

Interscholastic Athletic Participation Form



Methuen High School Athletics

978-722-6043

Twitter: @methuensports

Facebook: Ranger Nation

Athletic Website: www.methuenrangers.com



Student athletes are responsible for having this form completed by a Parent/Guardian and must possess a current physical that is on file with the Athletic Office PRIOR to trying out for any sport. Completed forms should be returned to your coach on the first day of tryouts. Note: Students without a completed form will not be allowed to participate.

Please provide a copy of your most recent physical examination. The form must state date of examination and whether or not the student is physically fit for competitive sports.

To Be Completed by Parent or Guardian

I, the undersigned parent or guardian of my child, a minor, does hereby consent to my child's participation in voluntary athletic programs of the Methuen Public Schools. I also agree to forever release the Methuen Public Schools, the Methuen School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic programs of the Methuen Public Schools ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Methuen Public Schools voluntary athletic program. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damages resulting from my child's participation in the Methuen Public Schools voluntary athletic program. I further affirm that I have read this Consent and release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Methuen Public Schools athletic programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Methuen Public Schools Athletic Program.

Sport: _____

Student Name: _____ Grade: _____ Sex: _____

Address: _____

Parent/Guardian: _____

Telephone: Home: _____ Cell: _____ Work: _____

By signing below I (parent/guardian) am granting permission for my child to participate in Interscholastic Athletics at Methuen High School. By signing below I (student athlete) understand the rules, regulations and laws associated with being a student athlete at Methuen High School.

Student Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

State Law Regarding Sports-Related Head Injury and Concussions

The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires that all Schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) adhere to a new law regarding sports-related head injuries and concussions. The law requires: 1) Athletes and their parents are to inform their coaches about prior head injuries at the beginning of the season. 2) If a student athlete becomes unconscious during a game or practice, the law now mandates taking the student out of play or practice, and requires written certification from a licensed medical professional for "return to play." 3) Those student athletes and their parents (as well as coaches, athletic directors, school nurses, physicians and others) learn about the consequences of head injuries and concussions through training programs and written materials.

As a result of this new law, parents and students who plan to participate in any athletic program at Methuen High School must take a free online course to educate themselves about sports-related head injuries and concussions. The state has made available two free online course that contain all the information required by law. The course is available through the National Federation of High School Coaches. You will need to "order course" button and complete a brief information form to register. At the end of the course you will receive a completion receipt. The entire course, including registration, can be completed in less than 30 minutes. The concussion course information can be found here: <https://nfhslearn.com/courses?searchText=Concussion>

MIAA Handbook Rules/Regulations

Loyalty to the High School Team: Bona Fide Team Members, A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs. First Offense: Student-athlete is suspended for 25% of the season (see chart on Rule 62). Second Offense: Student-athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation. See Rule 98 for additional tournament restriction and Rule 88 for waiver guidelines.

Steroid Use - Anabolic androgenic steroid use at the high school level is of grave concern. Steroids are used by some athletes, and the seriousness of the problem has been well documented. High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes. Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most "get-rich-quick" schemes, steroid use has serious short and long term consequences. Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids. Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be. The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

MIAA Chemical Health/Alcohol/Drugs/Tobacco Rule 62

Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco 62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product(including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); steroids; or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again. **Minimum PENALTIES:** (also see Rule 32.8 – Ineligible Students) **First violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season. **Second and subsequent violations:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school MIAA Handbook July 1, 2015 – June 30, 2017 principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season. Penalties shall be cumulative each academic year, but serving the penalty could carryover for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student’s next season of actual participation, which may affect the eligibility status of the student during the next academic year. (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year). If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close and the student would face no consequence.

Massachusetts General Laws, Crime Against Public Peace. Sections 17, 18, 19 of Chapter 269

Section 17: Hazing; organizing or participating; hazing defined Section 17. Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment. The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Section 18: Failure to report hazing Section 18. Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

Section 19: Copy of Secs. 17 to 19; issuance to students and student groups, teams and organizations; report Section 19. Each institution of secondary education and each public and private institution of postsecondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations. Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of postsecondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of postsecondary education shall file, at least annually, a report with the board of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.

MIAA Chemical Health Rule #62

Anti-Hazing Law Chapter 269

Bona Fide Team Rule

Student/Parent Acknowledgement

I _____ has received a copy of the MIAA

(Student Athlete's Name)

Chemical Health Rule 62 and MCL Chapter 269, sections 17-19, an act prohibiting the practice of hazing. The student athlete has also read and will comply will comply with the Bona Fide Team rule, as well as all conditions contained in the Methuen High School Student Handbook while participating in athletics at Methuen High School.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent must complete the Pre-Participation Head Injury/Concussion Reporting Form for Extra Curricular Activities prior to participating.

Extra Curricular Emergency Medical Form

**A school nurse is not present before, during or after school programs or weekend activities. The Athletic Department provides a Certified Athletic Trainer to work with our student athletes.

Activity/Sport: _____ Coach: _____

Student Name: _____

Address: _____

Parent/Guardian Cell Phone: _____

Work Phone: _____

My child has the following medical condition that may require immediate attention (911) at school sponsored activities or athletic practices/events that occur outside of the regular school day. Please circle:

Allergy to: _____ Requires Epinephrine ___ Yes ___ No Asthma Diabetes Seizures
Other: _____

Allergic Reaction: (examples of some of the symptoms include) Difficulty breathing, shortness of breath, wheezing, difficulty swallowing, hives, itching, swelling of any body part.

Action Plan: call 911 and assist child in using Epinephrine, if prescribed and available. Do not allow the child to lie down after epinephrine administration.

Asthma: student has difficulty breathing, wheezing and shortness of breath.

Action Plan: If the student has their inhaler, allow them to use it. If no relief of symptoms in five (5) minutes, call 911. If no inhaler available, call 911 immediately.

Diabetes: Low blood sugar reaction-hunger, sweaty, pallor, feels shaky, headache.

Action Plan: Allow student to drink a juice box or regular soda, or eat glucose tablets or a snack from their emergency snack pack. Have student test their blood glucose level and record number. If no change in symptoms in five (5) minutes - call 911 and have child repeat all of the above.

Seizure: Altered consciousness, involuntary muscle stiffness or jerking movements, drooling/foaming at the mouth, temporary halt in breathing, loss of bladder control.

Action Plan: protect student from falling or injury any body parts, call 911. Never put anything into the student's mouth.

Child specific instructions: _____

Parent/Guardian Signature: _____ Date: _____

School Nurse Signature: _____ Date: _____