

CHEHALIS SCHOOL DISTRICT #302

ATHLETE (Print): \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Last First Grade \_\_\_\_\_

Month and year enrolled in lowest grade in the Chehalis School District \_\_\_\_\_

Are you new to the Chehalis School District this year? Yes \_\_\_\_\_ No \_\_\_\_\_

School last attended: \_\_\_\_\_ Where? \_\_\_\_\_

Is parent or legal guardian's residence inside the Chehalis School District boundaries? Yes \_\_\_\_\_ No \_\_\_\_\_

Residence Address: \_\_\_\_\_ Phone: Home- \_\_\_\_\_  
Work- \_\_\_\_\_  
Cell- \_\_\_\_\_

COPY OF PHYSICAL EXAM AND HEALTH HISTORY ATTACHED. Date of exam: \_\_\_\_\_

I WOULD LIKE TO SIGN UP FOR THE SCHOOL OFFERED INSURANCE. YES \_\_\_ NO \_\_\_

INSURANCE INFORMATION:

Student's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Dear Principal/ Athletic Director:

I understand that my child cannot participate in interscholastic athletics unless he/she is covered by accident insurance that covers him/her while participating in the athletic program. I have personal insurance that will cover my son or daughter in the event of an injury and therefore do not wish to enroll my child in the accident insurance program offered by the Chehalis School District.

I accept full responsibility for the cost of treatment for any injury my child may suffer while participating in the interscholastic athletic/activity program. I have read and understand the above and request you waive my child's enrollment in the school's insurance program, and permit him/her to participate in the following sport(s):

Sport(s) athlete plans to participate in: \_\_\_\_\_

The insurance company providing coverage for my child is: \_\_\_\_\_

Policy number: \_\_\_\_\_ Group number: \_\_\_\_\_

Signed (parent or legal guardian): \_\_\_\_\_ Date: \_\_\_\_\_

**CHEHALIS SCHOOL DISTRICT #302  
WIAA REQUIREMENTS**

STUDENT \_\_\_\_\_ Grade \_\_\_\_\_

The Washington Interscholastic Activities Association, of which Chehalis is a member school, requires that all students meet the eligibility requirements listed below in order to participate in WIAA activities/athletics:

1. **Age Limit:** Fall- Under 20 years old on Sept. 1, Winter- Under 20 years old on Dec. 1, Spring- Under 20 years old on Mar. 1.

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

2. **Previous Semester:**

Enrolled in school at least 15 weeks during the previous semester? Yes \_\_\_\_\_ No \_\_\_\_\_

3. **Grades:** Number of classes passed last semester: \_\_\_\_\_

4. **Residence:** Must reside within boundaries of this school district with natural parents, parent with legal custody, or court appointed guardian(s), for at least one year.

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

5. **Season Limitations:** Starting with 9<sup>th</sup> grade, a student shall have only four consecutive years of eligibility whether they participate or not.

School year student began 9<sup>th</sup> grade: \_\_\_\_\_

6. **Transferring Students:** Students transferring without a move by their parent(s) or guardian(s) will be ineligible for a varsity team for a period of one year.

Check below:

\_\_\_\_\_ Living within district with parent(s) or guardian(s).

\_\_\_\_\_ Living within district without parent(s) or guardian(s).

\_\_\_\_\_ Living outside district.

\_\_\_\_\_ Have you changed residences between natural mother and natural father (living in different residences) more than once since you began the 9<sup>th</sup> grade?

7. **Transferring Student's Eligibility:** A student who is ineligible at their previous school may not become immediately eligible at W.F. West without completing the conditions of ineligibility.

Were you ineligible for sports/activities at your previous school? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please explain. \_\_\_\_\_

8. **Member of School:** Students shall be a member of the school in the district in which they reside.

\_\_\_\_\_ Enrolled in, and attending, W.F. West High School. Year entered: \_\_\_\_\_

\_\_\_\_\_ Receiving home-based instruction (meeting all state and district requirements).  
\_\_\_\_\_ Completed eligibility contract.

