2023-2024
Sports Packet

1. **YOU WILL NOT BE ALLOWED TO PRACTICE UNTIL YOU HAVE HAD YOUR PHYSICAL AND THIS PACKET HAS BEEN RETURNED TO THE SCHOOL OFFICE.**

2. **PLEASE KEEP THE PHYSICAL PACKET ALL TOGETHER:**
   Fill out front and back of all sheets and turn in as one packet to the High School office after you’ve had your physical.

**PACKETS WILL BE RETURNED IF NOT COMPLETED**

Sport Participation Fees for 9-12th Grade:
1st Sport Fee $120.00
2nd Sport Fee $120.00
Each Additional Sport $90.00
Not to Exceed $480.00 yearly per Family

Combined Middle School/High School

Students must pay the appropriate participation fees to be declared eligible to participate in extra-curricular activities.
STUDENT ELIGIBILITY INFORMATION FORM
and
CHSAA Anti-Hazing Policy

I hereby give my consent for [Student's Name] to compete in athletics for
Clear Creek High School in Colorado High School Activities Association approved sports, except as noted on the
Physical Examination and Parent Permit Form, and I have read and understand the general guidelines for
eligibility as outlined in the CHSAA Competitor's Brochure (as found on the CHSAA site: CHSAANOW.com
website).

I have read, understand and agree to the General Eligibility Guidelines as outlined in the CHSAA Competitor's
Brochure.

Student Signature __________________________ Date ____________

Parent or Guardian Signature __________________________ Date ____________

No student shall represent their school in interschool athletics until there is a statement on file with the
superintendent or principal signed by his/her parent or legal guardian and a signed physical form certifying
that he/she has passed an adequate physical examination within the past year, noting that in the opinion of
the examining physician, physician's assistant, nurse practitioner or a certified/registered chiropractor, (DC,
Spc.) is physically fit to participate in high school athletics; that student has the consent of his/her parents or
legal guardian to participate; and, the parent and participant have read, understand and agree to the CHSAA
guidelines for eligibility.

CHSAA Anti-Hazing Policy

The Colorado High School Activities Association prohibits bullying, hazing, intimidation or threats. Hazing
includes, but is not limited to humiliation tactics, forced social isolation, verbal or emotional abuse, forced or
excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I
understand that hazing of any type is not permitted in any CHSAA sanctioned activity.

I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to
immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support
staff, coach or administrator in my school.

By signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand
that any violation of this could result in school or team consequences that could include dismissal from the
activity or further disciplinary consequences and/or referral to law enforcement.

Student Signature __________________________ Date ____________

Parent or Guardian Signature __________________________ Date ____________
CLEAR CREEK HIGH SCHOOL
PARENT PERMIT
FOR ATHLETIC PARTICIPATION - PART I

PARENT OR GUARDIAN PERMIT
WARNING: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC INJURY. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk.

PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.

By signing this Permission Form, we acknowledge that we have read and understood this warning. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM. By signing this form it allows my students medical information to be shared with appropriate medical staff when necessary in compliance with HIPPA (Health Insurance Portability and Accountability Act) Regulations.

I hereby give my consent for ________________________________ to compete in athletics for Clear Creek High School in Colorado High School Activities Association approved sports, except as listed on back.

Parent or Guardian Signature ___________________________ Date ___________________________

Student Signature ___________________________ Date ___________________________

No student shall represent their school in interschool athletics until there is on file with the superintendent or principal a statement signed by his parent or legal guardian and a signed physical certifying that he/she has passed an adequate physical examination within the past year, that in the opinion of the examining physician, physician’s assistant, nurse practitioner or a certified/registered chiropractor, he/she is physically fit to participate in high school athletics; and that he/she have the consent of his/her parents or legal guardian to participate.

NOTE: It is strongly recommended by the Colorado Department of Health that individuals participating in athletic events have current tetanus boosters. Tetanus boosters are recommended every 10 years throughout life. Boosters are recommended at the time of injury if more than five years have elapsed since the last booster.

If significant intervening illnesses and/or injuries have occurred, a more complete physical examination should be conducted. The physical examination form must be signed by a practicing physician, physician assistant, or nurse practitioner.

If a student athlete has been injured in practice and/or competition, the nature of which required medical attention, the student athlete should not be permitted to return to practice and/or competition until he/she has received a release from a practicing physician.

NOTE: The CHSAA urges an adequate physical examination be given when a student athlete changes levels of competition, i.e. Little League to Middle School, Middle School to High School.
CLEAR CREEK HIGH SCHOOL
WARNING TO STUDENTS AND PARENTS

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC and perhaps, FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion and numerous other exposures to risk of injury.

