

JEMEZ VALLEY PUBLIC SCHOOLS

ATHLETIC HANDBOOK

Revised 7/16/2019

Table of Contents

Introduction: GENERAL STATEMENT.....	4
Section 1 PHILOSOPHY AND OBJECTIVES	5
1.1 Philosophy	5
1.2 Objectives	5
1.3 Code of Ethics	5
Section 2 TRANSPORTATION	6
2.1 Transportation	6
2.2 Travel Regulations.....	6
2.3 Release of Students to Parents on Away Trips	7
Section 3 CONSENT – AGREEMENT – MEDICAL	7
3.1 Parental Consent.....	7
3.2 Medical History and Medical Exams	8
3.3 Medical Authorization.....	8
3.4 Athletic Code	8
3.5 Athlete/Parental/Coaches’ Agreement	8
3.6 NMAA Petition to Play Up	8
3.7 NMAA Concussion Protocol.....	8
Section 4 AWARDS.....	8
4.1 Athletic Awards.....	9
4.2 Athlete of the Year	9
Section 5 PARTICIPATION.....	10
5.1 Dual Sport Participation	10
Section 6 ELIGIBILITY AND EXPECTATIONS.....	11
6.1 Academic Eligibility Guidelines	11
6.2 Progress Reports	12
6.3 Rules and Code of Conduct.....	12
6.4 Practice	13
6.5 Attendance	13
6.6 Cuts and Completion of Sport.....	13
6.7 Injury/Illness	14
Section 7 CONDUCT.....	14
7.1 Appearance.....	14

7.2 Sportsmanship	14
7.3 Additional Requirements	14
Section 8 EQUIPMENT AND FACILITIES.....	14
8.1 Equipment and Facilities	14
8.2 Uniforms	15
Section 9 OFF-SEASON CONDITIONING.....	15
9.1 Off-Season	15
Section 10 SUBSTANCES ABUSE POLICY AND PROCEEDURE	15
10.1 Possession.....	15
10.2 Controlled Substance Policy	15
10.3 Punishment and Discipline Policy	16
10.4 Off Campus Policy	16
Section 11 CRIMINAL CONVICTION	16
11.1 Misdemeanor/Felony	16
Section 12 APPEAL PROCESS.....	16
12.1 Appeal Procedure.....	17
12.2 Grievance Procedure	17
Section 13 STANDARDS/CODES/SPORTSMANSHIP	17
13.1 Basic Eligibility Standards	17
Forms Requiring Signatures	19
Jemez Valley Public Schools Athletic Code of Conduct.....	19
NMAA Sportsmanship.....	20
Athlete, Parental, and Coaches' Contract	21
Consent to Treat Form	22
Parental Consent and Medical Information Form	23

Introduction: GENERAL STATEMENT

The policies set forth by the New Mexico Activities Association (N.M.A.A.), of which Jemez Valley Public Schools is a dues-paying member, will be the minimum standards applying to extracurricular participation by our student-athletes. The Jemez Valley Public Schools have the right, as do all N.M.A.A. governed schools, to establish school-particular policies for our student-athletes that may exceed these minimum requirements. The Jemez Valley Public Schools may not at any time establish eligibility standards that are less than the minimum requirements established in policy by the N.M.A.A. and their board of directors.

Note:

Most of the competitive, extra-curricular activities offered by Jemez Valley Public Schools, whether athletic or academic in scope, or just participatory in nature, are governed in part or all, by the policies established by the New Mexico Activities Association, their board of directors and member schools, as well as by policies established by the Jemez Valley board of education. Governance by the N.M.A.A. is warranted as the Jemez Valley Public Schools are dues-paying members, as are the majority of all schools, public, private and charter within the state of New Mexico. See the attached list of the extra-curricular activities currently governed by N.M.A.A. policy at the end of this document.

Section 1 PHILOSOPHY AND OBJECTIVES

1.1 Philosophy

It is the goal of the athletic department at Jemez Valley Public Schools to provide each participant an opportunity to occupy minds and bodies with healthy, vigorous activity promoting attitudes, habits, thoughts, and actions that will lead to responsible citizenship, vocational effectiveness, maximum personal development and fulfillment as an individual contributing to the community in a positive direction.

The purposes of interscholastic athletics are many. They encompass the development of the physical aspects of the body, the training of the mind to think and react, the promotion of personal and group discipline, determination and desire. Just as the mind and the body are not separate, neither are athletics and academics. Athletics, therefore, shall not be recognized as a reward for scholastic performance, but rather an intrinsic part of the total educational experience. The Jemez Valley Public Schools recognize and emphasize that academic endeavor, and the overall academic well-being of the athlete, takes priority over the athletic privilege allowed our students.

1.2 Objectives

The purpose, goals and objectives of the Jemez Valley Public Schools interscholastic athletic department are:

1. To be beneficial to all participants within the educational setting.
2. To give competitors an opportunity to understand and develop mental and physical excellence.
3. To recognize outstanding performance and effort and to acknowledge such performance by opponents as well as by self and teammates.
4. To understand and develop the values of competition in our society and the educational experiences of winning and losing.
5. To provide an opportunity for the development of self-assurance, determination, loyalty and responsibility on an individual and group basis.
6. To provide the opportunity for the wholesome expressions of emotions.
7. To develop and reinforce good sportsmanship.
8. To develop physical, intellectual, and emotional powers.
9. To provide students the opportunity to release competitive energies.
10. To provide the opportunity for students to have input into the unity, pride and morale of the school.
11. To provide opportunities for students to recognize the difference between work and play, and to learn to organize their time in a balanced fashion.

1.3 Code of Ethics

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play in accordance with New Mexico Athletic Association bylaws and the Compete with Class initiative.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show courtesy to visiting teams and officials

5. To establish a good relationship between visitors and host.
6. To respect the integrity and judgement of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgement by players on a team.
9. To recognize the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember an athletic contest is only a game – not a matter of life and death for player, coach, official, fan, community, state, or nation.

