



# RCA KNIGHTS

## SECONDARY ATHLETIC HANDBOOK

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## **INTRODUCTION**

The Regency Christian SECONDARY Athletics Handbook is a reference guide for coaches, student-athletes and parents concerning the policies that govern interscholastic athletics at Regency Christian SECONDARY.

The Athletic Director/Coach and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Regency Christian SECONDARY. The Athletic Director will administer these rules and regulations as they relate to inter-team and inter-coach relationships.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in SECONDARY athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the SECONDARY athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules

It should be carefully noted that the policies and procedures detailed in this handbook are reflective of official action by the RCA School Board and Administration. As such, all policies will be followed as written.

Thank you for your participation in our athletic program. May God bless you as you use your God-given athletic abilities and desire to serve Him in this integral part of school life.

## **MISSION STATEMENT**

The mission of the Regency Christian School Athletic Department is to **glorify God through the discipleship of student athletes and the pursuit of excellence in athletics** with the Bible as the foundation and Jesus Christ as our focus.

## **ATHLETIC DEPARTMENT CORE VALUES**

1. Christ
2. Responsibility
3. Integrity
4. Trust
5. Teamwork
6. Enthusiasm
7. Respect

## Our Coaches

The coach is the “living curriculum” for the student athlete. Coaches at Regency Christian School are the most significant components of the athletic program. They are both teachers and active participants at the same time. They have the responsibility to model Christ-like behaviors and attitudes at all times.

To be an effective coach and role model, RCA coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to adjust during competition, and work effectively under the authority of the Athletic Director and SECONDARY Administration. Our coaches take seriously the opportunity they must mold young lives for Christ.

## Our Parents

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and always encourage coaches and teammates.

Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents honor the Lord when attending athletic events. In order for RCA's athletic program to be successful, coaches, student athletes, and parents must make a firm commitment to glorify God at all times.

## Our Athletes

Regency Christian athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests upon the shoulders of the student athlete, for it is the student athlete who is accountable to his/her parents, coach, and the Lord.

## Our Teams

Our teams should in all things strive to:

1. Glorify God
2. Play Hard
3. Have Fun

## Our Athletic Department

Is committed to:

1. Discipleship of our coaches and student athletes.
2. Outreach to opposing teams and fans and to the larger community outside of Regency.

3. Preparation of student athletes for both competition and life with Christ as our model.
4. Stewardship of our resources.
5. Pursuit of athletic excellence.

## **PHILOSOPHY**

Regency Christian School Athletics is founded on the teaching and principles of God's Word. Biblical principles and the corresponding philosophies may differ substantially from schools with other philosophies. Such differences, however, do not necessitate unworkable relationships. Instead, our philosophy of athletics should provide an opportunity for others outside the Regency community to visualize actions and principles that are quite unique in today's society. The Regency Christian School's athletic program is a wonderful opportunity to minister to the non-Christian community through exemplary actions, Christ-like attitudes, and a high level of individual and team athletic skill. The challenge for our athletes, parents, and coaches is to adhere to the Colossians 3:17 mandate. "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him".

The priorities of athletic participants, established by the Regency Christian School, the School Board, SECONDARY Principal and Athletic Director are based on the mission of the school. The priorities are:

1. All participants must honor the name of our Lord and Savior, Jesus Christ and seek to glorify God in word and deed.
2. The Lord's Holy Name and reputation of His collective agent, Regency Christian School, must be preserved and protected at all cost.
3. The spiritual, psychological, and physical well-being of the individual athlete must take precedence over any individual or team athletic accomplishment. Athletics at Regency Christian School is one primary means of accomplishing the school's mission. Spiritually, this mission seeks to glorify God through the discipleship of students, the pursuit of excellence and outreach to opposing athletes and fans.
4. Athletic excellence and accompanying awards should be taught and established as appropriate goals for any athlete or team.

The hierarchical order of the preceding priorities is extremely significant.

## **ATHLETIC DEPARTMENT EXPECTATIONS, PRACTICES & POLICIES**

### **Eligibility for Interscholastic Participation**

All student athletes at Regency Christian School must be exemplary members of the student body. Therefore, standards of academic achievement have been adopted for student athletes to establish and maintain eligibility.

1. **Academics – Regency Christian School academic standards are high. These standards acknowledge that academic achievement takes precedence over athletic participation. These standards, as well as specific eligibility/ineligibility information, are as follows:**
  - a. **All student athletes must be enrolled in and receive grades at the quarter and semester.**
  - b. **Each student athlete will be assigned a letter grade (see Regency Christian School Handbook) as an evaluation for each class taken. Grades in all classes will count and will be weighted equally. Additionally, online classes must be approved to meet FHSA/NCAA regulations and a grade must be re-recorded for the class at quarter and semester.**
  - c. **Each student athlete is assumed to be eligible for athletic participation until a declaration of ineligibility is made by the SECONDARY principal or his agent, the Athletic Director.**
  - d. **For the purpose of ineligibility declaration, a student's quarterly grades and semester grades will be the sole basis of consideration. Midterm grades can help a student regain eligibility but may not be used to declare ineligibility.**
  - e. **Any failing grade ("F") (at quarter or semester), a quarterly composite grade point average of less than 2.0 or an incomplete (INC) will render a student athlete ineligible. (per FHSA rules, an incomplete in a class will render the student athlete ineligible until the incomplete grades are made up, a grade is posted and the student-athlete is cleared by the SECONDARY office)**
  - f. **Once a student athlete is declared ineligible due to academic shortcomings, the period of ineligibility will last until the next formal, written student academic evaluation (i.e., midterm grades) occurs. At that time, the entire academic record of the ineligible athlete will be re-evaluated. The academic criteria applicable for the quarterly grading periods (no "F's" and a minimum grade point average of 2.0) will also be the standard of re-evaluation at the time of the midterm update. After the grades have been re-computed for the midterm update, any ineligible student regaining eligibility status (no "F's", a minimum grade point average of 2.0 and no incompletes) will be immediately allowed to compete as a team member per recommended FHSA guidelines. If, however, an ineligible student athlete does not re-establish eligibility at the time of the midterm report update, that student athlete may be dropped from the team. Furthermore, if a student athlete is declared ineligible at a quarterly grading period, regains eligibility at the time of the midterm update, and subsequently is declared ineligible at the next quarterly**

grading period, that student athlete will be dropped from the team. In other words, any time a student athlete is ineligible twice during the same athletic season (defined as the time tryouts are held until the last interscholastic contest is completed), that student athlete will be dropped from the team.

