#### HOUSTON INDEPENDENT SCHOOL DISTRICT



HATTIE MAE WHITE EDUCATIONAL SUPPORT CENTER 4400 WEST 18th STREET • HOUSTON, TEXAS 77092-8501

#### Student Media Consent and Release Form

Throughout the school year, students may be highlighted in efforts to promote HISD activities and achievements. For example, students may be featured in materials to train teachers and/or

increase public awareness of our schools through newspapers, radio, TV, the web, DVDs, displays, brochures, and other types of media. I, as the parent or guardian of \_\_\_\_\_, hereby give HISD and its employees, representatives, and authorized media organizations permission to print, photograph, and record my child for use in audio, video, film, or any other electronic. digital and printed media. a. This is with the understanding that neither HISD nor its representatives will reproduce said photograph, interview, or likeness for any commercial value or receive monetary gain for use of any reproduction/broadcast of said photograph or likeness. I am also fully aware that I will not receive monetary compensation for my child's participation. b. I further release and relieve HISD, its Board of Trustees, employees, and other representatives from any liabilities, known or unknown, arising out of the use of this material. I certify that I have read the Media Consent and Release Liability statement and fully understand its terms and conditions Please understand that failure to return this release form within ten (10) school days from the date of distribution will constitute approval of the above requests. Please Print Name of child \_\_\_\_\_ Grade\_\_\_\_ Address \_\_\_\_\_ City, State, Zip Signature of parent or guardian

Date \_\_\_\_\_ Phone Number \_\_\_\_\_

# ACKNOWLEDGEMENT OF RULES

Attention School Authorities: before the student may particip examination form signed by a	oate in any practice s	ession, scrimm	age, or contest. A c	copy of the student's medic	cal history and physical
Student's Name			Date o	of Birth	
Current School					
			,		
	]	Parent or Gi	uardian's Permit		
I hereby give my consent for t coach or other representative of			niversity Interschol	astic League approved spo	orts, and travel with the
It is understood that even thou remains. Neither the Universi					
I have read and understand the will abide by all of the Univer			ules on the reverse	side of this form and agr	ee that my son/daughter
The undersigned agrees to be	esponsible for the sa	fe return of all	athletic equipment	issued by the school to the	above named student.
If, in the judgement of any rep or sickness, I do hereby reques athletic trainer, nurse, hospita school representative from any	st, authorize, and con l, or school represer	sent to such cantative; and I d	are and treatment as to hereby agree to i	s may be given to said str ndemnify and save harml	udent by any physician, ess the school and any
I have been provided tresponsibilities as a paron UIL forms could sub	ent/guardian. I u	nderstand th	iat failure to pr	ovide accurate and tr	
The UIL Parent Information	on Manual is locat	ed at www.ui	il.utexas.edu/athle	etics/manuals/pdf/parer	t_information.pdf.
Your signature below gives a student insurance personnel to					ssociated physicians and
To the Parent:	Baseball	Football	· Softball	Tennis	Wrestling
Check any activity in which this	Basketball	Golf	Swimming & D	Diving Track & Field	
student is allowed to participate.	Cross Country	Soccer	Team Tennis	Volleyball	
Date					
Signature of parent of	r guardian				
Street address					
City	Stat	e	Zip		
Home Phone					
Pusinose Dhone			•		

The student's signature is required on the second page of this form.

#### GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: school coaches may hold one 6-day camp in their school district for incoming 7th, 8th and 9th grade students),
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball.
- · Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

#### GENERAL ELIGIBILITY RULES

According to UIL standards, students are eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- · have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a
  varsity contest.
- · are full-time day students in a participant high school.
- · initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- · have observed all provisions of the Awards Rule.
- · have not represented a college in a contest.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not allow their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest
- · did not change schools for athletic purposes.
- I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

I have read the regulations cited abo	ve and agree to follow the rules.
	·
Date	Signature of student