Section 2 TRANSPORTATION

2.1 Transportation

Members of all athletic teams should be cautioned regarding their adherence to the code of conduct and safety while representing the Jemez Valley Public Schools on all athletic trips. Violation of transportation conduct rules may result in suspension for the remainder of the sport season of the right to participate in home or away activities. **Athletes must travel with their team on school-sponsored transportation to and from out-of-town contests. These vehicles are to be driven by adults certified and approved by the Jemez Valley Public Schools. Athletes will not be allowed to drive themselves to any out-of-town contests.**

Exception – See Coach for the Parent Release Form

2.2 Travel Regulations

1. The assigned driver is responsible for the safety and appropriate behavior of the student passengers while in the vehicle.
2. The driver has the same authority as a coach when the students are in his/her care. Students must comply with all directions given by the driver.
3. Students are not to carry on unnecessary conversation with the driver while the vehicle is in motion.
4. Students must occupy the seat assigned to them by the school officials or the driver, if seats are assigned.
5. Students are not to move about within the vehicle while it is in motion.
6. Students are not to get on or off the vehicle except at their own on/off stops without the permission and knowledge of the coach and/or driver. Students must return on the school bus from all away games.

Exceptions will be made only if all of the following criteria have been met:

- a. A note, explaining the reason for exception, is turned in two days (48 hours) in advance of the trip to the athletic director, athletic coordinator, or the school principal and approved.
- b. The understanding that only a parent / legal guardian will be transporting the student.
- c. If at the coach's discretion, he/she feels that the student's safety and well-being will not be at risk.

- d. The student will not be allowed to leave with a parent/guardian unless the coach has met with the parent/guardian at the game or event before the student leaves with them.
7. Students will be permitted to converse in a normal tone, but rough or boisterous conduct will not be allowed in the vehicle.
8. Students may not throw any objects on, or out of the vehicle.
9. Students may not bring any tobacco products on the vehicle or use any of these products before boarding or after leaving the vehicle.
10. No alcoholic beverages or any controlled substances, which are considered illegal, will be transported on any school vehicle.
11. Students may not carry knives, guns, or any other dangerous articles on the vehicle. The driver and/or coach have the authority to determine whether or not an article is dangerous.
12. Students must not extend their hands, arms heads or bodies through the vehicle window.
13. Students must not open or close the vehicle windows without permission of the driver.
14. Students will stay out of the driver's seat.
15. Any damage to the vehicle caused by the students shall be reported by the driver to the school principal. Those found responsible for the damage shall pay the repair cost.
16. Students must cooperate in keeping the vehicle clean.
17. Dogs and other animals are not permitted on the vehicle.
18. Student who must cross the road after leaving the vehicle outside the city limits shall pass in front of the vehicle and only when the driver signals all is clear. Students departing from school vehicles within the city limits must wait at the curb until the vehicle leaves, except where traffic signals are in operation.
19. Students must look both ways before crossing to the opposite side of the road.
20. Students may not play radios or tape recorders while on school vehicles unless the student is wearing earphones.
21. Safety doors are to be used ONLY in case of an EMERGENCY.
22. Students are not permitted to operate any of the emergency equipment, such as the side stop lever, the back or side door exits or front door open and closed lever.
23. Only authorized persons will be allowed in school vehicles.

2.3 Release of Students to Parents on Away Trips

Parents/ Guardians who want their sons or daughters to return home with them after the games, meet, or matches must sign a paper saying that the athlete is going home with their parents and present the signed paper to the coach. Athletes are not allowed to ride home with someone else other than their parents unless it has been approved by the JVHS Administration 48 hours in advance of the scheduled event.

Section 3 CONSENT – AGREEMENT – MEDICAL

3.1 Parental Consent

All athletes must have a consent agreement completed, signed, dated, and returned to the coach to assure parental/guardian acknowledgment for student participation in athletics in accordance with the governing rules of the New Mexico Activities Association (NMAA). This consent form must be on file prior to engaging in a practice session. No student will

be allowed to participate in any manner without prior proof of insurance. Consent to treat form can be found at the end of this document.

3.2 Medical History and Medical Exams

All athletes must have completed a current medical history **DATED AFTER** April 15th of the academic school year intended for, and a licensed physician must perform the exam. A copy of the examination form must be filed with the Jemez Valley Public Schools prior to the first practice. Physical examinations are required in accordance with the NMAA and on the NMAA Physical EXAN Form.

3.3 Medical Authorization

An authorization for medical services by a licensed physician must be signed by the parent/guardian and remain with the coach at all athletic contests. The purpose of authorization is to provide quick reference. Every attempt will be made to contact parents/guardians in the event of an injury or accident. The athletic staff will be authorized to use their best judgment in regard to the health and safety of all athletes in the case of injury and the need for emergency treatment.

3.4 Athletic Code

A signed “Athletic Code Form” must be on file with the athletic director prior to the first practice. This form must be dated and signed by the parent/guardian and athlete. **(See Section 13.2) It is the responsibility of the head coach to collect this form from the student athletes. Coaches will pass this form on to the next seasons coach if the student is participating in another sports season.**

3.5 Athlete/Parental/Coaches’ Agreement

It is the responsibility of the coach to obtain and retain signatures of athletes and parents/guardians regarding their understanding, agreement and compliance with all rules, regulations, policies, and procedures regarding their son or daughter’s participation and association in interscholastic athletics at Jemez Valley Public Schools. Athletes will not be allowed to participate in any component of the “athletic season”, including but not limited to practices and games, until and unless the signed parent / guardian / coach / athlete agreement is turned in. **(See Section 14)**

3.6 NMAA Petition to Play Up

An eighth (8th) grade student wishing to play up at the high school level must complete the NMAA Petition to Play Up worksheet in the principal/athletic director’s office to complete the formal request to play up. This must be done prior to the first athletic event that the student intends to play in.

3.7 NMAA Concussion Protocol

All athletes must take and complete the NMAA Concussion Protocol Test before they are allowed to participate in ANY practices and or games.

Section 4 AWARDS

4.1 Athletic Awards

Athletic awards are to be symbols of athletic accomplishment. Their value should be in their implication, rather than their monetary worth. The purpose of an athletic award is to recognize scholastic athletes who demonstrate the highest standards and who have met the criteria for such awards. Athletic awards shall be financed by the school and monitored by the athletic director. All athletic awards shall be in compliance with the rules set forth by the NMAA.

The following criteria are to be adhered to when issuing athletic awards:

1. High standards of excellence are required for all awards in all sports.
2. Athletes are limited to one letter during their career; subsequent recognition is to be given in the form of a certificate.
3. Awards are to be presented at the athletic awards banquet.
4. Certificates will be awarded to all junior varsity players and those varsity players not lettering.
5. Varsity players will, upon lettering, receive one pin and a one-year bar for each year thereafter.
6. Equipment and team managers will receive certificates of appreciation until their second year at which time they will earn a letter then a pin and a one-year bar for each year thereafter.