- g. If a student athlete receives a failing grade (“F”) in any subject for the fourth quarter or the semester, that student will be placed on the ineligibility list. In this grading period, unlike the previous three quarters, the student has the option of enrolling in and passing the recently failed class in an approved summer school program. A student may regain eligibility by going to summer school if the following guidelines are met:

    - i. Approval must be secured from the SECONDARY Guidance Department.
    - ii. The course receiving a failing grade (“F”) may be made up in summer school.
    - iii. Students whose GPA is below a 2.0 but did not fail a class must contact the SECONDARY Guidance Office for course selection and summer school approval.
    - iv. The final summer school grade will be averaged with the fourth quarter grade.
    - v. The recomputed fourth quarter GPA must still be a 2.0 or above for eligibility.
  - h. In the event a student athlete has met all academic standards but drops significantly in academic performance during a time when he/she is in no immediate danger of being declared ineligible, the coach has the authority to institute measures of accountability to help the student athlete get back on track.
  - i. The appeal procedure relative to any academic problems/policies is similar to the one addressing athletic eligibility decisions. Decisions may be appealed by approaching the coach first, and if appropriate the SECONDARY Athletic Director.
2. **Conduct** – Each student athlete is expected to conduct his/her life in accordance with the standards and principles set forth in God’s Word. This includes adhering to all appropriate RCA standards of student conduct. Violations of the Student Code of Conduct could affect participation in athletic activities. It is also expected that student-athletes will conduct themselves at, during or after practices and contests in ways that would glorify the Lord in all that they do or say.
3. **Trying Out for a Team if Ineligible** – A student athlete who is ineligible for athletic participation at the time team tryouts are held will be allowed to try out for the team. It should be clearly understood, however, that the possibility of that student athlete not regaining eligibility status at the time of the progress report update and the probability that the student athlete will miss some interscholastic competition and, therefore, perhaps adversely affect team performance and team accomplishment, will be a major consideration on behalf of the coaching staff when selecting team members.

4. **Remaining on a Team After Being Declared Ineligible** – It is entirely possible that a student athlete will be eligible when trying out for a team, will make the team, and will become ineligible after making the team, either before or after the season has started. If this occurs, the student athlete will, of course, be ineligible for the prescribed period of time. If this student athlete fails to re-establish eligibility at the completion of the first period of ineligibility (progress report update), the student athlete may be dropped from the team.
5. **Practicing with the Team if Ineligible** – Generally speaking, ineligible student athletes should be spending time correcting situations that rendered them ineligible. Therefore, it would be advised for student athletes not to be practicing with the team on a regular basis and they cannot accompany the teams to interscholastic contests. There are times, however, when coaches need these student athletes at practice for the sake of team continuity. The discretion of the coach, with the concurrence of the Athletic Director, will dictate the necessity and frequency of the attendance of a student athlete at practice. At no time will an ineligible student athlete be permitted to miss school to practice or accompany his/her team on an athletic trip.
6. **Participating in summer workouts, practices and camps while ineligible** will be at the coach's discretion with the approval of the Athletic Director.
7. **Suspension from School** – A disciplinary action severe enough to warrant student suspension will eliminate the student athlete from all participation in interscholastic sports for the duration of the suspension. Therefore, any suspension, whether in-school or out-of-school will render a student athlete ineligible to attend practice or any interscholastic contest. After serving the suspension, further disciplinary action will be assessed according to the Student Athlete code of conduct.

#### **Physical Form & Parental Consent**

Forms for a student to be allowed to try out for a team or practice with a team, he/she must have a current FHSA Physical Form on file in the Athletic office. The FHSA requires that physicals be dated between April 1 and the first official practice of each year.

For a student to be allowed to participate on any team, he/she and their parent/guardian must have the following forms: Parent Code of Conduct and Consent & Release Form, Student Athlete Code of Conduct Form.

## **ATHLETIC CODE OF CONDUCT**

All **SECONDARY** student athletes will adhere to the following code of conduct. A violation can result in suspension or expulsion from an athletic team. See Addendum II.

### **Athletic Conduct and Discipline**

All student athletes shall adhere to the Athletic Code of Conduct. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate **SECONDARY** authority. It should be noted that the athletic code of conduct both includes and is in addition to the **SECONDARY** Code of Conduct.

The following Regency Christian School athletic code of conduct rules are in accordance with RCA/ FHSA. The conduct of participants in athletics at Regency Christian, in or out of school, year-round, shall be as follows:

1. Not to reflect discredit upon our school, teammates, coaches, or Jesus Christ.
2. Not to create a disruptive influence on the discipline, moral or educational environment in our school.

Any such misconduct violating these principals shall be subject to disciplinary measures above and beyond the **SECONDARY** code of conduct.

The Athletic Director shall enforce all rules and regulations as described in the Code of Conduct for athletes. All rules regarding behavior and /or training as outlined in the FHSA regulations apply. The Code will be enforced by the coach of each sport during the year. Please see the complete Athletic Code of Conduct for (Addendum II) detailed information regarding enforcement, procedure, and appeal.

Student-Athletes are expected to demonstrate the following behaviors and characteristics:

- **Integrity** in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority
- **Respect** for self, Regency Christian School, coaches, officials, fans, and the property of others
- **Courtesy** extended in all relationships – athlete to athlete or athlete to coach, stewardship of the property, supplies, and equipment of Regency Christian School, as well as wise stewardship of personal items.
- **Reconciliation** through Biblical and appropriate repentance and forgiveness when offenses have been committed or received

Student-Athletes are expected to refrain from the following behaviors and characteristics:

- Tardiness to practices or competitions
- Careless and/or reckless behavior
- The inappropriate use of cellular phones, cameras and other electronic devices, especially while in the locker room areas
- Inappropriate public displays of romantic affection (i.e. holding hands, kissing, excessive hugging)

- Profanity and vulgar or offensive speech and/or gestures
- Inappropriate use of social networks or media outlets (i.e.: Facebook, twitter, blogs, Instagram, snapchat, etc...)
- Dishonesty in any form, including lying, theft, or cheating
- Gambling
- Rebellious or disrespectful attitude
- Flagrant disrespect and disobedience
- The possession and/or distribution of pornographic materials and information, including the distribution of sexually suggestive material via cell phones, cameras, computers, or “sexting” of any kind. The Regency Christian School definition of sexting is the act of sending, receiving or forwarding sexually explicit or suggestive messages, photos or images via cell phone, computer, or other digital or electronic devices.
- Harassment or bullying in any form, both physical and/or sexual in nature. Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, which interfere with an individual’s performance, or create an intimidating, hostile or offensive atmosphere. Physical harassment includes threats or intimidation of any nature, or inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment. Examples of threats or intimidation include, but are not limited to, provoking a fight, fighting, bullying, acts that inflict injury or damage, and/or acts intended to control by fear and/or intimidation. (See bullying policy)
- Hazing in any form (please see specific area on hazing policy)
- The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication. Violations of this policy may also result in random drug testing, per Regency Christian procedures, at the expense of the student. (Please see specific reference to consequences below)
- Immoral sexual conduct
- Use or possession of weapons and/or dangerous items on school premises or at any athletic event (i.e., guns, knives, explosive devices, etc.)

