

Paradise Valley Unified School District No. 69

Instruction and Informed Consent for Middle School Parents and Athletes

We believe that keeping athletes and parents well informed encourages an environment which greatly reduces the potential for catastrophic injury. As a school district, we endorse the following statement from the American Medical Association committee on the medical aspects of sports.

Bill of Rights for the Athlete

"Participation in athletics is a privilege involving both responsibilities and rights. The athlete has the responsibility to play fair, to give his/her best, to keep in training, to conduct him/herself with credit to the sport and the school. In turn, the athlete has the right to optimal protection against injury as this may be assured through good technical instruction, proper regulation and condition of play and adequate health supervision."

1. Parents and Athletes must be aware of and accept a degree of risk from participation in sports. An informed consent signature is required by both parent and athlete before participation in practice.
2. The coaches accept responsibility for instructing all athletes of the full extent of and reasons for rules of safety related to their sport. Parents must accept responsibility for reinforcing these rules.
3. Parents are to be informed in writing regarding minimal health requirements. Athletes who are mentally, emotionally and physically conditioned for an activity are less susceptible to injury. Following are listed minimal health related requirements that are considered shared responsibilities between parents, coaches, staff and the athletes themselves.
 - Outside practices will be modified if the temperature exceeds 100 degrees and the combination of temperature and humidity is above 150.
 - Athletes will be acclimated to hot weather activity by carefully graduated practice schedules.
 - Adequate body fluid levels are critical. Athletes are encouraged to practice proper hydration on a daily basis as a part of their regular daily activity. Fluid loss and intake during practice is to be monitored.
 - Parents can assist coaches in watching for signs of trouble, particularly the determined athlete who may not want to report discomfort.
 - Athletes are not allowed to use dehydration devices.
 - Athletes will be provided with recommendations for off-season conditioning programs, including information on nutrition and motivation.
 - An athlete will not be required to return to physical activity after a serious illness or injury without written permission of the athlete's doctor. The coach can override the doctor's permission to allow participation if the coach does not believe the athlete is ready.
 - Use of alcohol and drugs, including steroids, is harmful to the health of the athlete and use of it may lead to suspension from school and athletic activities. A parent and athlete signed "Statement of Understanding" is required.
 - Year round conditioning is beneficial to the athlete's health and is a vital part of any sports program for maximizing performance and minimizing injury.
 - Parents and school staff must be willing to fully share all information regarding the athlete's health, including injuries, illness and other symptoms, no matter how slight. Parents and athletes are expected to inform the coach if the athlete is taking prescription and/or non-prescription medication.

4. An Athletic Advisory committee has been established which consists of parents from the UPC, administrators, teachers and the Director of Student Services. The Director of Student Services will chair this committee which represents a cross section of all those concerned with secondary athletic endeavors and provides for consultation regarding athletic safety.
5. Before an athlete may participate in practice sessions, all necessary forms must be signed. These forms include: "Permission Slip", "Insurance Waiver", "Emergency Card" (on file with the nurse),"Informed Consent" and "Statement of Understanding" form.

Practices

Athletes must practice with their team in order to participate in games and maintain team membership. Under no circumstances may an athlete participate on one of our teams without practicing with that team.

Transportation

Transportation to and from weekday game sites is provided by the school district. Athletes may not transport themselves. Parents also may not transport student athletes except in emergency situations approved by the school administration. In those cases, the necessary paperwork must be filed with the school. **All athletes participating in Saturday Festivals are responsible for providing their own transportation to the game site.**

Athlete Behavior

Our administrators, teachers and athletic staff expect athletes to demonstrate good sportsmanship and citizenship at all times. Athletes not living up to this expectation may lose team membership or playing privileges.

Parent Department

We expect parents to join the staff in setting good examples. The school staff is charged with the responsibility for taking corrective steps when spectators create or contribute to fan behavior problems. We respectfully ask our parents to join in an overall effort to help make student sport participation a happy and healthy experience. In most sports, spectator bleachers are provided. We expect fans to stay in the seating area and not interfere with the coaches' or officials' responsibility on the court or field of play.

Team Selections

In some sports, there is a limit to the number of athletes that can be selected for the team. Our coaches have developed selection procedures which have been approved by the school principal and athletic director. Each athlete who shows up for tryouts is given a fair opportunity to demonstrate their skill and attitude. The decisions by the coaches are final.

Additional Information

The Middle School Sports program includes two levels of participation. The varied level of competition of each type of sport should insure that each student has a positive experience in middle school athletics in the PVUSD. The following is a brief description of each level of participation.

1. Intramural Sports / Activities:
 - 16 days in length
 - Site based offerings
 - No organized competition
2. Festival Sports:
 - 16-28 days
 - Festival competition
 - A 7th and 8th grade All Star team will be selected from the athletes who participate in the Festival. (track and wrestling not included)

Student Signature

Parent Signature

Date