The athletic qualification for varsity letters is as follows:

1. BASEBALL – an athlete must participate in one-half the number of innings of the varsity games scheduled.
2. BASKETBALL – an athlete must compete in one-half the number of quarters of the scheduled varsity games.
3. CROSS COUNTRY – an athlete must compete in 75% of the scheduled varsity meets.
4. TRACK AND FIELD – an athlete must score 10 points in varsity competition.
5. SOFTBALL – an athlete must participate in one-half the number of innings of the varsity games scheduled.
6. VOLLEYBALL – an athlete must compete in 75% of the scheduled varsity matches and participate in the post-season tournament.
7. Football – an athlete must compete in ½ half of all the possible quarters on the schedule.

An exception to the above lettering criteria is provided if, in the judgment of the coach, a senior athlete who has participated in a sports program has done so with honor and deserves to receive the school letter for his/her contributions to the sports program. Any exception that a coach wishes to recognize for one of these senior athletes, may only be granted after meeting and discussing / explaining his or her reasoning for such an exception, with the principal and the athletic director.

4.2 Athlete of the Year

The Athlete of the Year is awarded to two (2) athletes at the end of the school year. One boy and one girl athlete are nominated by their respective head coaches in every sport they participated in that year. These nominations are then turned in to the athletic director. The athletic director will nominate one boy and one girl in the same manner. The athlete of the year award may be awarded to any student, from any grade,

participating in any number of sports, provided that he or she is in good standing with the team, the school and the district itself. Athletes that are nominated will then be “scored” using the rubric outlined below. The highest scoring boy and the highest scoring girl will be named Male Athlete of the Year and Female Athlete of the Year respectively. In the event that there is a tie in scoring, the Athlete of the Year will be voted on in committee. The committee will be composed of the superintendent, the high school principal, the athletic director, a teacher who taught each athlete during the past school year, two coaches from the coaching staff and a student-athlete who participated in any sport during the past year. The committee will discuss each athlete in the “tie” and determine a winner by vote. In the event that the committee unanimously feels that both of the athletes are deserving, the honor of “Co-Athletes of the Year” may be awarded. The committee’s decisions are final.

Before nominating an athlete in good faith, all persons nominating should be sure that their nominees:

1. Have lettered in at least one varsity sport at Jemez Valley High School
2. Have demonstrated qualities of leadership, dedication, sportsmanship, school spirit, good attitude and “coach ability”
3. Conduct themselves in all aspects of their lives in a manner befitting such a high honor

Scoring rubric for determining Athletes of the Year:

1. One point for each sport season that the athlete has completed during their high school careers, freshman year through senior year.
2. One point for each varsity letter the athlete has received during their high school careers, freshman year through senior year
3. Add the grade-point-average for that athlete’s two best academic years, freshman year through senior year (Example: freshman year 3.2 Grade Point Average (GPA) and senior year 3.5 GPA were two best years, that athlete has 6.7 points added to their score)
4. Add three points if the athlete had five or fewer unexcused absences during the past school year
5. Add two points if the athlete had five or fewer unexcused tardies during the past school year
6. Add two points if the athlete has not had any discipline referrals during the past year
7. Add one point for each time that the athlete was nominated by a coach

Section 5 PARTICIPATION

5.1 Dual Sport Participation

It is the policy of Jemez Valley Public Schools to allow dual participation in two or more sports during the same season. For example, baseball players will be allowed to be members of the track team or vice-versa. Because of the relatively low numbers of student athletes at this school due to school size, it may be necessary on a few rare occasions for an athlete to compete in two sports during the same season. The following criteria will be used:

1. The athlete must declare at the beginning of the season, which sport will be his/her primary sport and which sport will be the secondary sport.

2. On days of scheduling conflicts, the athlete will report to the primary sport first, and may participate in the secondary sport only when he or she has fulfilled all obligations to his or her primary sport first.
3. Participation in practice sessions will be split 50-50 between the two sports, with prior agreement of each coach, the athlete, and the parents/guardian of the athlete. The principal and athletic director must also be in agreement with the above parties.
4. The coaches, parents/guardians, athletic director, athletic coordinator, principal and the student athlete must meet together to ensure that all parties are satisfied with the arrangements that have been made to ensure a successful dual participation endeavor.

Section 6 ELIGIBILITY AND EXPECTATIONS

6.1 Academic Eligibility Guidelines

1. **Use of Semester Grades Only:** Scholastic eligibility will be determined by semester grades. Eligibility checks for those deemed unable to participate at semester will undergo checks at designated marking periods (9 weeks) during that semester. If they are passing at the 9-week marking period, they are eligible for immediate participation that semester. Fall 2019 eligibility will be based on 2nd semester grades from 2018-19 school year.
2. **No F's:** A student must have a minimum GPA of 2.0 and NO F's in order to be eligible to participate in activities/athletics. This is a change from the past where a student was allowed one F.
3. **Summer Courses:** Beginning in the summer 2018, students may make up multiple courses to attempt to gain eligibility. Any class eligible for replacement based on local district policy can be taken and have the grade replaced to gain eligibility. The replacement classes are required to be the exact course that was listed on the official transcript (i.e. AP English must be replaced with AP English, etc.).
4. **Cumulative Provision:** The cumulative provision may only be used at the beginning of the semester and must include all semester grades beginning with the 9th grade year. This provision may be used if the student has no more than one F grade at the semester.
5. A student-athlete's grade point average and class grades will be final at 4:00 p.m. on the board-approved calendar date that signifies the end of a nine-week grading period.
6. There is no "grace period" for student-athletes to make up work, turn in late or unfinished work or to submit work to be graded after the end of a nine-week grading period that will be used to determine eligibility status. Grades are final at 4:00 p.m. on the day that signifies the end of a nine-week grading period.

Exception: Students who are absent with excuse on the day (or days immediately prior to) of the end of a nine weeks grading period will be allowed one full day for each day absent to turn in work to be calculated into their nine weeks grades.

A high school student-athlete (9th through 12th grades) who is deemed ineligible may not play in games, practice with the team, dress out for games, travel with the team, video, manage, take stats, sit on the bench during games, attend team functions or participate with their team or group in any manner whatsoever. They may attend practice, at the discretion of the coach or sponsor, but they may not participate or assist in any manner during the practice other than as an observer. They are allowed to use the locker rooms

and team areas, again at the coach's discretion, as long as it is in a non-participatory way. They may attend games and competitions also but must do so using their own means of transportation both to and from them.