It is a privilege to represent our school and our Lord participating in interscholastic athletics. We are different at RCA, in that, our number one priority is to glorify God in everything we do. This is a tremendous responsibility, one that our student athletes should always recognize.

All student athletes shall adhere to the Athletic Code of Conduct as fully detailed in the Athletic Handbook. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate SECONDARY authority. It should be noted that the Athletic Code of Conduct both includes and is in addition to the SECONDARY Code of Conduct.

### Athletic Disciplinary Actions

Please note that the Athletic disciplinary actions below are in addition to the “SECONDARY Code of Conduct Discipline Procedures.”

Types of Violations	Occurrence	Disciplinary Action
<b>TYPE “A1” OFFENSES</b>		
<b>Possession</b> or distribution of alcohol or illegal drugs <b>Immoral</b> sexual conduct.  <b>Possession/distribution</b> of pornographic materials, sexting. <b>Inappropriate</b> use of cellphones, cameras or other devices resulting in invasion of privacy or sharing of sexually explicit materials <b>Felonies, Misdemeanors, Thefts</b>	<b>1st</b>	33-50% of the contests for that season, carried over to the next sports season, if necessary.
	<b>2nd</b>	Suspended from athletics for 365 days.
<b>Lower percentage not to go below 33% with approved service project. Carryover will be determined by the Athletic Director.</b>		
<b>TYPE “A2” OFFENSES</b>		
<b>Harassment</b> or bullying in any form, physically, mentally and/or sexually in nature.  <b>Hazing</b> in any form. <b>Careless/reckless</b> behavior resulting in property of physical damage.	<b>1st</b>	25-50% of the contests for that season, carried over to the next sports season, if necessary.
	<b>2nd</b>	Suspended from athletics for 365 days.
<b>Lower percentage not to go below 33% with approved service project. Carryover will be determined by the Athletic Director.</b>		
<b>TYPE “B” OFFENSES</b>		
Careless/reckless behavior.  Inappropriate displays of affection.  Profane or vulgar speech/gestures.  Dishonesty in any form including lying, theft or cheating. The use and/or possession of tobacco including e-cigarettes.  School suspensions not addressed in specific categories.	<b>1st</b>	10-25% of the contests for that season, carried over to the next sports season, if necessary.  <b>Lower percentage not to go below 10% with approved service project.</b>
	<b>2nd</b>	Minimum 25% of the contests for that season.  <b>Service project opportunities are not an option for 2<sup>nd</sup> type “B” offenses.</b>
	<b>3rd</b>	Suspended from athletics for 365 days.

## **Anti-Bullying Policy**

**Bullying in any form is neither tolerated nor consistent with any spiritual, educational or athletic goal at Regency Christian School. Bullying in any form will not be tolerated and will result in disciplinary actions.**

## **Attendance at Practices and Games:**

**Each member of a Regency Christian School Athletic team must assume the responsibilities associated with such a position. The athlete has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and athletic contests. Commitment to Regency teams should come before any club or outside team. If a practice or competition is missed due to outside commitments, there will be consequences for missing the Regency practice or competition.**

**It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for an athlete to attend a practice session or an athletic contest. Absences should be few and far between and arranged with the coach as early as possible.**

**When athletic team practices occur on school vacation days all varsity athletes are expected to be in attendance. If a conflict arises and the athlete may have to miss a practice it is of utmost importance that the athlete communicates this with the coach immediately knowing that consequences may follow. Summer and off-season activities are strongly encouraged but cannot be required by coaches.**

**Each team member must practice a minimum of ten (10) separate days prior to the first contest. If they are moving from one season to the next within the same school year a team member must practice a minimum of five (5) times. (FHSA Rule 50/101)**

**If a student athlete misses five (5) to ten (10) consecutive days of practice/contests, he/she is required to participate in four (4) practices before returning to contest play. If a student athlete misses more than ten (10) consecutive days of practices/contests, he/she is required to participate in six (6) practices before returning to contest play. (See FHSA rule 9-14.c)**

Absences from practice sessions or athletic contests will be handled in the following manner:

<b>ABSENCE FROM PRACTICE</b>	
Excused absence	No action
Unexcused absence – 1 <sup>st</sup> Offense	Conference with coach and discipline of athlete
Unexcused absence – 2 <sup>nd</sup> Offense	Suspension from the next interscholastic contest
Unexcused absence – 3 <sup>rd</sup> Offense	Dismissal from team (Athlete forfeits all awards)

<b>ABSENCE FROM ATHLETIC CONTEST</b>	
Excused absence	No action
Unexcused absence – 1 <sup>st</sup> Offense	Suspension from next two interscholastic contests
Unexcused absence – 2 <sup>nd</sup> Offense	Dismissal from team (Athlete forfeits all awards)

### Attendance at School

**A student athlete must attend school on the days of an athletic practice and contest in order to participate in that practice or contest. Some specific circumstances are as follows:**

1. Students who are absent from part of the school day and are granted a non-illness related excused absence (e.g., a dental appointment) will be allowed to participate in the practice or contest that day.
2. Student athletes must attend at least five class periods of the day unless it is due to an excused absence. A student athlete may not participate in practices or games if they did not attend the five periods. (Lunch and 9<sup>th</sup> period do not count toward the five periods.)
3. Any unexcused absence from school, regardless of if it is only for a partial day, will render an athlete unable to participate in the day's events. This would include in-school suspension or skipping class.

### Handling Problems/Solving Disputes

All disputes at Regency Christian School, including those related to athletic matters, should be handled in a Biblical manner. Regency Christian School encourages application of the "Matthew 18 Principle" when handling a problem/settling a dispute. This principle, in summary form, encourages the offended party to go directly to the one with whom he/she has a problem. (e.g., student athlete should talk to the coach at an appropriate time prior to parental involvement and prior to going directly to the Athletic Director).