# ACKNOWLEDGEMENT OF RULES

Attention School Authorities: This form must be signed yearly by both the student and parent/guardian and be on file at your school before the student may participate in any practice session, scrimmage, or contest. A copy of the student's medical history and physical examination form signed by a physician or medical history form signed by a parent must also be on file at your school.			
tudent's Name Date of Birth			
Parent or Guardian's Permit			
I hereby give my consent for the above student to compete in University Interscholastic League approved sports, and travel with the coach or other representative of the school on any trips.			
It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.			
I have read and understand the University Interscholastic League rules on the reverse side of this form and agree that my son/daughter will abide by all of the University Interscholastic League rules.			
The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.			
If, in the judgement of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, licensed athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.			
I have been provided the UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.			
The UIL Parent Information Manual is located at www.uiltexas.org/files/athletics/manuals/parent-information-manual.pdf.			
Your signature below gives authorization that is necessary for the school district, its licensed athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.			
To the Parent: Check any activity in which this student is allowed to participate.			
Baseball Football Softball Tennis			
□ Basketball □ Golf □ Swimming & Diving □ Track & Field   □ Cross Country □ Soccer □ Team Tennis □ Volleyball			
Cross Country Soccer Team Tennis Volleyball Wrestling			
Date			
Signature of parent or guardian			
Street address			
City State Zip Home Phone Business Phone			
Trome Limite Dusiness Limite			

#### GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: See Section 1209 of the Constitution and Contest Rules).
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athleticperiod in baseball, basketball, football, soccer, softball, or volleyball
- Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

#### GENERAL ELIGIBILITY RULES

According to UIL standards, students could be eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See Section 446 of the Constitution and Contest Rules for exception).
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time students in the participant high school they wish to represent.
- initially enrolled in the ninth grade not more than four years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer,Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be heldwithin the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not receive valuable consideration for allowing their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they acceptedit. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- did not change schools for athletic purposes.

	I that failure to provide accurate and truthful information on UIL forms could subject n question to penalties determined by the UIL.
I have read the re	gulations cited above and agree to follow the rules.
Date	Signature of student

#### 5/2015

#### HOUSTON INDEPENDENT SCHOOL DISTRICT ATHLETIC DEPARTMENT

PARENT'S APPRO	OVAL FOR PARTICIPATION IN ATH	LETICS AND EMERGENCY MEDICAL AUTHORIZATION
I hereby certify tha	t	has my approval to play at home or away from
	(Student)	
home on the athlet follows:	ic teams of the Heights High Scho	ol, as School) Middle/High School, grade, as
IOIIOWS.	(5	School)
Baseball/Basketb		pall/Golf/Soccer/Softball/Swimming/Tennis/Track/Volleyball/Wrestling rts or events he/she does not approve.)
I understand and a liability for any acc	agree that the HISD Board of Educatident or injury as a result of any asp	tion and the employees and agents of HISD assume no responsibility or ect of participation in the sports listed above.
	his potential risk of injury, I am givin	e above-listed sports creates the potential for receiving an injury. With an my son/daughter permission to participate in athletics and accept full
In the event of ar necessary medical		to school officials and employees to render, secure, and authorize
		be paid only according to the HISD Department of Athletics rules, and or create any liability for injuries or damages.
My insurance com	pany is	
Policy Number		Group Number
(both parents, if po	ossible)	
Date	Telephone	Home Address
Signed		
	(Parent or Guardian)	
Date	Telephone	Home Address
Signed		
Oigned	(Parent or Guardian)	
I certify that this re	lease was signed in my presence.	
	(no stamped signature) ipation requirement)	
PLACE OF EMPLO	OYMENT (both parents, if possible)	
(Father) Name of Firm		(Mother) Name of Firm
Address		Address
Phone		Phone
NOTE TO THE CO	OACH: You must have a complete the office of the school attended.	ed form before the student may participate in or practice for any sport. You must file a copy every school year. A notarized copy or a copy

signed by the parents in the presence of the principal must be filed for the first year of participation at the school the student attends. Thereafter, a parent approval signed by the parents or parent must be submitted before the student may participate.

# CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student	
Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or	
emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.	
Prevention – Teach and practice safe play & proper technique.  – Follow the rules of play.  – Make sure the required protective equipment is worn for all practices and games.  – Protective equipment must fit properly and be inspected on a regular basis.	
Signs and Symptoms of Concussion — The signs and symptoms of concussion may include but are not limited to: Head ache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.	
Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.	,
Treatment of Concussion - The student-athlete shall be removed from practice or competition immediately if suspected to have sustained a concussion. Every student-athlete suspected of sustaining a concussion shall be seen by a physician before they may return to athletic participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching televising playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.	
Return to Play - According to the Texas Education Code, Section 38.157:  A student removed from an interscholastic athletics practice or competition under Section 38.156 may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:  (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student 's parent or guardian or another person with legal authority to make medical decisions for the	
student; (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play; (3) the treating physician has provided a written statement indicating that, in the physician 's professional judgment, it is safe for the	
student to return to play; and (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student: (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to	
return to play; (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and	
(C) have signed a consent form indicating that the person signing:  (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-	,
play protocol;  (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the	
return-to-play protocol; (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommentions of the treating physician; and	d
(iv) understands the immunity provisions under Section 38.159.	
Parent or Guardian Signature Date	

The completed Concussion Acknowledgement Form must be on file with the Campus Athletic Coordinator.