A middle school student-athlete (6th through 8th grades) who is ineligible is allowed to participate fully in all practices, in accordance with N.M.A.A. bylaws, but they too may not play in games, dress out for games, travel with the team, video, manage, take stats, sit on the bench during games, attend team functions or participate in any other manner other than to practice. They also may attend games and competitions using their own means of transportation to get both to and from them.

6.2 Progress Reports

Progress reports are a valuable tool used to track and monitor a student-athletes academic growth and performance, and to communicate this growth to their parents / guardians. They are not used in any manner to determine a student-athlete's eligibility status. It is hoped that all coaches, teachers, administrators and staff use these progress reports in collaboration to ensure the continued academic success of all students in the Jemez Valley Schools. Marks and grades on progress reports are also subject to all confidentiality policies adopted by the board of education and should be treated as such.

- Extracurricular individuals who have a "F" in a class(s) will be required to attend after school tutoring on either Tuesday or Thursday from 3:53 – 5:30, with no early release, until the grade is a minimum of a "C" before the next grade check date. If an extracurricular student does not attend the after-school tutoring opportunity they will not be allowed to practice/play/participate in the next game and still attend tutoring. Any student who misses tutoring on more than 3 occasions will be removed from the extracurricular team or organization.

6.3 Rules and Code of Conduct

The athlete has an important responsibility to the team. A student who becomes involved with an athletic team becomes a member of an organization, which has several goals. The athlete should strive for the goals of the group and must make personal sacrifices including:

1. Devotion of training time to the challenge of self-improvement.
2. The acceptance of rules concerning conduct and appearance, realizing that rules were created not to suppress, but to allow all individuals to better work together as a team.
3. Adherence to rules and regulations developed and enforced by the Jemez Valley Public School Athletic Department.
4. Participation in athletics is a privilege that can be taken away because of failure to cooperate and adhere to athletic and school expectations.

The success of any team can be directly related to the nature and amount of discipline and the response to that discipline. Athletes at Jemez Valley Public Schools must willingly accept the obligations associated with being part of the athletic program. Along with the athlete giving time, energy, and compliance to rules, there exist regulations and responsibilities unique to the athletic department. It is the responsibility of the coach to communicate with the team and instruct members on the importance of rules. Each coach will provide students with an Athletic Code of Conduct and Athletic Contract. These

must both be signed by the athlete and the parent/guardian and returned to the coach before the student can participate in sports activities. **(See Section 13, 14 Attachment)**

6.4 Practice

Students are expected to report for sports activity at the beginning of each sport season and to notify the coach prior to any absence. A student must have a minimum number of days of practice as specified in the NMAA Handbook in that sport before he/she can play in a game. Students are expected to attend all scheduled practices and meetings. If circumstances should arise whereby a student cannot attend practice or a meeting, the student shall notify the coach or arrange for the notification by his/her parents/guardian through a written statement or telephone call. Notifying the coach after practice has started or concluded is unacceptable and will be dealt with by the coach. The coach must determine the validity of any missed meetings or practice, i.e. religious observance, etc. The time when students may return to participation is at the discretion of the coach. Students must also report to practice on time as designated by the coach in charge. Each coach is to make his or her attendance and missing practice team rule available to the student athlete and parents at the before the season team meeting.

6.5 Attendance

In order for students to participate in an athletic contest, he/she must attend half of the available class time that day up to the departure time set by the athletic department. Unusual circumstances (i.e. medical or dental emergency) will be handled on an individual basis with the principal. Students must use the proper procedure and bring verification for the attending doctor. A student athlete who is truant from school or practice or whose absence is unexcused will not be allowed to participate in practice or any athletic contest on the day of his/her absence. Any absence may be excused by the Principal or athletic director. A student suspended out of school or assigned to In-School-Suspension (ISS) is not eligible to participate in practice or a game on the specific day(s) which he/she is suspended or attends ISS. This rule will also apply to Friday School. Additional consequences, if any, may be established by the coaches, athletic director and / or principal if repetitive or extreme attendance and punctuality circumstances warrant. The Jemez Valley Schools and the Jemez Valley Athletic Department emphasize with tremendous rigor the importance of prompt and consistent school attendance.

6.6 Cuts and Completion of Sport

If a student is cut from one sport before the first game, he/she is eligible to try out for another sport during that season. A student faced with this situation is encouraged to go out for another sport. If a student has been cut for disciplinary reasons, he/she is not eligible to try out for another sport. When a student quits a sport after the first contest or game, he/she may not go out for another sport until the sport he/she quit is concluded for the season. A student dropping a sport shall use the proper procedure to do so. First, the student must discuss the departure with the coach. Second, the student must return all equipment and clear all financial responsibilities with the athletic department. Third, the student must be cleared by the principal. Any athlete not completing his/her season will not be eligible for athletic awards in that sport.

6.7 Injury/Illness

An injured athlete shall report to practice sessions and meetings unless excused by the coach. An injured athlete can continue to observe and help the team as much as his/her condition will allow. If a student is under a physician's care, he/she must have a signed "Return to Participation Form" (in writing) from the physician before participating after the injury or illness.

A student is not considered to be a member of the team until they have completed all of the following items:

- a. Physical
- b. Concussion Test through the NMAA
- c. NMAA Petition to Play Up Form if an 8th grader petitioning to play up.
- d. All other necessary pieces of paper work as required by the Jemez valley Public School System.

Section 7 CONDUCT

7.1 Appearance

Student athletes shall adhere to the standard of dress as set forth by the Jemez Valley Board of Education. The dress for athletes at the game and on the bus will be left up to the discretion of the coach with the prior approval of the athletic director and / or principal.

7.2 Sportsmanship

Good sportsmanship is a major objective during practice and at an athletic contest. Athletes will not use profane language at any time. Athletes will treat opponents with respect. Athletes shall not argue or make sportsman like gestures toward officials, opponents, spectators or toward each other. Athletes who do not abide in good sportsmanship in all of their representations of the Jemez Valley School District risk suspension and / or termination of all athletic privileges, at the discretion of the coaches, athletic director and principal. **(See Section 13)**

7.3 Additional Requirements

Additional requirements, other than those expressed in the Athletic Handbook, may be set by the head coach and must be approved by the athletic director prior to the beginning of the season. The Jemez Valley Public Schools, again, stresses the importance and understanding by all athletes that athletic participation is a privilege demanding respect and constant attention, and that the very privilege of representing the Jemez Valley Public Schools may be rescinded if behavior / actions of the athlete warrants.