If the situation is not resolved, the offended is encouraged to seek a solution by speaking to the next person in authority. In simple terms, an athlete should approach the coach first, and if unresolved, the athlete, parent and coach should meet next, then the Athletic Director. If the athlete and parent do not feel that proper process was followed, they may take the matter to the Regency Christian School CEO by providing their concerns in writing.

It is necessary that this chain-of-command be followed specifically. If not, the upper-level authorities will direct the offended party to solve the problem at the appropriate level.

### No Quit Policy

If a SECONDARY or middle school student is selected for a position on one of the Regency athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected is strongly discouraged. If any student athlete quits a team after the first contest, that student athlete is prohibited from trying out for another Regency Christian School team or extracurricular activity during the same season. *The student will be obligated to pay for any player pack items that were ordered, and at least 50% of the participation fee.* Furthermore, quitting a team in one season will impact a student's ability to participate in a sport the following season. A student athlete also will not be allowed to work out or practice with the next season's sport, until the team that they quit has finished their season. This includes post season playoffs.

### Playing Time Policy

While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of Regency Christian School athletes, and that broadening is enhanced by playing time, it is also an important goal of the Regency Christian School athletic program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletic meets in which athletes must compete are established at the Freshman, Junior Varsity or Varsity level. Playing time decisions are left up to the individual coaches.

### Starting a Season Late

A student may start a season late if the reasons are acceptable to the coach and the Athletic Director. If a cut has been made the student must go through a three-day try out period. If the student is determined to be good enough, they may be added to the team. No one may be cut to make room for this student. The student must have a minimum of ten (10) practices including the tryouts before he/she can participate in a contest. If they are moving from one season to the next within the same school year a team member must practice a minimum of five (5) times. The ten practices are also required when joining a team late that did not have a cut.

If a student transfers into Regency once a season has already begun, they will be considered as a new student with new opportunities and will be permitted to try out for a team.

## **SAFETY**

### **Accidents/Injuries**

Coaches are on campus for all practice sessions and will attend all home games, and many away games. If an accident or injury occurs, the athlete will be evaluated by our coach. The coach may be required to submit a written accident report to the Athletic Department within 24 hours. If the injury is serious the coach will call emergency services and the parent(s). All coaches are trained and tested on the Athletic Department Emergency Action Plans annually before the start of their season in the event of an injury or other emergency requires their immediate action.

All injuries should be treated with caution and handled with care. The parents will be contacted in the event of severe or significant injuries and consulted with in any decisions made regarding treatment and rehabilitation. Coaches treat any acknowledged condition in the confidential manner with which the information is related by the parent or guardian.

If an athlete misses practice on the request of a physician, the athlete should have a note of clearance from that same physician before returning to practice. Please note that according to FHSAA Rules, if an athlete misses more than six consecutive practices/games they must have four practices before they are allowed to complete again. If they miss more than ten, they then must have six practices.

### **Bad Weather**

Lightning, severe storms, hot and cold extremes: The Athletic Directors in consultation with the coach, trainer and officials (during contests), will make decisions based on the FHSAA guidelines for student athlete safety. On the day of games, decisions are made by the host school as close to team departure time as possible.

## **GENERAL INFORMATION**

### **Schedules**

The scheduling of all athletic events and practices is determined by the Athletic Director in cooperation with each coach. The coach will issue a schedule to the students and parents as soon as possible in each season. If practice is understood to be every day, there may not be a printed practice schedule issued. Athletic contests are rarely scheduled on Wednesdays and all practices will end by 6:00 p.m. Athletic practices may be scheduled on Saturdays, but there will never be any practice on Sunday. On occasion an athletic event may be scheduled on a day or weekend when school is out on vacation. When this is determined to be necessary, the dates will be given out as far ahead as possible and all athletes are expected to be in attendance.

### **Team Pictures**

A professional photographer will take team and individual pictures early in each season. These pictures are purchased by the students or parents and must be pre-paid online or may be purchase after the student athlete receives the proofs two to three weeks after pictures are taken. Any problems or mistakes with the orders should be reported to the Athletic Department immediately

### School Equipment

1. Students are responsible for all equipment issued to them. Athletic uniforms are supplied for the sole purpose of athletic participation. This equipment is not to be used for any other purpose.
2. When the season is over, all equipment and uniforms are to be returned to the coach who will keep inventory of all items issued to the team. The coach will then submit the end-of-season inventory list to the Athletic Director in a timely manner following the season.

### Extracurricular Conflicts

If a conflict arises involving an athletic contest and an event related to another school activity, the coach and teacher/sponsor will discuss whether accommodations can be made to allow the student to participate in both events. If an agreement cannot be reached in this manner, the student and parent(s) will decide how best to proceed keeping the best interest of the student in mind. Teachers and coaches may assign alternative work/tasks in place of the missed event. No additional or punitive penalties may be assessed beyond the loss of benefits (e.g., grades, participation) inherent in the event itself. It is understood that post-season contests/performances will take priority over regular in-season contests/performances.

### Scholastic Athletic Offerings

The interscholastic sports currently being offered at the SECONDARY level at Regency Christian School are:

<b>Winter</b>	<b>Spring</b>
Boys' Basketball	Girls Volleyball

## COMMUNICATION

### Pre-Season Parent Meetings

All parents of student athletes are required to attend a pre-season meeting with the coaching staff of that sport. The meeting shall be held before the first contest. Parent will be informed of all rules for their sport as well as the rules of Regency Christian School and the FHSA.

### Publicity

Please be advised that several newspapers photograph sporting events throughout the school year. Your son or daughter's picture may appear in the local section of any SECONDARY sports section. If you **do not** wish to have your son/daughter photographed, please fill out the photograph release form located on the Athletic Department website.

## **ADDENDUM I**

### **Anti-Bullying Policy**

The administration, faculty and staff of Regency Christian School believe that all people are created in the image of God, and so have intrinsic worth, value and dignity. We believe we have a responsibility to provide a respectful, safe and healthy school environment and an obligation to promote mutual respect and acceptance for our students. We recognize that love and respect are the foundation for our relationship with God and others, and that Scripture establishes the standard of how we demonstrate love and respect toward all students. Therefore, we will not tolerate behavior that infringes on the safety and dignity of any student. Bullying is never acceptable and is strictly prohibited. Such conduct is contrary to the behavior, values and principles taught by our Savior and are disruptive to the educational process.