Students and parents must access the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choices of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risks exist.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper technique to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, prevention and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

Please sign below, make one copy for your records, and return the original to your school.

Student’s Name: ___________________________ Sport(s): ___________________________

____________________________________
Signed:

____________________________________
Date:

Parent or Guardian

____________________________________
Signed:

____________________________________
Date:

Student

This will acknowledge that we have read and understand the material contained in the NOTICE TO ATHLETES AND PARENTS OR GUARDIANS.
CLEAR CREEK HIGH SCHOOL ATHLETIC CONTRACT

THE GOAL OF ATHLETICS IS TO DEVELOP A WINNING ATTITUDE IN THE STUDENT/ATHLETE. WINNING IS AN ATTITUDE THAT MUST BE PROMOTED IN ALL ASPECTS OF ONE'S LIFE, NOT ONLY ON THE ATHLETIC FIELD/COURT/SLOPES. STUDENT/ATHLETE CONDUCT ON AND OFF THE ATHLETIC FIELD/COURT/SLOPES AND IN AND OUT OF SCHOOL IS CRITICAL TO ATTAINING THIS GOAL. DURING BOTH THEIR ON AND OFF SEASON(S) OUR STUDENT/ATHLETES ARE EXPECTED TO REFRAIN FROM ANY AND ALL ACTIONS THAT WOULD DISCRIMINATE THEMSELVES, THEIR TEAM OR CLEAR CREEK HIGH SCHOOL. THE ACTIONS OF THE STUDENT/ATHLETE NEED TO SUPPORT OUR CORE VALUES (DUGGERS) IN ALL ENDEAVORS THROUGHOUT THE YEAR.

ELIGIBILITY: (Ref: Board Policy J1J) Students will need to comply with academic eligibility rules in order to be excused from school to participate in ANY school activity which takes a student out of the classroom. Eligibility rules apply to all participants in extra-curricular activities; CHSAA and/or league sponsored events; and vocational organizations. Rules of eligibility will be held in accordance with the above mentioned associations as well as those set by activity sponsors at CCHS.

1. STUDENTS MUST PAY THE APPROPRIATE PARTICIPATION FEES TO BE DECLARED ELIGIBLE TO PARTICIPATE IN EXTRA-CURRICULAR ACTIVITIES. $110 first sport, $110 second sport, $90 each additional and $440 family limit. (Family limit includes both MS and HS)
2. All paperwork must be turned in and signed including; a physical form, parent permission form, a warming form, and an emergency card form.
3. All gear/uniforms must be turned in and any fees paid from any previous activity participated in at CCHS or CCMS.
4. Any student quitting an activity/sport after the first mandatory practice can't participate in another activity/sport that season without the approval of both Head Coaches and the Athletic Director.
5. If a student athlete ends a semester without passing 2.5 Carnegie units, he/she is required to sit-out of competition/activities until the CHSAA regain eligibility date. If the student is passing 2.5 Carnegie units at this date they may regain their eligibility.
6. A participant must attend scheduled classes for a minimum of two (2) blocks/four (4) classes in order to play or practice on any given day or to attend any school sponsored activity that takes them out of classes. The Athletic Director and/or the Principal MUST approve any exceptions to this rule on an individual basis.
7. The eligibility week begins on Wednesday and goes through, and includes the following Tuesday. Any student appearing on the list with one or two "F's" will be put on academic probation for one (1) week. If the student appears on the list with an "F" in a class, the student will become ineligible. If the student receives 3 or more "F's" on the weekly eligibility list, they will become ineligible with no probation.
The Head Coach may require study hall while an athlete is ineligible. If a student drops a class with an F that Grade will exist for two weeks on the eligibility report, which includes the week the drop fail was reported and one week after.

The following applies to all ineligible students:
☐ The student must attend practices while ineligible if physically able to or attend a study hall unless suspended from school.
☐ The student will not be excused from school to attend away events.

<table>
<thead>
<tr>
<th>Violation</th>
<th>Consequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Violation of State CHSAA or School Rules</td>
<td>Determined by the Coach and Athletic Director</td>
</tr>
<tr>
<td>Unexcused absence from a class or practice</td>
<td>Miss the next competition or event</td>
</tr>
<tr>
<td>Failing 1 or more classes during Eligibility Period</td>
<td>See #7 listed above</td>
</tr>
<tr>
<td>Possession/use of all tobacco products</td>
<td>1st Offense: Loss of next competition/event, # (probation)</td>
</tr>
<tr>
<td></td>
<td>2nd Offense: (of the school year) Loss of 1/3 season</td>
</tr>
<tr>
<td></td>
<td>3rd Offense: (of the school year) Loss of a full season</td>
</tr>
<tr>
<td>Illegal possession/use of alcohol or drugs</td>
<td>1st Offense: Loss of 1/2 season, # (loss of 1/4 season), in addition, there will be a referral to the school counselor and the parent/guardian, and a mandatory police referral. Note that an MIP ticket may be issued for being present where underage consumption occurs.</td>
</tr>
<tr>
<td></td>
<td>2nd Offense: (of the school year) Loss of eligibility for an entire calendar Year from the date of the suspension.</td>
</tr>
<tr>
<td></td>
<td>3rd Offense: (of career) Referral to the Athletic Council for penalty</td>
</tr>
</tbody>
</table>