Section 8 EQUIPMENT AND FACILITIES

8.1 Equipment and Facilities

An athlete is responsible for the personal equipment issued at the beginning of the season and must return it at the end of the season. Students must pay for misused, lost, stolen, or equipment damaged beyond normal usage. This will be determined by the coach, parent/guardian, athletic director, and the principal. Athletes are to use athletic facilities only under the supervision of a school coach or designated employee of the Jemez Valley

Public School District. Athletes who violate this policy will be restricted from use of these facilities or subject to other disciplinary measures as set forth in the Jemez Valley High School student handbook.

8.2 Uniforms

Athletes must complete a “Uniform Issue Sheet” upon receiving a uniform. It is the coach’s responsibility to educate the athlete about the care of the uniform. The athlete is responsible for the care of the uniform during the entire season, and he/she will be held accountable for the condition of the uniform until it is returned at the end of the season. The athlete will also agree to return the uniform at the end of the season. The athletes should also understand that they are financially liable for the uniform and agree to replace it in full, should there be any damage or loss. The cost of uniform replacement is equal to the cost that was paid for that particular uniform upon purchase by the Jemez Valley Public Schools. If such cost cannot be determined, the cost will be calculated based upon the current cost to replace such a uniform or uniform piece.

Section 9 OFF-SEASON CONDITIONING

9.1 Off-Season

In order to improve or maintain the physical condition of student athletes and to lessen the danger of injuries, a coach may provide an off-season program according to the rules of the NMAA and provided facilities are available at the district level. Students will have the choice of participation in more than one off-season program. An athlete shall not participate in any outside off-season program without the approval of the coaches. Outside programs would include church leagues, adult leagues, etc. All NMAA bylaws govern and take priority in regard to off-season and summer participation / play / programs.

Section 10 SUBSTANCES ABUSE POLICY AND PROCEEDURE

10.1 Possession

The possession, use of and/or being in the proximity of tobacco in any form, alcoholic beverages and/or illegal and controlled substances is prohibited by State Law and Jemez Valley Public School policy while on school property or participation in a school sponsored event at Jemez Valley or away. Also, abstinence from the use/or possession of these substances is REQUIRED of all student athletes during a sport season or off-season program. The same abstinence is expected of the student athlete at all times as a matter of observation of law, appropriate habits, good health, and good discipline.

10.2 Controlled Substance Policy

The sale, distribution, transportation, use of, or possession (actual or constructive) of alcohol or any type of drug or medication considered illegal or for which there is not valid prescription, by any student athlete participating in extra-curricular activities sponsored by the Jemez Valley Public School District will result in the suspension from athletic activity. **See “Punishment and Discipline”, section 10.7 below for athletic consequences. (School Board Policy 366-1)**

10.3 Punishment and Discipline Policy

Any infractions by a student athlete during school or while involved in a school-sponsored activity that pertains to prohibited substance will be covered under the Zero Tolerance Policy. Upon the first violation of the Zero Tolerance Policy, the athlete will be subject to all consequences as set forth by Jemez Valley Public School / School Board policy, as well as be suspended from any and all athletic participation including, but not limited to, practices and games for a period of 45 school days. Upon a second infraction of the Zero Tolerance Policy, the athlete will again be subject to all consequences set forth by Jemez Valley Public School / School Board policy, as well as be suspended for 90 school days, or until the end of the school year from any and all athletic activity, to be determined by the superintendent, principal and athletic director. Athletes should be mindful that punishment / consequences may extend into a subsequent school year and athletic season(s) if so decided by the above-mentioned parties. **(School Board Policy 336)**

10.4 Off Campus Policy

A student athlete violating the prohibited substance rule during a sports season and not directly involved in a school-sponsored activity will be subject to the discipline of the coach, the parent/guardian, and the athletic director. These instances will be decided upon on an individual basis, with the best interests of the student-athlete, his or her family, the team and the school in mind.

Section 11 CRIMINAL CONVICTION

11.1 Misdemeanor/Felony

Criminal activities during a sport season off-campus and not connected with a school sponsored activity, will not be tolerated during a student athlete's career at Jemez Valley High School. For disciplinary measures involving suspension from school, removal from school, or expulsion from school the student athlete will receive written notice that he/she is being suspended or expelled. The notice will state the violation that has occurred and the period of suspension or expulsion in accordance with established procedures and school board policy. A copy of the notice of suspension or expulsion will be sent by certified mail to the parents/guardian of the student athlete. Upon being convicted of any misdemeanor or felony, and along with the above-mentioned consequences, the student-athlete who is convicted will be subject to the following disciplinary actions being taken, beginning on the date of the infraction:

1. First Offense – Athlete will be suspended from any and all athletic activity, including but not limited to practices and games, for a period of 45 school days.
2. Second Offense – Athlete will be suspended from any and all athletic activity, including but not limited to practices and games, for a period of 90 days or until the end of the school year, as determined by the superintendent, principal, and athletic director.
3. Athletes should be mindful that punishment / consequences may extend into a subsequent school year / athletic season if so determined by the above-mentioned parties.

Section 12 APPEAL PROCESS

12.1 Appeal Procedure

Appeals to the decisions of coaches and/or the athletic director can be afforded to the student or parent/guardian. Appeals should be turned in, in writing, to the superintendent of schools, no later than 30 days after the date of the discipline / consequence being imposed.