The State of Florida defines bullying as any overt, unwanted, repeated acts or gestures, including verbal or written communications or images transmitted in any manner (including digitally or electronically), physical acts committed, aggression, or any other behaviors that are committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the targeted student and create for the targeted student an objectively hostile school environment that:

- (1) places the targeted student in reasonable fear of harm to the targeted student's person or property.
- (2) has a substantially detrimental effect on the targeted student's physical or mental health.
- (3) has the effect of substantially interfering with the targeted student's academic performance; or
- (4) has the effect of substantially interfering with the targeted student's ability to participate in or benefit from the services, activities, and privileges provided by the school

Regency Christian School will not tolerate any behavior that is considered bullying, intimidation, or harassment of another student(s). Such behavior includes, but is not limited to.

**Physical** - direct physical contact including pushing, hitting, shoving, biting, hair-pulling, scratching, spitting, tripping, damaging or stealing victims' property, locking person in room, mean faces, rude gestures, initiating or forcing inappropriate touching

**Verbal assaults** - name calling, put downs, racist remarks, teasing, threats, spreading rumors, sending inappropriate (violent, sexual, malicious, etc.) notes or pictures in any medium, (cell phone, internet, etc.)

**Social** - ostracism, exclusion, ignoring, being unfriendly, alienating, socialisolation, rumor spreading, damaging someone’s reputation

**Psychological** - acts that instill a sense of fear or anxiety, aggressive ormenacing gestures

The Anti-Bullying Policy will be enforced in accordance with RCA Code of Conduct guidelines, which state;

*“It is the expectation of the administration that students adhere to the RCA Codeof Conduct (and the RCA Anti-Bullying policy) at all times. It is therefore also understood that violations of the Code of Conduct both inside and outside of school, including breaks from school, may be addressed as a disciplinary concern by the administration. Students are specifically considered to be under school jurisdiction at any time at which they are under the direct supervision of Regency Christian School and its employees, including when riding a school busor attending a school function or activity. “*

Students who choose to initiate and/or participate in bullying activities of any kind will besubject to intervention and/or disciplinary action. Consequences can include loss of designated school privileges and opportunities, suspension, expulsion, or legal action bythe police and/or courts.

Procedures to be followed for Suspected or Reported Bullying Behavior:

- Staff, student, or parent reports the incident and suspected behavior immediatelyto a school staff member who will ensure that the incident is reported to the appropriate school administrator
- Appropriate school personnel will immediately investigate the incident and followthe established guidelines for investigation, intervention, and notification of parents of all parties
- Bring resolution to the incident in a timely manner and inform all parties involvedas to findings and action to be taken.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (Only one parent/guardian signature is required)**

_____	_____	____/____/____
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date
_____	_____	____/____/____
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS. (student must sign)**

_____	_____	____/____/____
Name of Student (printed)	Signature of Student	Date

## **ADDENDUM II**

### **SECONDARY CONDUCT AND DISCIPLINE**

As an expression of Regency Christian School's mission, the SECONDARY discipline policy is intended to support the discipleship process for students, and to serve as a reflection of Jesus Christ and as an extension of the home. As such, the primary purpose of the discipline process is to produce growth in students while maintaining an environment of learning and order, providing a support to parents, and reflecting Scriptural principles of conduct and influence.

***In keeping with this purpose, the Scriptural principles that provide the foundation for the discipline policy are as follows:***

- The responsibility of parents for the education of their children. (Deuteronomy 6:6-9)
- Submission to authority. (1 Peter 2:13-17)
- The principle of reaping and sowing. (Galatians 6:7-8)
- Confrontation, restoration, and separation. (Matthew 18:15-17)

***Under the guidelines of these Scriptural principles, the goal of Regency Christian SECONDARY through the disciplinary process is to:***

- Work alongside of parents within the process of discipline.
- When possible, involve the spiritual authority and influence of a family's church affiliation.
- Provide an environment of order and respect that promotes an atmosphere conducive to learning.
- Apply necessary and appropriate consequences for choices.
- Guide in the restoration of relationships with Jesus Christ and with Regency Christian School, its employees, and its students.
- Use relational influence to produce spiritual growth, correction, and right choices.
- Do so in a context that seeks the best interest of both the involved parties and the student body as a whole.

#### **Code of Conduct**

To best fulfill the goals of the discipline process, Regency Christian SECONDARY has established a Code of Conduct that defines expected student behavior and establishes the procedure and process for addressing disciplinary matters. Please be aware that student conduct and behavior outside of Regency Christian School can affect a student's standing at RCA as well as the reputation of RCA, therefore it is the expectation of the administration that students always adhere to the code of conduct. It is therefore also understood that violations of the code of conduct both inside and outside of school, including breaks from school, may be addressed as a disciplinary concern by the administration. Students are specifically considered to be under school jurisdiction at any time at which they are under the direct supervision of Regency Christian School and its employees, including when riding a school bus or attending a school function or activity.

**Students are expected to demonstrate the following behaviors and characteristics:**

- Integrity in the keeping of one's word, speaking the truth, doing one's own work, carrying out responsibility (doing assignments adequately and on time) and respecting authority.
- Respect for self, Regency Christian School and its employees and students, and the property of others.
- Courtesy extended in all relationships – student to student or student to teacher/staff.
- Stewardship of the property, supplies, and equipment of Regency Christian School, as well as wisestewardship of personal items.
- Preparation for class and readiness to learn.
- Reconciliation through Biblical and appropriate repentance and forgiveness when offenses have been committed or received.

**Students are expected to refrain from the following behaviors and characteristics:**

- Tardiness to class
- Failure to conform to the expected dress code
- Careless and/or reckless behavior (i.e., throwing objects, running in halls, driving recklessly, etc.)
- Disruptive behavior that impedes the educational process
- The use of cellular phones and other electronic devices during school hours
- Inappropriate public displays of romantic affection (i.e. holding hands, kissing, excessive hugging)
- Profanity and vulgar or offensive speech and/or gestures
- Dishonesty in any form, including lying, theft, cheating, and plagiarism (Note: indication of cheating on any assignment will result in zero for the assignment; this guideline applies to the person copying as well as to the person knowingly supplying the material to be copied)
- Gambling
- Rebellious or disrespectful attitude
- Flagrant disrespect and disobedience
- Skipping class, leaving campus without permission, or truancy
- Vandalism, including that which would be directed toward the personal property of school employees
- The possession and/or distribution of pornographic materials and information, including the distribution of sexually suggestive material via cell phones and computers, or “sexting.” The Regency Christian School definition of sexting is the act of sending, receiving, or forwarding sexually explicit or suggestive messages, photos, or images via cell phone, computer, or other digital or electronic device.
- Harassment in any form, both physical and/or sexual in nature. Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, which interfere with an individual's performance, or which create an intimidating, hostile or offensive atmosphere. Physical harassment includes threats or intimidation of any nature, or inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment. Examples of threats or intimidation

include, but are not limited to, provoking a fight, fighting, bullying, acts that inflict injury or damage, and/or acts intended to control by fear and/or intimidation. Please see the anti-bullying section for more information.