#Honor Clause: A student admitting guilt of the above mentioned violations, before knowledge of the offense is obtained by reliable or legal sources, to the Head Coach, Athletic Director, or Principal shall be considered by the Athletic Council for a lesser penalty on the first offense. Admitting guilt after a ticket has been issued would not be considered as part of the Honor Clause.

MIP: Students receiving an MIP with a BAC of 0.00 may go before the Athletic Council to appeal their suspension Conduct: Any action deemed by the athletic director, coaches, or administration as detrimental to the team and/or the school in general will be subject to consequences as determined by the coaches, athletic director and/or administration. These actions may include, but are not limited to, hazarding, fighting, vandalism, racial slurs or participation in inappropriate activities in or outside the school setting.

**Coaches may institute rules that are more strict but not less so than those of CHSAA, The Mile High League, or CCSD.**

Carry over: Violations of the Athletic Contract will carry over to the next athletic season of participation. A percentage of the games/events left on the consequence will be figured and applied to the next season. If a student does not complete the season with their team once they are suspended, (i.e. attend practices and games) the remaining suspension will carry over to their next activity.

Due Process: Decisions by the Athletic Director and the Athletic Council may be appealed by the athlete to the Principal, Superintendent, and the School Board in that order.

The student/athlete and their parent or guardian must sign this contract and return it to CCHS before the student/athlete is eligible to participate. The contract is valid for any and all activities the student/athlete participates in during the student/athlete’s entire career at CCHS, including summer breaks. By signing this contract you agree that you understand and will abide by the elements of this contract both stated and inferred.

Parent/Guardian Printed Name: __________________________ Date: ___________

Student Printed Name: __________________________ Date: ___________

Parent/Guardian Signature: __________________________

Student Signature: __________________________
STUDENT EMERGENCY INFORMATION (MUST COMPLETE)

Last Name __________________________ First ____________ Middle ____________ Male ________ Female ________

Mailing Address __________________________ City ____________ Zip ____________ Grade ____________

Physical Address __________________________ City ____________ Zip ____________ Birth Date ____________

Home Phone __________________________ Mother Cell Phone __________________________ Father Cell Phone ____________

Birthplace: City __________________________ State ____________ Social Security # ____________

To Parents - That we may be of greatest service to your child in case of accident or sudden illness, it is necessary that you give the following information.

Please check legal relationship to student.

___ Mother ___ Stepmother ___ Guardian _______________ (Name) Occupation _______________ Work Phone ____________

Employed by __________________________ Address __________________________

___ Father ___ Stepmother ___ Guardian _______________ (Name) Occupation _______________ Work Phone ____________

Employed by __________________________ Address __________________________

Name of person(s) with whom student lives: __________________________ Relationship __________________________

IN AN EMERGENCY WHERE NEITHER PARENT CAN BE REACHED, CALL:

Name __________________________ Home Phone __________________________ Cell Phone __________________________

Name __________________________ Home Phone __________________________ Cell Phone __________________________

CONSENT

In the event reasonable attempts to contact me or the emergency contacts at the above listed phone numbers have been unsuccessful, I hereby give my consent for:

- The transfer of the child to __________________________ (preferred hospital) or any hospital reasonably accessible. ___ Do you have ambulance insurance? ___ Yes ___ No ________ With whom? ________

The school will attempt to reach one of the above persons, but if none of these can be reached the school nurse, principal, or teacher in charge, has our permission to use his or her discretion in securing medical aid in an emergency. IT IS UNDERSTOOD THAT NEITHER THE SCHOOL NOR THE PERSON RESPONSIBLE FOR OBTAINING THIS MEDICAL AID WILL BE RESPONSIBLE FOR THE EXPENSE INCURRED. This authorization does not cover surgery. In such cases, the provisions of Colorado Law governing informed consent and such other authorization(s) as may be required by law, shall apply.

Facts concerning the child's medical history including; allergies, medications, and any physical impairments to which a physician should be alerted are as noted on the reverse side of this form in the Health Information.