12.2 Grievance Procedure

In the event a coach is unable to resolve a situation dealing with an athlete, it is imperative that the athlete follows the chain of command. The athletic director will make every effort possible to address parental concerns, but it is important to realize that is the student athlete who has the grievance procedure rights. The chain of command is as follows:

1. Head Coach of the sport in question
2. Athletic Coordinator
3. Athletic Director/Principal
4. Superintendent
5. Board of Education

Section 13 STANDARDS/CODES/SPORTSMANSHIP

13.1 Basic Eligibility Standards

According to the NMAA rules you are eligible if you meet each of the following standards:

1. YOU ARE ELIGIBLE if your parents have signed the parent/guardian consent form stating there are no objections to you participating in athletic contests.
2. YOU ARE ELIGIBLE if you have filed a form with the school indicating you have passed current physical examination, have health, accident, and injury insurance as well as catastrophic insurance.
3. YOU ARE ELIGIBLE if you are a regularly enrolled student in the 6th, 7th, 8th, 9th, 10th, 11th or 12th grade.
4. YOU ARE ELIGIBLE if you have attended high school, grades 9-12, less than eight (8) semesters.
5. YOU ARE ELIGIBLE if you do not become nineteen (19) years of age before September 1st.
6. YOU ARE ELIGIBLE if you have not participated in more than four (4) seasons, including the current season, in any sport during grades 9-12.
7. YOU ARE ELIGIBLE if you are an amateur: that is, never received directly or indirectly pay or financial benefit for participating in any athletic contest, never signed a contract, or competed under a false name.
8. YOU ARE ELIGIBLE if you have not participated as an individual or as a member of a team other than your school team without the permission of your principal
9. YOU ARE ELIGIBLE if you have not transferred to or from a private, parochial or boarding school within one semester. Always check with your principal before you transfer to determine whether it will affect your eligibility.
10. YOU ARE ELIGIBLE if you and your parents have a bona fide residence in the school district (attendance area) where you are attending school.
11. YOU ARE ELIGIBLE if you have not accepted any cash or merchandise awards. All awards received must be symbolic in nature with no intrinsic value.

12. YOU ARE ELIGIBLE if you are in good standing or eligible at the previous school (in state or coming from out-of-state) and are in bona fide residence with your parents.
13. YOU ARE ELIGIBLE if you are attending s school in a district or area other than the one in which you have a bona fide, verified residence and have achieved a release from home or residence district in advance of participation.

The above are the basic eligibility standards cooperatively established by the schools to help ensure the athletics are kept in their proper perspective in the total educational experience.

YOU ARE INELIGIBLE if **any** of the above is not met. Please contact your athletic director for complete information on eligibility standards, or any other regulation set forth in the NMAA bylaws.

Forms Requiring Signatures

Jemez Valley Public Schools Athletic Code of Conduct

JEMEZ VALLEY PUBLIC SCHOOLS ATHLETIC DEPARTMENT - ATHLETIC CODE OF CONDUCT

An athlete in the Jemez Valley Public Schools will:

1. Respect the rights and property of others.
2. Constantly strive to improve intellectually and physically.
3. Always maintain a high level of physical fitness and mental well-being.
4. Be willing to make personal sacrifices for the benefit of the team.
5. Provide leadership in areas of behavior and conduct, both in and out of school.
6. Have the freedom to engage in meaningful discussions with coaches.
7. Discuss with his/her coach the pros/cons before withdrawing from any activity, which the athlete has begun.
8. Not drink alcoholic beverages.
9. Not use tobacco of any type.
10. Not be involved in illegal or criminal activity at any time.
11. Not criticize or ridicule any player, coach or faculty member or in any way degrade Jemez Valley Public Schools.
12. Comply with the Jemez Valley Public Schools Dress Code Policy.
13. Not do anything that might bring discredit or disrespect to the individual or the team.
14. Not possess or use controlled substances.
15. Act with respect while traveling to and from events in school vehicles.
16. Not leave an event with parents / guardians without written consent being granted by the athletic director two days prior to an athletic event.
17. Not use profane, obscene or inappropriate language.
18. Not be tardy for curfew and/or bed checks on away trips.
19. Not miss practice without notifying the coach prior to the absence.
20. Not act in any manner consistent with poor sportsmanship.
21. Adhere to all policies created by the NMAA in the NMAA Manual.

THIS ATHLETIC CODE IS PRESENTED TO EACH ATHLETE AND THE ATHLETE'S PARENT/GUARDIAN INCLUDING PROSPECTIVE ATHLETES AT THE JEMEZ VALLEY PUBLIC SCHOOLS, SO THAT THEY WILL BE AWARE OF WHAT IS EXPECTED OF THEM. JEMEZ VALLEY ATHLETES CAN EXPECT DISCIPLINARY MEASURES FOR ANY VIOLATION OF THE ABOVE RULES AND ANY OTHER RULES BY A COACH, ATHLETIC DIRECTOR, OR SCHOOL ADMINISTRATOR.

We have read and understand the Athletic Code of Conduct and the expectations of a Jemez Valley athlete.

(Athlete)

(Parent/Guardian)

Date _____

Date _____

NMAA Sportsmanship

Required Responsibilities

1. Accept and understand the seriousness of your role and the privilege of representing the school and community.
2. Learn the rules of sportsmanship thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist all concerned to achieve a better understanding and appreciation of the game/contest/meet.
3. Cooperates with the interscholastic leaders, officials/judges and fellow participants to conduct a fair contest.
4. Only the captain may communicate with the officials/judges on the clarification of rules. It is his/her responsibility to communicate what was said back to his/her teammates and/or coach/director/advisor.
5. Always respect the official's judgment and interpretation of the rules. Never argue or make a physical gesture, which indicates disagreement. This type of immature activity may incite undesirable behavior by teammates and/or spectators.
6. Congratulate opponents in a sincere manner following either victory or defeat. This is a true measure of character.
7. Demonstrate self-control at all times.
8. Treat opponents with the respect that is accorded guests or friends.
9. Try your utmost to win under the rules, and if you do not, provide the best possible challenge to your opponent.

“SPORT IS LIFE WITH THE VOLUME UP. THE HIGHS ARE HIGHER AND THE LOWS ARE LOWER. SPORTS TEACHES US THAT LIFE, ALTHOUGH UNPREDICTABLE, IS SOMETHING WE CAN DEAL WITH. WE LAUGH WHEN WE WIN, ACCEPT OUR LOSSES WITH DIGNITY, AND WAKE UP TO A NEW AND EXCITING GAME EVERY DAY.”

Knight-Rider News Services

We have read and understand the NMAA Sportsmanship Responsibilities and the expectations of a Jemez Valley athlete.

(Athlete)

(Parent/Guardian)

Date _____

Date _____

Athlete, Parental, and Coaches' Contract

**JEMEZ VALLEY PUBLIC SCHOOLS
ATHLETIC HANDBOOK
ATHLETE, PARENT/GUARDIAN, COACH CONTRACT**

Student Athlete

I, (Students Name) _____ have read and had the Jemez Valley Public School Athletic Handbook explained to me. I understand its contents and agree to follow it during my participation in sports/cheerleading for this academic school year.