- The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication. Violations of this policy may also result in random drug testing, per Regency Christian procedures, at the expense of the student.
- Immoral sexual conduct
- Use or possession of weapons and/or dangerous items on school premises (i.e., guns, knives, explosive devices, etc.)

### **Discipline Procedures**

Most disciplinary issues are managed by the teacher in the classroom, and the process can involve any of the following, separately or in combination as appropriate:

- Personal conference with the teacher
- Notification of behavior problems to parents
- Detentions
  - Parents will be notified via phone or email and need to sign the Detention slip sent home with the student.
  - Detentions are scheduled 3:30 p.m. – 4:15 p.m. on Thursdays.
  - Detentions must be served within 7 days of the date the Detention was issued (in the event of extenuating circumstances, exceptions need to be approved by the SECONDARY office).
  - If a student fails to attend the assigned Detention by the due date, an additional detention will be issued.
  - An In-school suspension can be assigned for the fourth (4th) detention received per quarter. Frequent detentions will result in further consequences.
  - Student conference with the principal
- A parent-teacher-student or parent-teacher-principal conference.  
*Teachers need to honor any student who wishes to appeal to the teacher regarding a disciplinary action, when the student exercises the three (3) steps of appealing to spiritual authority...Right Time, Right Place, Right Spirit!*

More extreme or persistent cases of misconduct will be managed by the administration and treated with one or more of the following measures:

- Conference with the principal and/or teacher
- Probation, combined with appropriate application of consequences relevant to the offense
- In-school suspension
- Out-of-school suspension
- Withdrawal, temporary, until restitution and restoration can be confirmed via visible student behavior and pastoral counsel and recommendation, reinstatement on probation
- Withdrawal, permanent
- Expulsion

The following violations of the Code of Conduct will result in an automatic

*suspension* from school, pending a more thorough investigation of the matter, and may result in withdrawal or expulsion. In addition, any code of conduct violation that also potentially involves a criminal offense or a violation of state laws (i.e. use of illegal substances, distribution of stolen goods or pornographic materials, sexting, possession of weapons on school premises, vandalism, truancy, etc.) may require Regency Christian School to involve law enforcement officials.

- The use and/or possession of tobacco, alcoholic beverages, or illegal drugs, and the abuse of prescription medication
- Immoral sexual conduct
- Pregnancy
- Possession of weapons &/or dangerous items on school premises
- Repeated dishonesty
- Flagrant disrespect and disobedience
- Leaving campus without permission
- The possession and/or distribution of pornographic materials and information, including sexting
- Harassment in any form, both physical and/or sexual in nature
- Vandalism
- Continued willful disobedience, misconduct, disrespect

*A student may be suspended for a period of one to ten days at the discretion of the principals.*

All assignments or tests missed during the period of suspension must be completed. All missed assignments will receive a 50% reduction in grade, and test/quiz grades will be reduced by 10%.

Students may not practice or participate in athletic events for the duration of the suspension, nor may they be involved in extracurricular activities during that time. Any other corresponding participation consequence will be determined according to Athletic policy. In addition, students may not attend school activities on the day(s) of suspension. Students may be expelled from school after other disciplinary procedures have failed or when major moral or social offenses have been committed. Expulsion decisions will be made in conjunction with the principal and CEO.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (Only one parent/guardian signature is required)**

Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date <span style="float: right;">/ /</span>
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date <span style="float: right;">/ /</span>

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS (student must sign)**

Name of Student (printed)	Signature of Student	Date <span style="float: right;">/ /</span>
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# ADDENDUM III

## CONSENT AND LIABILITY AND RELEASE FORM

School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_

### Part 1. Student Acknowledgement and Release (to be signed by student at the bottom)

I have read the (condensed) RCA/RCA/FHSAA Eligibility Rules printed on Page 4 of this "Consent and Release Certificate" and know of no reason why I am not eligible to represent my school in interscholastic athletic competition. If accepted as a representative, I agree to follow the rules of my school and RCA/FHSAA and to abide by their decisions. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, including the potential for a concussion, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. Should I be 18 years of age or older, or should I be emancipated from my parent(s)/guardian(s), I hereby release and hold harmless my school, the schools against which it competes, the school district, the contest officials and RCA/FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against RCA/FHSAA because of any accident or mishap involving my athletic participation. I hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necessary. I hereby grant to RCA/FHSAA the right to review all records relevant to my athletic eligibility including, but not limited to, my records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness. I hereby grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my school. By doing so, however, I understand that I will no longer be eligible for participation in interscholastic athletics.

### Part 2. Parental/Guardian Consent, Acknowledgement and Release (to be completed and signed by a parent(s)/guardian(s) at the bottom; where divorced or separated, parent/guardian with legal custody must sign.)

A. I hereby give consent for my child/ward to participate in any RCA/FHSAA recognized or sanctioned sport **EXCEPT** for the following sport(s):

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#### *List sport(s) exceptions here*

- B. I understand that participation may necessitate an early dismissal from class.
- C. I know of and acknowledge that my child/ward knows of the risks involved in interscholastic athletic participation, understand that serious injury, and even death, is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I release and hold harmless my child's ward's school, the school it which it competes, the school district, the contest officials and RCA.FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against RCA/FHSAA because of any accident or mishap involving athletic participation of my child/ward. As required by F.S. 1014.06(1), I specifically authorize healthcare services to be provided for my child/ward by a healthcare practitioner, as defined in F.S. 456.001, or someone under the direct supervision of a healthcare practitioner, should the need arise for such treatment, while my child/ward is under the supervision of the school. I further hereby authorize the use or disclosure of my child's/ward's individually identifiable health information should treatment or illness or injury become necessary. I consent to the disclosure to RCA/FHSAA, upon its request, of all records relevant to my child's/ward's athletic eligibility including but not limited to, records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness. I grant the released parties the right to photograph and/or videotape my child/ward and further to use said child's/ward's name, face, likeness, voice, and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation and limitation. The released parties, however, are under no obligation to exercise said rights herein.
- D. I am aware of the potential danger of concussions and/or head and neck injuries in interscholastic athletics. I also have knowledge about the risk of continuing to participate once such an injury is sustained without proper medical clearance.

**READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND RCA/FHSAA USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND RCA/FHSAA IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND RCA/FHSAA HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.**



School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_

**Concussion Information**

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all 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. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

**Signs and Symptoms of a Concussion:**

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- Vacant stare or seeing stars
- Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo (spinning) or loss of equilibrium (being off balance or swimming sensation)
- Decreased coordination, reaction time
- Confusion and inability to focus attention
- Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

**DANGERS if your child continues to play with a concussion or returns too soon:**

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

**Steps to take if you suspect your child has suffered a concussion:**

Any athlete suspected of suffering a concussion should be removed from the activity 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 written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

**Return to play or practice:**

Following physician evaluation, the *return to activity process* requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit <http://www.cdc.gov/concussioninyouthsports/> or <http://www.seeingstarsfoundation.org>

**Statement of Student Athlete Responsibility**

Parents and students should be aware of preliminary evidence that suggests repeat concussions, and even hits that do not cause a symptomatic concussion, may lead to abnormal brain changes which can only be seen on autopsy (known as Chronic Traumatic Encephalopathy (CTE)). There have been case reports suggesting the development of Parkinson's-like symptoms, Amyotrophic Lateral Sclerosis (ALS), severe traumatic brain injury, depression, and long term memory issues that may be related to concussion history. Further research on this topic is needed before any conclusions can be drawn.

I acknowledge the annual requirement for my child/ward to view "Concussion in Sports" at [www.nfhslearn.com](http://www.nfhslearn.com). I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date / /
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date / /
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date / /

# Consent and Release from Liability Certificate for Sudden Cardiac Arrest and Heat-Related Illness (Page 3 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

School: \_\_\_\_\_ School District (if applicable): \_\_\_\_\_

## Sudden Cardiac Arrest Information

Sudden cardiac arrest (SCA) is a leading cause of sports-related death. This policy provides procedures for educational requirements of all paid coaches and recommends added training. Sudden cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA can cause death if it's not treated within minutes.

Symptoms of SCA include, but not limited to: sudden collapse, no pulse, no breathing.

**Warning signs associated with SCA include: fainting during exercise or activity, shortness of breath, racing heart rate, dizziness, chest pains, extreme fatigue.**

It is strongly recommended that all coaches, whether paid or volunteer, be regularly trained in cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED). Training is encouraged through agencies that provide hands-on training and offer certificates that include an expiration date. Beginning June 1, 2021, a school employee or volunteer with current training in CPR and the use of an AED must be present at each athletic event during and outside of the school year, including practices, workouts and conditioning sessions.

The AED must be in a clearly marked and publicized location for each athletic contest, practice, workout or conditioning session, including those conducted outside of the school year.

**What to do if your student-athlete collapses:**

1. Call 911
2. Send for an AED
3. Begin compressions

## RCA/FHSAA Heat-Related Illnesses Information

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

**Heat Stroke** is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

**Heat Exhaustion** is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

**Heat Cramps** usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

**Who's at Risk?**

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

**By signing this agreement, I acknowledge the annual requirement for my child/ward to view both the "Sudden Cardiac Arrest" and "Heat Illness Prevention" courses at [www.nfhslearn.com](http://www.nfhslearn.com). I acknowledge that the information on Sudden Cardiac Arrest and Heat-Related Illness have been read and understood. I have been advised of the dangers of participation for myself and that of my child/ward.**

\_\_\_\_\_  
Name of Student-Athlete (printed)

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent/Guardian (printed)

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent/Guardian (printed)

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

# Consent and Release from Liability Certificate (Page 4 of 4)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

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## Attention Student and Parent(s)/Guardian(s)

Your school is a member of the Florida SECONDARY Athletic Association (RCA/FHSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an RCA/FHSAA recognized and/or sanctioned sport, the student:

1. **This form is non-transferable**; a separate form must be completed for each different school at which a student participates.
2. Must be regularly enrolled and in regular attendance at your school. **If the student is a home education student, a charter school student, a special/alternative school student, non-member private school student or Florida Virtual School Full-time Public Program student, the student must declare in writing his/her intent to participate in athletics to the school at which the student is permitted to participate.** Home education students and students attending non-member private schools must be approved through the use of a separate form prior to any participation. (RCA/FHSAA Bylaw 9.2, Policy 16 and Administrative Procedure 1.8)
3. Must attend school within the first 10 days of the beginning of **each semester** to be eligible during **that semester**. (RCA/FHSAA Bylaw 9.2)
4. Must maintain at least a **cumulative 2.0 grade point average** on a 4.0 unweighted scale prior to the semester in which the student wishes to participate. This GPA must include all courses taken since the student entered SECONDARY. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester. (RCA/FHSAA Bylaw 9.4)
5. Must not have graduated from any SECONDARY or its equivalent. (RCA/FHSAA Bylaw 9.4)
6. Must not have **enrolled in the ninth grade for the first time** more than eight semesters ago. If the student is a sixth, seventh or eighth grade student, the student must not participate if repeating that grade. (RCA/FHSAA Bylaw 9.5)
7. Must not turn 19 before **July 1st** to participate at the SECONDARY level; must not turn 16 prior to **September 1st** to participate at the junior high level; and must not turn 15 prior to **September 1st** to participate at the middle school level, otherwise the student becomes permanently ineligible. (RCA/FHSAA Bylaw 9.6)
8. Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics on a form (EL2). (RCA/FHSAA Bylaw 9.7)
9. Must have signed permission to participate from the student's parent(s)/legal guardian(s) on a form (EL3) provided the school. (RCA/FHSAA Bylaw 9.8)
10. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating. (RCA/FHSAA Bylaw 9.9)
11. Must not participate in an all-star contest in a sport prior to completing his/her SECONDARY eligibility in that sport. (RCA/FHSAA Policy 26)
12. Must display good sportsmanship and follow the rules of competition **before, during and after** every contest in which the student participates. If not, the student may be suspended from participation for a period of time. (RCA/FHSAA Bylaw 7.1)
13. Must not provide false information to his/her school or to the RCA/FHSAA to gain eligibility. (RCA/FHSAA Bylaw 9.1)
14. Youth exchange, other international and immigrant students must be approved by the RCA/FHSAA office prior to any participation. Exceptions may apply. See your school's principal/athletic director. (RCA/FHSAA Policy 17)
15. Must refrain from hazing/bullying while a member of an athletic team or while participating in any athletic activities sponsored by or affiliated with a member school.