\_\_\_\_\_ Living in district, but attending private/parochial school. \_\_\_\_\_  
Name of school

\_\_\_\_\_ Living in district, but attending Running Start- Full time \_\_\_\_\_ Part Time \_\_\_\_\_  
(Dropping a college class may result in academic ineligibility.)  
\_\_\_\_\_ Completed eligibility contract

9. **Fees:** All fees and costs associated with the activity are paid.

ASB Card purchased? (\$20) Yes \_\_\_\_\_ No \_\_\_\_\_

Athletic Fee paid? (\$20) Yes \_\_\_\_\_ No \_\_\_\_\_

Transportation fee paid? (\$15) Yes \_\_\_\_\_ No \_\_\_\_\_

Other (specify) \_\_\_\_\_

I understand that failure to meet any of the above criteria is grounds for the student to be declared ineligible.

**Signature of Participating Student:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PARENT/GUARDIAN PERMISSION**

I have read and understand the implications of the rules and regulations governing the participation of my son/daughter in WIAA activities sponsored by the Chehalis School District. I hereby give my consent for him/her to engage in school and state association approved activities/athletics as a representative of his/her school. I understand that he/she is expected to follow the rules and regulations of participation as outlined in our Student Activities/Athletic Code, and should he/she violate those provisions, he/she will be disciplined in accordance with procedures listed in the code.

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

# CHEHALIS SCHOOL DISTRICT

## Student Athletic Code

The following rules, regulations and procedures have been adopted by the Chehalis School District:

### Article I – ELIGIBILITY

A student must meet and comply with the requirements for athletic participation set forth by the Washington Interscholastic Activities Association (W.I.A.A.).

### Article II – ATTENDANCE REGULATIONS

#### A. School Attendance

A student/athlete who is not in attendance for **ALL** of the regularly scheduled classes is not eligible to compete or practice on that day, unless permission is granted through the Athletic Director's office or the Principal's office. In the case of doctor or dental appointments, funerals, school trips, etc., normal attendance procedures are to be followed.

#### B. Practice Attendance

Prompt and regular attendance at practice is mandatory. A student athlete who is either late or absent, should notify the coach in advance or shall have a valid excuse upon return.

### Article III – SPECIAL REGULATIONS

#### A. General Conduct

A student/athlete is expected to be a good citizen at school and in the community.

#### B. Training Code

1. The unlawful use, possession or consumption of tobacco, alcohol or controlled substances (drugs) is prohibited. Any student/athlete committing such acts during the sports season will be immediately suspended for the remainder of the sports season.

If the offense occurs close to the end of the season, a student/athlete will face suspension into the next sports season in which he or she participates under the following conditions:

- a. A high school student will be suspended for a minimum of five (5) weeks.
- b. A middle school student will be suspended for a minimum of three (3) weeks.

For example, if a high school student committed one of the above training violations with two week remaining in the season, he or she would also be held out for the first three weeks of the next season in which he/she participates. A sports season starts with the official beginning of practice and ends upon completion of the last scheduled athletic event for which the student is eligible.

2. Under Washington State law, the possession, sale, and/or use of legend drugs including anabolic steroids is prohibited. Legend drugs are defined as prescription drugs that are being used without a prescription. The penalty for the possession, sale, and/or use of legend drugs is suspension for one sports season for the first offense, a twelve-month period for the second offense and permanently for the third offense.

3. Students who commit violations as outlined in item B.1 or B.2, will have no option of returning to the team during the same sports season. In order for the student/athlete to participate the next season (for which they are eligible), he or she will need to satisfy the following requirements:
- Complete a formal assessment with a substance abuse counselor within five (5) school days of the district's written notice of violation.
  - Meet with the substance abuse counselor a second time, with a parent or guardian present, to discuss the results of the assessment and recommend treatment.
  - If a treatment program is recommended by a substance abuse counselor, the student, parent or guardian will provide written evidence and assurance that the recommended treatment is being followed and complied with.
  - If the approved treatment program is not timely followed to completion, the student will be suspended for the remainder of the sports season.
4. Theft of, and/or malicious damage to property of the Chehalis School District, property of another school district, or property of another student at a time when such property is on a school district premises will result in the following discipline:

First Offense: The student will be suspended from participation in any athletic competition (practice is allowed) for a period of ten (10) school days.