Student Signature _____

Date _____

Parents/Guardian

We, the parents/guardian of _____, have Read and understand the contents of the Jemez Valley Public Schools Athletic Handbook

Parent/Guardian Signature _____

Date _____

Coach

I, _____ have read and understand the contents of The Jemez Valley Public Schools Athletic Handbook. I understand its contents and agree to follow it.

Coach's Signature _____

Date _____

Consent to Treat Form

NEW MEXICO ACTIVITIES ASSOCIATION
6600 PALOMAS AVE. NE
ALBUQUERQUE, NM 87109
PHONE: 505-923-3110
FAX: 505-923-3114



CONSENT TO TREAT FORM

Parental consent for minor athletes is generally required for sports medicine services, defined as services including, but not limited to, evaluation, diagnosis, first aid and emergency care, stabilization, treatment, rehabilitation and referral of injuries and illnesses, along with decisions on return to play after injury or illness. Occasionally, those minor athletes require sports medicine services before, during and after their participation in sport-related activities, and under circumstances in which a parent or legal guardian is not immediately available to provide consent pertaining to the specific condition affecting the athlete. In such instances, it may be imperative to the health and safety of those athletes that sports medicine services necessary to prevent harm be provided immediately, and not be withheld or delayed because of problems obtaining consent of a parent/guardian.

Accordingly, as a member of the New Mexico Activities Association (NMAA), _____ (name of school or district) requires as a pre-condition of participation in interscholastic activities, that a parent/guardian provide written consent to the rendering of necessary sports medicine services to their minor athlete by a qualified medical provider (QMP) employed or otherwise designated by the school/district/NMAA, to the extent the QMP deems necessary to prevent harm to the student/athlete. It is understood that a QMP may be an athletic trainer, medical/osteopathic physician, physician assistant or nurse practitioner licensed by the state of New Mexico (or the state in which the student/athlete is located at the time the injury/illness occurs), and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by New Mexico law. In emergency situations, the QMP may also be a certified paramedic or emergency medical technician, but only for the purpose of providing emergency care and transport as designated by state regulation and standing protocols, and not for the purpose of making decisions about return to play.

PLEASE PRINT LEGIBLY OR TYPE

"I, _____ the undersigned, am the parent/legal guardian of, _____, a minor and student-athlete at _____ (name of school or district) who intends to participate in interscholastic sports and/or activities.

I understand that the school/district/NMAA may employ or designate QMP's (as defined above) to provide sports medicine services (as also defined above) to the school's interscholastic athletes before, during or after sport-related activities, and that on certain occasions there are sport-related activities conducted away from the school/district facilities during which other QMP's are responsible for providing such sports medicine services. I hereby give consent to any such QMP to provide any such sports medicine services to the above-named minor. The QMP may make decisions on return to play in accordance with the defined scope of practice under the designated state license, except as otherwise limited by New Mexico law. I also understand that documentation pertaining to any sports medicine services provided to the above-named minor, may be maintained by the QMP. I hereby authorize the QMP who provides such services to the above-named minor to disclose such information about the athlete's injury/illness, assessment, condition, treatment, rehabilitation and return to play status to those who, in the professional judgment of the QMP, are required to have such information in order to assure optimum treatment for and recovery from the injury/illness, and to protect the health and safety of the minor. I understand such disclosures may be made to above-named minor's coaches, athletic director, school nurse, any classroom teacher required to provide academic accommodation to assure the student-athlete's recovery and safe return to activity, and any treating QMP.

If the parent believes that the minor is in need of further treatment or rehabilitation services for the injury/illness, the minor may be treated by the physician or provider of his/her choice. I understand, however, that all decisions regarding same day return to activity following injury/illness shall be made by the QMP employed/designated by the school/district/NMAA."

Date: _____ Signature: _____

Parental Consent and Medical Information Form

JEMEZ VALLEY PUBLIC SCHOOLS
 8501 Hwy 4 * Jemez Pueblo, NM 87024
 PH: 505-373-0137 or 575-834-7391 * Fax: 575-834-7676

TO THE PARENTS AND GUARDIANS OF STUDENT ATHLETES (To be completed and signed by parent/guardian)

PARENTAL CONSENT: I give permission for _____ (name of child/ward) to participate in interscholastic athletics at Jemez Valley Public Schools and authorize the school to provide the information on the form to the New Mexico Activities Association.

Additionally, I give my consent and approval that the above-named student's picture and name may be printed in any Jemez Valley Public School athletic program, publication, video or website.

ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT: I have reviewed and understand the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk vary significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts, or some other means.

He/she has *Student Accident Insurance* coverage through the school: ____ YES ____ NO

He/she is insured by our family policy:

Name of Insurance Company: _____

Policy Number _____ Name of Policy Holder _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team. I grant this permission knowing that my child/ward could be seriously injured resulting in sizeable medical costs for which I am responsible. By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team. I grant this permission knowing that my child/ward could be seriously injured resulting in sizeable medical costs for which I am responsible.

Jemez Valley Public Schools will not pay doctors, dentists or hospitals for treatment of any child.

I hereby state that I have reviewed the medical history of my child and find the answers to the questions to the best of my knowledge. (Required for legal minors.)

EMERGENCY/ MEDICAL SERVICES AUTHORIZATION: In the event I/we cannot be reached in an emergency, I/we, parent/guardian(s) hereby give permission for the Athletic Director, Team Coach, Athletic Trainer or his/her designee to act in my/our behalf to authorize in an emergency because of illness or injuries sustained by my/our child/ward while participating in school athletics. In the event we cannot be reached, and the situation calls for medical attention, we recognize and relinquish our responsibility to a practicing physician/doctor of osteopathy /physician's assistant/nurse practitioner and/or medical personnel acting in the best interest of my/our child/ward. I/We hereby assume financial responsibility for hospitalization, medical attention and surgery provided.

DOCTOR NAME		DOCTOR PHONE #	
ADDRESS		CITY, STATE, ZIP	
FAMILY DENTIST		PHONE	
HOSPITAL PREFERENCE			
PARENT/GUARDIAN TELEPHONE #		EMERGENCY #:	
WORK#			
PERSON RESPONSIBLE:			
HOME PHONE:		WORK PHONE #	



MEDICAL EXAMINATION FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

New Mexico Activities Association
6600 Palomas NE
Albuquerque, NM 87109
www.nmact.org

NOTE: The NMAA does not need a copy of this form. Please return to your school's athletic department.

(Cover sheet)



Medical History – Parent/Guardian please fill out prior to examination.

