



**Parent and Athlete
Informed Consent,
Codes of Conduct,
and Random
Drug Testing
Handbook**

Paradise Valley Unified School District Governing Board

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Instruction for Athletes and Parents

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 (1959):

Bill of Rights for the Athlete

“Participation in athletics is a privilege involving responsibilities and rights. The athlete has the responsibility to play fair, to give his/her best, to keep in training, to conduct oneself 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 conditions of play, and adequate health supervision.”

Accommodations for Disabled Spectators

The Paradise Valley Unified School District will provide reasonable accommodations for spectators with disabilities at sporting events. When a PVUSD school hosts a major sporting event, and when rules are sent out to participating schools in advance, such rules shall include information in regard to spectator requests for disability related accommodations. In addition, when attending events hosted by other districts, PVUSD athletic directors will seek disability accommodations in advance upon a PVUSD spectator's request. The Paradise Valley Unified School District shall make every effort to accommodate all spectators with disabilities.

AIA POSITION STATEMENT

Supplements, Drugs and Performance Enhancing Substances

Purpose of Form: All AIA Member schools are required to ANNUALLY communicate this AIA Position Statement on the use of supplements, drugs and performance enhancing substances to every participant in interscholastic activities. (See Article 14, Section 14.13.2)

The Arizona Interscholastic Association (AIA) views sport, and the participation of student-athletes in sport, as an activity that enhances



student-athlete's well-being by providing an environment and stimulus that promotes growth and development along a healthy and ethically based path.

- It is the position of the AIA that a balanced diet, providing sufficient calories, is optimal for meeting the nutritional needs of the growing student-athlete.
- It is the position of the AIA that nutritional supplements are rarely, if ever, needed to replace a healthy diet.
- Nutritional supplement use for specific medical conditions may be given individual consideration.
- The AIA is strongly opposed to “doping”, defined as those substances and procedures listed on the World Anti Doping Agency’s Prohibited List (www.wada-ama.org).
- It is the position of the AIA that there is no place for the use of recreational drugs, alcohol or tobacco in the lifestyle of the student-athlete. The legal consequences for the use of these products by a student-athlete are supported by the AIA.

In **Pursuit of Victory with Honor**, the AIA promotes the use of exercise and sport as a mechanism to establish current fitness and long-term healthy lifestyle behaviors. It is the position of the AIA that the student-athlete, who consumes a balanced diet, practices sport frequently and consistently, and perseveres in the face of challenges, can meet these goals.

Information for Parents and Athletes

1. Parents and athletes must accept a degree of risk from participation in sports. An informed consent signature is required of both parent and athlete before participation in practice. Informed consent meetings are to be provided to all parents and athletes.



3. Athletes who are mentally, emotionally, and physically conditioned for an activity are less susceptible to injury. Following are listed minimal health requirements that are considered shared responsibilities between parents, coaches, staff, and the athletes themselves:
 - a. Annual physical examinations performed by a qualified doctor are required before a student may participate in a sport. Many sports injuries occur because of inadequate screening before the season begins. This physical must be completed after March 1st to be eligible the following school year.
 - b. Athletes are expected to be drug free. Athletes will be informed about the dangers of mixing sports and drugs.
 - c. Parents and Student Athletes must also sign the “Statement of Understanding” form which explains the consequences if an athlete is suspended from school for possession, or being under the influence of drugs while in school or at school-sponsored events.
 - d. Workouts will be scheduled during cooler morning and evening hours when the weather is hot. Outside practices will be cancelled if the temperature plus the relative humidity totals more than 150.
 - e. Athletes will be acclimated to hot weather activity by carefully graduated practice schedules.
 - f. Adequate body fluid levels are critical. Water intake is to be encouraged before practice. Fluid loss and intake during practice is to be monitored.
 - g. Water breaks will be provided every twenty minutes during the hot weather season. The athlete’s water intake will not be limited.
 - h. Parents can assist coaches in watching for signs of trouble, particularly the determined athlete in any sport who may not want to report discomfort.
 - i. Athletes are not allowed to use dehydration devices.
 - j. Athletes may be provided with recommendations for off-season conditioning programs, including information on nutrition and motivation.
 - k. Athletes will not be required to perform beyond his/her current level of progress with regard to physical conditioning, performance techniques, or level of competition.

- l. An athlete will not be allowed to return to physical activity after a serious illness or injury without written permission of the athlete's doctor. The coach, in conjunction with the athletic trainer, can override the doctor's permission to allow participation if the coach does not believe the athlete is ready.
 - m. Year round conditioning is beneficial to the athlete's health, and a vital part of any sports program for maximizing performance and minimizing injury.
 - n. Each high school is allocated a position of Certified Athletic Trainer. Certified trainers are qualified in the care of prevention of athletic injuries and are available to the athlete for help and advice. Decisions regarding medical treatment are left to qualified physicians.
4. If a parent has a concern involving a coach, they may follow the district's formal Parent Concern Policy. This policy is found in the PVUSD Parent/Student Handbook.
 5. Parents and school staff must be willing to fully share all information regarding the athlete's health, including injuries, illnesses, and other symptoms, no matter how slight.

Arizona Interscholastic Sports Opportunities for Students in Paradise Valley Schools

Fall Sports include football, cross country (boys and girls), volleyball, badminton, swimming (boys and girls), and golf (boys and girls).

Winter Sports include basketball (boys and girls), wrestling, and soccer (boys and girls).