If Parent/Guardian fails to grant this consent, the school will call 911 in the event immediate medical care is indicated.

DATED __________________________ SIGNATURE OF PARENT OR GUARDIAN __________________________

ADDRESS __________________________

STUDENT INSURANCE

The school has the moral responsibility to encourage each participant in athletics to be covered by an accident insurance policy. The school does not provide a policy; however, the school provides an insurance option in which students may voluntarily participate. If you decide to take the school insurance option, the policy must be paid for before practice begins for that sport.

___ 1. I will carry the policy option offered by the school.
___ 2. I am carrying a policy outside of school insurance. I will assume the responsibility for costs occurred during athletic participation. The insurance company I will use is __________________________

DATED __________________________ SIGNATURE OF PARENT OR GUARDIAN __________________________
RESPONSIBILITIES AND EXPECTATIONS FOR THE PARENTS OF CCHS ATHLETES

1. Be a positive role model in terms of support for all athletes participating (including opponents) and demonstrate proper sportsmanship towards all fans, participants, and officials.
2. Take responsibility for supporting your student/athlete's rest, diet, study habits, and choices in general that will assist them in committing to our core values (Diggers) and following the CCHS athletic contract.
3. Read the free copy of the pamphlet "The Role of Parents in Athletics" by Bruce Brown and understand that Clear Creek High School supports the philosophies and roles outlined for parents in the pamphlet.
4. Encourage your student to advocate for themselves in terms of solving the problems and dealing with the adversity that comes with participating in athletics.
5. Understand that as a parent if you feel the need to address a situation concerning your student that you will need to follow the chain of command. Start with the coach and progress through the athletic director, principal, and superintendent. Concerns that are appropriate to discuss with your coach are:
   a. The mental and physical treatment/health/safety of your student.
   b. Concerns about your student’s behavior.
   c. Ways to help your child improve.
   d. Questions, concerns, or clarification of team, school, or the CHSAA rules.

I have hereby read and understand the above expectations set forth by Clear Creek High School for the parent of a student athlete. I understand that the attendance at CHSAA sponsored events is a privilege to be earned and not a right and that inappropriate actions or an ejection will be dealt with in the same manner they would be for inappropriate player/participant actions or an ejection at CHSAA events.

Date: __/__/____ Parent/Guardian Signature: _______________________

Date: __/__/____ Parent/Guardian Signature: _______________________

RESPONSIBILITIES AND EXPECTATIONS FOR CCHS ATHLETES

1. Understand it is your responsibility to inform your head coach, school nurse, and/or athletic director of any injuries or concussions you sustain on or off the field.
2. Take responsibility for your rest, diet, study habits, and choices in general that will assist you in committing to our core values (Diggers) and following the CCHS athletic contract.
3. Students should get missed assignments ahead of time when missing class for an athletic event.

I have hereby read and understand the above expectations set forth by Clear Creek High School for a student athlete.

Date: __/__/____ Student Signature: _______________________

Date: __/__/____ Student Signature: _______________________

Date: __/__/____ Student Signature: _______________________
# PREPARTICIPATION PHYSICAL EVALUATION

## PHYSICAL EXAMINATION FORM

**Name:**

**Date of birth:**

### PHYSICIAN REMINDERS

1. 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, e-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-enhancing 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?

2. Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

### EXAMINATION

<table>
<thead>
<tr>
<th>Height:</th>
<th>Weight:</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP: / ( )</td>
<td>Pulse:</td>
</tr>
</tbody>
</table>

### MEDICAL

<table>
<thead>
<tr>
<th>Appearance</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperaet, myopia, mitral valve prolapse [MVP], and aortic insufficiency)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes, ears, nose, and throat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pupils equal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hearing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lymph nodes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lungs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdomen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or tinea corporis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NEUROLOGICAL

### MUSCULOSKELETAL

<table>
<thead>
<tr>
<th>Neck</th>
<th>BACK</th>
<th>Shoulder and arm</th>
<th>Elbow and forearm</th>
<th>Wrist, hand, and fingers</th>
<th>Hip and thigh</th>
<th>Knee</th>
<th>Leg and ankle</th>
<th>Foot and toes</th>
<th>Functional</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type):

Address:

Phone:

Signature of health care professional:

PREPARTICIPATION PHYSICAL EVALUATION
MEDICAL ELIGIBILITY FORM

Name: _______________________________ Date of birth: _______________________

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: ________________________________

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are 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 medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _______________________________ Date: _______________________

Address: _______________________________ Phone: _______________________

Signature of health care professional: _______________________________ MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: ________________________________

________________________________________________________________________

Medications: ________________________________

________________________________________________________________________

Other Information: ________________________________

________________________________________________________________________

Emergency contacts: ________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________