Student Athlete Name (<i>Last, First, M.I.</i>):					
Home Address:				Grade:	
<i>Street</i>	<i>City</i>	<i>State</i>	<i>Zip</i>		
DOB:				AGE:	
Name of Parent/Guardian					
Home Address:				Phone:	Work:
<i>Street</i>	<i>City</i>	<i>State</i>	<i>Zip</i>	Cell:	
Emergency Contact				Phone:	Work:
<i>Name</i>	<i>Relationship</i>			Cell:	
Address:					
<i>Street</i>	<i>City</i>	<i>State</i>	<i>Zip</i>		
SPORT/ACTIVITY STUDENT WILL PARTICIPATE IN (CHECK ALL THAT APPLY)					
Sports/Activities					
<input type="checkbox"/> Baseball	<input type="checkbox"/> Cheer	<input type="checkbox"/> Football	<input type="checkbox"/> Softball	<input type="checkbox"/> Volleyball	
<input type="checkbox"/> Basketball	<input type="checkbox"/> Cross Country	<input type="checkbox"/> Golf	<input type="checkbox"/> Tennis	<input type="checkbox"/> Wrestling	
<input type="checkbox"/> Bowling	<input type="checkbox"/> Dance	<input type="checkbox"/> Soccer	<input type="checkbox"/> Track/Field	<input type="checkbox"/> Other _____	
<p>Please answer all health history questions on the following page PRIOR to your visit to the doctor. Please fill in the student athlete's personal information (name, gender and birth date) on each page of the form and return the entire packet to the school's athletic department.</p>					

Concussion Management
 A concussion is a disturbance in the function of the brain that can be caused by a blow to the body or head and may occur in any sport or activity. Effects of a concussion may include a variety of symptoms (headache, nausea, dizziness, memory loss, balance problem) with or without a loss of consciousness. I/we understand there is a concussion management protocol established that includes care and return to play criteria.

_____ Student-Athlete Signature	_____ Date
_____ Parent or Court Appointed Legal Guardian Signature	_____ Date

Last updated 5/30/2018

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM



(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.

Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) within the last month?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you had a herpes or MRSA skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headaches with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			43. Have you had any problems with your eyes or vision?		
BONE AND JOINT QUESTIONS	Yes	No	44. Have you had any eye injuries?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			45. Do you wear glasses or contact lenses?		
18. Have you ever had any broken or fractured bones or dislocated joints?			46. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			47. Do you worry about your weight?		
20. Have you ever had a stress fracture?			48. Are you trying to or has anyone recommended that you gain or lose weight?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			49. Are you on a special diet or do you avoid certain types of foods?		
22. Do you regularly use a brace, orthotics, or other assistive device?			50. Have you ever had an eating disorder?		
23. Do you have a bone, muscle, or joint injury that bothers you?			51. Do you have any concerns that you would like to discuss with a doctor?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			FEMALES ONLY		
25. Do you have any history of juvenile arthritis or connective tissue disease?			52. Have you ever had a menstrual period?		
			53. How old were you when you had your first menstrual period?		
			54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM



Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP / (/)	Pulse	Vision R 20/	L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Hearing			
Lymph nodes			
Heart* • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only) ^b			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic ^c			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

^bConsider GU exam if in private setting. Having third party present is recommended.

^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

- Not cleared
- Pending further evaluation
- For any sports
- For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD, DO, PA, NP, DC



CONCUSSION IN SPORTS

A Fact Sheet for Athletes and Parents

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Observed by the Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”
-

Observed by the Parent / Guardian

- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events after hit or fall
- Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE

Athlete

- TELL YOUR COACH IMMEDIATELY!
- Inform Parents
- Seek Medical Attention
- Give Yourself Time to Recover

Parent / Guardian

- Seek Medical Attention
- Keep Your Child Out of Play
- Discuss Plan to Return with the Coach

It’s better to miss one game than the whole season.

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

RETURN TO PLAY GUIDELINES UNDER SB38

1. Remove immediately from activity when signs/symptoms are present.
2. Must not return to full activity prior to a minimum of 240 hours (10 days).
3. Release from medical professional required for return.
4. Follow school district's return to play guidelines.
5. Coaches continue to monitor for signs/symptoms once athletes return to activity.

Students need cognitive rest from the classroom, texting, cell phones, etc.

REFERENCES ON SENATE BILL 38 AND BRAIN INJURIES

Senate Bill 38:

<https://www.nmlegis.gov/Sessions/17%20Regular/final/SB0038.pdf>

For more information on brain injuries check the following websites:

<https://nfhslearn.com/courses/61059/concussion-for-students>

<http://www.nfhs.org/resources/sports-medicine>

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.stopsportinjuries.org/concussion.aspx>

<http://www.ncaa.org/health-and-safety/medical-conditions/concussions>



SIGNATURES

By signing below, parent/guardian and athlete acknowledge the following:

- ◆ Both have received and reviewed the attached NMAA's *Concussion in Sports Fact Sheet for Athletes and Parents*.
- ◆ Both understand the risks of brain injuries associated with participation in school athletic activity, and are aware of the State of the New Mexico's Senate Bill 38; Concussion Law.
- ◆ Athlete has received brain injury training pursuant to Senate Bill 38.

Athlete's Signature

Print Name

Date

Parent/Guardian's Signature

Print Name

Date



DUKE CITY URGENT CARE

We have three Urgent Care Clinics in Albuquerque, NM and Los Lunas, NM. We are located at:

Official Walk-in Medical Provider of



Urgent Care in Albuquerque, NM
(Juan Tabo)

Duke City Urgent Care Clinics

Call (505) 207-3421

Visit 11601 Montgomery Blvd. NE,
Albuquerque, NM 87111

Open Mon – Fri: 9am – 7pm,

Sat – Sun: 10am – 6pm

Urgent Care in Albuquerque, NM
(Louisiana Plaza)

Duke City Urgent Care Clinics

Call (505) 715-6812

Visit 7200 Montgomery Blvd Suite
7121, Albuquerque, NM 87109

Open Mon – Fri: 9am – 7pm,

Sat – Sun: 10am – 6pm

Urgent Care in Los Lunas, NM
(Valencia)

Duke City Urgent Care Clinics

Call (505) 539-1172

Visit 311 Los Lentos Rd SE, Los
Lunas, NM 87031

Open Mon – Fri: 8am – 6pm,

Sat – Sun: 10am – 6pm