Date

Student Signature



## SUDDEN CARDIAC ARREST AWARENESS FORM

Revised February 2015

Name o	Student:	

#### What is Sudden Cardiac Arrest?

- > Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- > The heart cannot pump blood to the brain, lungs and other organs of the body.
- > The person loses consciousness (passes out) and has no pulse.
- > Death occurs within minutes if not treated immediately.

#### What causes Sudden Cardiac Arrest?

- Conditions present at birth
  - *Inherited* (passed on from parents/relatives) conditions of the heart muscle:
    - **Hypertrophic Cardiomyopathy** hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.
    - ♦ Arrhythmogenic Right Ventricular Cardiomyopathy replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.
    - **Marfan Syndrome** a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.
  - Inherited conditions of the electrical system:
    - ♦ Long OT Syndrome abnormality in the ion channels (electrical system) of the heart.
    - ♦ Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome other types of electrical abnormalities that are rare but run in families.
  - NonInherited (not passed on from the family, but still present at birth) conditions:
    - ♦ Coronary Artery Abnormalities abnormality of the blood vessels that supply blood to the heart muscle. The second most common cause of sudden cardiac arrest in athletes in the U.S.
    - Aortic valve abnormalities failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
    - ♦ Non-compaction Cardiomyopathy a condition where the heart muscle does not develop normally.
    - ♦ Wolff-Parkinson-White Syndrome –an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.
- > Conditions not present at birth but acquired later in life:
  - ♦ **Commotio Cordis** concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.
  - ♦ Myocarditis infection/inflammation of the heart, usually caused by a virus.
  - ♦ Recreational/Performance-Enhancing drug use.
- > Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.



#### SUDDEN CARDIAC ARREST AWARENESS FORM

Revised February 2015

# What are the symptoms/warning signs of Sudden Cardiac Arrest?

- > Fainting/blackouts (especially during exercise)
- Dizziness
- > Unusual fatigue/weakness
- > Chest pain
- ➤ Shortness of breath
- > Nausea/vomiting
- > Palpitations (heart is beating unusually fast or skipping beats)
- > Family history of sudden cardiac arrest at age < 50

ANY of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

#### What is the treatment for Sudden Cardiac Arrest?

- > Time is critical and an immediate response is vital.
- > CALL 911
- > Begin CPR
- Use an Automated External Defibrillator (AED)

### What are ways to screen for Sudden Cardiac Arrest?

- > The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.
- > The UIL <u>Pre-Participation Physical Evaluation Medical History</u> form includes ALL 14 of these important cardiac elements and is mandatory annually.
- Additional screening using an electrocardiogram and/or an echocardiogram is readily available to all athletes, but is not mandatory.

# Where can one find information on additional screening?

> The Cardiac section on the UIL Health and Safety website (uiltexas.org).

		•
Parent/Guardian Signature	Date .	
Parent/Guardian Name (Print)	<del></del> .	
Student Signature	Date	
Student Name (Print)		





# University Interscholastic League

# Parent and Student Agreement/Acknowledgement Form Anabolic Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

#### STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): \_\_\_\_\_ Grade (9-12) \_\_\_\_\_

Student Signature:	Date:
PARENT/GUARDIAN CERTIFICATION AND A	ACKNOWLEDGEMENT
have read this form and understand that my sasked to submit to testing for the presence of submit my child to such testing and analysis by the results of the steroid testing may be proving specified in the UIL Anabolic Steroid Testing www.uiltexas.org. I understand and agree that	nt in UIL athletic activities, I certify and acknowledge that I tudent must refrain from anabolic steroid use and may be of anabolic steroids in his/her body. I do hereby agree to y a certified laboratory. I further understand and agree that ided to certain individuals in my student's high school as Program Protocol which is available on the UIL website at the results of steroid testing will be held confidential to failure to provide accurate and truthful information could by UIL.
Name (Print):	
Signature:	_ Date:
Relationship to student:	