If the student is declared or ruled ineligible due to one or more of the RCA/FHSAA rules and regulations, the student has the right to request that the school file an appeal on behalf of the student. See the principal or athletic director for information regarding this process

**By signing this agreement, the undersigned acknowledges that the information on the Consent and Release from Liability Certificate in regards to the RCA/FHSAA's established rules and eligibility have been read and understood.**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Name of Student-Athlete (printed)      Signature of Student-Athlete      Date

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Name of Parent/Guardian (printed)      Signature of Parent/Guardian      Date

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Name of Parent/Guardian (printed)      Signature of Parent/Guardian      Date

# ADDENDUM IV

## MEDICAL HISTORY/PHYSICAL EXAMINATION FORM (PAGE 2 OF 2)

For any student to be eligible for interscholastic athletics, there must be a current Medical History Form on file in your school's office (signed by a physician) certifying that the student has passed a physical exam, and that in the opinion of the examining physician the student is fully able to participate in interscholastic athletics. A physical exam will satisfy the requirement for 365 calendar days from the date of the exam, as written on this page. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

### PHYSICAL EXAMINATION

TODAY'S DATE: \_\_\_\_\_

Student Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Pulse: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_  
 Temperature: \_\_\_\_\_ Hearing Right: \_\_\_\_\_ Left: \_\_\_\_\_  
 Vision: R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected (Choose One): Yes No Pupils: Equal: \_\_\_\_\_ Unequal: \_\_\_\_\_

### MEDICAL

1. Appearance \_\_\_\_\_
2. Eyes/Ears/Nose/Throat \_\_\_\_\_
3. Lymph Nodes \_\_\_\_\_
4. Heart \_\_\_\_\_
5. Pulse \_\_\_\_\_
6. Lungs \_\_\_\_\_
7. Abdomen \_\_\_\_\_
8. Genitalia (Males Only) \_\_\_\_\_
9. Skin \_\_\_\_\_

### MUSCULOSKELETAL

10. Neck \_\_\_\_\_
11. Back \_\_\_\_\_
12. Shoulder/Arm \_\_\_\_\_
13. Elbow/Forearm \_\_\_\_\_
14. Wrist/Hand \_\_\_\_\_
15. Hip/Thigh \_\_\_\_\_
16. Knee \_\_\_\_\_
17. Leg/Ankle \_\_\_\_\_
18. Foot \_\_\_\_\_

### ASSESSMENT OF EXAMINING PHYSICIAN/PHYSICIAN ASSISTANT/NURSE PRACTITIONER

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusion(s):

\_\_\_\_\_  
Cleared without limitation

Disability: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

Precautions: \_\_\_\_\_

Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

\_\_\_\_\_  
Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

Referred to: \_\_\_\_\_ For: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Name of Physician/Physician Assistant/Nurse Practitioner (Print): \_\_\_\_\_ Date: \_\_\_\_\_

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

Signature of Physician/Physician Assistant/Nurse Practitioner: \_\_\_\_\_

**MEDICAL HISTORY/PHYSICAL EXAMINATION FORM**  
(PAGE 1 OF 2)

**STUDENT INFORMATION**

TODAY'S DATE: \_\_\_\_\_

Student Full Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone Number: ( ) - \_\_\_\_\_ Parent/Guardian Email Address: \_\_\_\_\_  
 Name of Parent(s)/Guardian(s): \_\_\_\_\_  
 Person to Contact in Case of Emergency: \_\_\_\_\_ Relationship to Student: \_\_\_\_\_  
 Home Phone: ( ) - \_\_\_\_\_ Work Phone: ( ) - \_\_\_\_\_ Cell Phone: ( ) - \_\_\_\_\_  
 Sport(s): \_\_\_\_\_

ANSWER ALL QUESTIONS BELOW. FILL IN "YES" ANSWERS BELOW		YES	NO
1. Has a doctor ever restricted/denied your participation in sports?			
2. Have you ever been hospitalized or spent a night in a hospital?			
3. Do you have any ongoing medical conditions (i.e. diabetes, asthma, etc.)			
4. Are you presently taking any medications or pills (prescription or over-the-counter)?			
5. Do you have any allergies?			
6. Have you ever been dizzy or passed out during or after exercise?			
7. Have you ever had chest pain or discomfort in your chest during or after exercise?			
8. Do you tire more quickly than your friends during exercise?			
9. Have you ever been diagnosed with high blood pressure, a heart murmur, high cholesterol, or a heart infection?			
10. Have you ever had racing of your heart or skipped heartbeats?			
11. Has anyone in your family died of heart problems or had a sudden death prior to age 50?			
12. Does anyone in your family have a heart condition?			
13. Has a doctor ever ordered a test on your heart (EKG, echocardiogram, etc.)?			
14. Do you have any current skin problems (itching, rashes, staph infection, MRSA, acne, etc.)?			
15. Have you ever had a head injury or concussion?			
16. Have you ever been knocked out, become unconscious, or lost your memory?			
17. Have you ever had a seizure?			
18. Have you ever had a stinger, burner, pinched nerve, or loss of feeling or weakness in your arms or legs?			
19. Have you ever had heat or muscle cramps?			
20. Have you ever been dizzy or passed out in the heat?			
21. Do you have trouble breathing or do you cough during or after activity?			
22. Do you take any medication for asthma?			
23. Do you use any special protective or corrective equipment (pads, braces, neck rolls, mouth guard, eye guard, etc.)?			
24. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear?			
25. Have you had any other medical problems, diagnoses, or difficulties? Have you had a medical problem or injury since your last evaluation			
26. Have you had a medical problem or injury since your last evaluation?			
27. Have you or a family member ever been diagnosed with the sickle cell trait or sickle cell anemia?			
28. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling of any bones, muscles, tendons, or joints? ( ) Head/Neck ( ) Back ( ) Hip ( ) Chest ( ) Shoulder/Elbow/Arm ( ) Foot/Ankle ( ) Knee ( ) Finger/Hand/Wrist ( ) Leg/Thigh/Shin			
29. Do you feel stressed out?			
<b>FEMALES ONLY</b>			
30. When was your first menstrual period? _____ When was your last menstrual period? _____			
31. What was the longest time between your periods last year? _____			
32. RECORD THE DATES ON YOUR MOST RECENT IMMUNIZATION (SHOTS) FOR: Tetanus: _____ Measles: _____ Hepatitis B: _____ Chicken Pox: _____			
Explain All "Yes" Answers Here:   			

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

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

