

MPS ATHLETIC STATEMENT OF AWARENESS

INSTRUCTIONS: The student and parent/guardian must read, complete, sign, and return this form before the student will be permitted to begin athletic participation. The student and parent/guardian should not sign this form until they have viewed the "Mesa Public Schools Informed Consent Video" and obtained answers to any questions regarding health risks and safety practices of athletics.

Student Name _____ Student ID # _____

Parent/Guardian Name _____ School _____

As a student and as the parent/guardian of the student, we acknowledge the following:

1. Health Risks and Safety Practices

We have viewed the "Mesa Public Schools Informed Consent Video" and considered the health risks associated with participation in athletics. We are also aware of the safety practices of the school's athletic program, which require the student to:

- Learn the rules of the sport.
- Diligently try to learn proper technique for the sport.
- Participate in physical conditioning in preparation for athletic competition.
- Maintain proper hydration (water intake).
- Advise the coach or trainer of any signs of physical injury, including any signs of having suffered a concussion or other head injury.
- Advise the coach or trainer if equipment is damaged or fits poorly.

2. Specific Procedures regarding Concussion

We have received specific information and instruction regarding the nature and risks of concussion and the risks of continued athletic participation after suffering a concussion. We acknowledge that:

- If our child is suspected of sustaining a concussion in a tryout, practice session, game, or other interscholastic athletic activity, our child must be immediately removed from the activity.
- The coaching staff requests that we inform them immediately if we believe that our child has suffered a concussion or should be removed from play.
- If there is concern that our child has suffered a concussion, our child may not return to play on the same day until a health care provider rules out a suspected concussion at the time the student is removed from play.
- If there is concern that our child has suffered a concussion on a previous day, the student may not return to play until the student has been evaluated by and received written clearance to resume participation in athletic activity from a health care provider who has been trained in the evaluation and management of concussions and head injuries.
- Students are required to pass the on-line 'Brain Book' course available online at www.mesasports.org. This course must be taken prior to their first high school practice and certificate of completion on file in the athletic office. This course must only be taken one time.
- The CDC Concussion fact sheet with information on what a concussion is can be found at www.cdc.gov/concussion/HeadsUp/youth.html.

(See Reverse)

3. Insurance Needs

We are aware that Mesa Public Schools does not provide accident or health insurance coverage for student athletes and have independently determined whether we should obtain, at our cost, such insurance. We have received information regarding a company that offers student accident and health insurance.

Harassment / Hazing

Abusive or humiliating harassment or hazing is strictly prohibited within Mesa Public Schools. These are unacceptable practices in any athletic, extracurricular, or academic endeavor. Students who engage in any type of harassment and/or hazing can expect to be disciplined under the Mesa Public Schools *Information & Guidelines* for student behavior. I understand the letter and spirit of the information printed above, and will not be involved in any type of harassment and/or hazing.

5. Sportsmanship and conduct Standards

Mesa Public Schools regards its athletic programs as a means of educating students in values of discipline, teamwork, and respect for rules. The district has adopted an athletic code of conduct that applies to student athletes throughout the year. Schools and their athletic teams are authorized to adopt additional rules for team members. Parents and spectators are also required to act in an appropriate manner during athletic events. Violation of a conduct standard may result in disciplinary action, including dismissal from further athletic participation by the athlete or future attendance by a spectator.

6. AIA Position Statement – Supplements, Drugs, and Performance-Enhancing Substances

Mesa Public Schools supports the Arizona Interscholastic Association (AIA) regarding this position. A balanced diet is optimal for meeting the nutritional needs of a student athlete. Nutritional supplements are rarely, if ever, needed to replace a healthy diet. Individual consideration for specific medical conditions may be given. We share strong opposition to “doping” (www.wada-ama.org). There is no place for recreational use of drugs, alcohol, or tobacco in the lifestyle of the student athlete.

7. Photo Use

I give permission for the school district to use photos taken from athletic events and for athletic purposes to be displayed on the district and school web pages.

I have read and understand the foregoing acknowledgements.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____