlete guilty of gross misconduct such as stealing, willful destruction of property or disregard for school authority will be subject to discipline determined by the coach, principal and athletic director. This could be a suspension from an event/activity for an undetermined length of time. A student/athlete must pay for any abnormal damages to school issued equipment.

9. Due Process- Students who are accused of misconduct are entitled to a due process hearing with the personnel involved with their activity and an administrator.

ARLINGTON SCHOOL PARENT/ATHLETE CONSENT FOR CONTINUED PARTICIPATION

NOTE: This is to be completed only if there has been a CONCUSSION during the season!

I hereby knowingly and voluntarily allow _____ to participate in _____ understanding the possibilities of further injury including: brain damage, paraplegia and quadriplegia, loss of limb or body part and permanent damage to a body part. I will not hold the school district, its employees, or its contractors (including athletic administrator, trainer and coaches) accountable for any further injury that may occur.

The undersigned Parents certify to the District that they have consulted with a health professional or professionals of their choice concerning the Athlete's injury, and are not relying upon the School District or its employees in making the determination that the Athlete may return to participation in sports.

I have read the above statement and understand it in its entirety.

Parent

Certified Doctor or Certified Physicians Ass't

Parent

Project IMPACT Designee

Coach

Athletic Director

I have read and understand the above statement and I willfully will participate in _____
Sport

Athlete

Date

AN AUTHORIZATION FROM THE STUDENT'S TREATING PHYSICIAN PERMITTING THE STUDENT'S RETURN TO ATHLETIC PARTICIPATION MUST ACCOMPANY THIS FORM.

Parent Information and will need to be filled out should an athlete suffer signs of a concussion.

To: Arlington student athletes and their parents

From: Arlington schools

RE: Required concussion information and requirements

Date: April 5, 2016

We are now required by law and the SDHSAA to have a policy in place for those students who happen to suffer a concussion while involved in high school activities. As part of our plan students will need to be assessed using the program ImPact. Currently SDSU is making available to our school this program as part of a study and grant that they have acquired.

What this means to you as the student athlete and parents is that you will have available free of charge a baseline to use should you suffer a concussion. This baseline will need to be established every year.

No one is required to be part of the study however all student/athletes at Arlington who suffer a concussion will need to be released back into competition through the use of the ImPact testing and the required form.

In another attachment you will find the information from SDSU explaining how this will work. Each athlete will do a baseline test using the system and then this information will be used by the physician of your choice in determining when they can return to play. These forms will be needed for the process of the baseline testing to begin.

If you have questions concerning the Arlington procedure on concussions please feel free to contact your coach or Chris Lund.

Sincerely

A handwritten signature in black ink, appearing to read "Chris Lund". The signature is fluid and cursive, with a large initial "C" and "L".

Chris Lund