Second Offense: The student will be suspended from the team for the remainder of the season.

5. There may be other types of student conduct not covered in the athletic code that calls for disciplinary action. When this occurs, the building administrators and the District Athletic Director will meet to decide on an appropriate sanction.

C. Fees

Students participating in athletic programs will be assessed the established fee for the sport of their choice.

D. Associated Student Body Card

All student athletes at W.F. West High School are required to purchase an ASB card.

E. Insurance

All student athletes must either purchase school insurance or have their own insurance. Every injury must be reported to the respective coach(s) and an accident report promptly filled out and turned in to the Athletic Director's Office.

F. Equipment

All equipment checked out to the student athlete must be properly cared for and turned in promptly at the end of the sport's season. The replacement cost for all lost or stolen equipment will be charged to the student athlete.

#### **Article IV – ENFORCEMENT OF REGULATIONS**

In the case of an alleged athletic code violation that may result in the suspension of a student athlete from the team for the remainder of that sport season, the coach will be responsible for meeting with the student athlete and advising the Athletic Director of the infraction and contacting the parents. The coach or other authorized school district personnel shall give written notice of the alleged violation and infraction to the student athlete, with a copy going to the Athletic Director. If an investigation substantiates the allegation, the Athletic Director will impose the defined sanction. If the student athlete feels he/she is not guilty of the code violation, he or she may request, in writing, a hearing through the District Athletic Office. Such written requests must be made with five (5) calendar days of receipt of the written notice of violation and sanction. The Athletic Board will then meet within three (3) school days of receipt of notice of request to hold a hearing and shall render its written decision within three (3) days after the hearing. The Athletic Board shall consist of: (1) District Athletic Director, (2) Principal or Vice Principal for the school involved, (3) A coach not directly involved (appointed from the same school by the District Athletic Director).

The athlete shall not participate in practice or competition until after the Athletic Board issues its decision.

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We have read and understand the terms of the Chehalis School District Athletic Code and we agree to abide by its rules and the proper enforcement of sanctions under such code. We also acknowledge the risk of potential serious injury through participation in athletics.

After careful consideration, I agree and give my permission for this student to participate in the athletic program.

**Student Athlete Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

#### **Article V – CHECK LIST NEEDED FOR PARTICIPATION:**

- |   |   |
|---|---|
| _____ Physical Examination                | _____ Athletic Code                                 |
| _____ Insurance                           | _____ Blue Card (medical procedure form)            |
| _____ Athletic Fee (\$20 per sport)       | _____ ASB Card (\$20)                               |
| _____ Sport Warning/Safety Agreement      | _____ WIAA Requirements Signed                      |
| _____ Concussion Awareness Agreement      | _____ Running Start (Get form from Athletic Office) |
| _____ Transportation Fee (\$15 per sport) |   |

**W.F. WEST STUDENTS:** All items in the above checklist must be completed prior to an athlete's first day of practice for a given sport. When complete, return all forms to the District Athletic Office at W.F. West High School.

**CHEHALIS MIDDLE SCHOOL STUDENTS:** All items in the above checklist must be completed prior to an athlete-s first day of practice for a given sport. Please complete all forms and turn them in to the office.

## Chehalis School District Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

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






<b>Signs observed by teammates, parents and coaches include:</b>	
<ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays incoordination</li><li>• Answers questions slowly</li><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul>	

## **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion.**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time."

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider."

You should also inform your child's coach if you think that your child may have a concussion. REMEMBER, it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current, and up-to-date information on concussions, you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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**Student-Athlete Name Printed**

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**Student-Athlete Signature**

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**Date**

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**Parent or Legal Guardian Printed**

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**Parent or Legal Guardian Signature**

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**Date**