Spring Sports include baseball, tennis (boys and girls), track (boys and girls), and softball.

Parent Support and Involvement

Parents of our athletes and students involved in other student activities are encouraged to become involved in our school booster club organizations. These groups are organized and run by parent boosters with the support of the school staff. Parents may contact the school administrators or the athletic director for information regarding membership or any other means the parent may wish to support the program.

Requirements for Participation in Arizona Interscholastic Association Sports

1. Academic
 - a. Students must be enrolled in a minimum of five classes (or 2-1/2 blocks) in order to participate. Seniors may be enrolled in a minimum required by district policy.
 - b. Students must pass all classes to participate. An “F” grade at any quarter marking period will result in disqualification for a minimum of 15 school days. It is the responsibility of the athlete to apply for reinstatement through the Athletic Director or Assistant Principal. The student must be passing all classes to be eligible for reinstatement.
 - c. While academically eligible for team membership, individual coaches may require students to maintain passing grades during the quarter in order to participate in games.
2. Health
 - a. Students must be cleared by a physician for participation in sports.
 - b. Physical exams are required annually.
 - c. Following illness or injury a medical clearance may be required for return to practice or play.
 - d. Athletes found to be using illegal drugs including steroids will be suspended from the team.
 - e. Athletes suspended from school for a drug/alcohol related offense will lose eligibility for ninety (90) school days.
 - f. A student may reduce his/her period of ineligibility to thirty (30) school days by completing a district-approved intervention program.
3. Attendance
 - a. Students should be in attendance on the day of games in order to participate.
 - b. Students should be in attendance on the day of practice in order to practice.
 - c. Excessive absences may result in poor grades and loss of playing privileges.
 - d. Excessive absences may result in students dropping below the required five class (or 2-1/2 block) enrollment requirement and therefore result in elimination from team membership.

4. Informed Consent
 - a. Athletes and parents must sign the informed consent form before participation.
 - b. In order to participate in District organized athletics, each student together with their parent or guardian **must view** the online Parent Consent Sports Injury Video prior to participating in their first District organized athletic sport. A link to this video can be found at <http://cmweb.pvschools.net/stusrvpvusdathleticsweb/>.
5. Emergency Information
 - a. A completed and signed emergency card is required before practice begins.
 - b. The coaches carry the emergency cards with them to practice and games. Parents are expected to keep the coach updated on any change in emergency information.
6. Insurance
 - a. The Paradise Valley Unified School District **does not provide** medical insurance for student athletes.
 - b. Parents are highly encouraged to obtain insurance as they are responsible for medical bills incurred as a result of participation in athletics. Parents must provide insurance information to assist coaches, trainers, other athletic staff, and the medical people to provide or arrange any medical assistance that the athlete may need as a result of injury.
 - c. Parents may purchase school activity insurance. Forms are available from school officials.
7. Fees and expenses
 - a. Athletes pay a fee of \$200 for participation in each sport. Families are limited to paying \$400 each year regardless of the number of individual participation fees.
 - b. The fee helps to defray travel expenses for away events, A.I.A. dues, and coaches salaries.
 - c. In some sports, the athlete is expected to purchase athletics shoes, socks, and other basic apparel. The coaches will explain these charges before the season begins.
 - d. Under state law, up to \$400 may be taken as an Arizona State Tax Credit (Fees and activity passes are included in this law.)

8. Equipment
 - a. In most sports, the equipment manager checks out uniforms and other necessary equipment to the athlete.
 - b. The athlete is expected to take care of the uniform and to return it in good condition based on the normal wear and tear.
 - c. Lost or stolen uniforms and equipment checked out to the individual athlete becomes his/her and parent financial responsibility.
9. Residence
 - a. Generally speaking, athletes must reside within the Paradise Valley Unified School District in order to participate on our high school programs.
 - b. Athletes establish eligibility on the first day of attendance in high school in our district.
 - 1) If the athletes and parents/guardians move to another attendance area within our school district, the athlete may attend the new school without loss of eligibility. The athlete may choose to remain in the first school without loss of eligibility provided he/she has been attending for a least one year. If there is any doubt regarding eligibility please see your school's athletic director.
 - c. Parents and athletes should consult with the athletic director for information regarding other residential related requirements.
 - d. In all cases, the AIA constitution supersedes any rules printed by the school district.

Practices

Athletes must practice with their team in order to participate in games and maintain team membership. Sometimes athletes are members of local private organizations and may practice with private coaches. It is important that the athlete know the AIA regulations relating to participation in private clubs and our requirements that the athlete maintain full membership and participation in our program. Under no circumstance may an athlete participate on one of our teams with out practicing with that team. Also, team members may not participate in private club games, meets, or practices during our school teams season.

Transportation

Transportation to and from game sites is provided by the school district. A part of the fee paid by athletes helps to defray this expense. Athletes may not transport themselves. Parents also may not transport student athletes except in emergency situations approved by the school administration.

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 Expectations

We expect the 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 the fans to stay in the seating areas and not interfere with the coaches' 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 his or her skills and attitude. The decisions by the coaches are final.



PARADISE VALLEY UNIFIED SCHOOL DISTRICT NO. 69

Student Athlete Drug Prevention Program

Random Drug Testing

GOVERNING BOARD POLICY

The Governing Board believes that the use of illegal drugs presents an especially hazardous threat to the health, safety and welfare of students who participate in athletics. For example, athletes who use steroids cause damage to their own bodies and may participate in a sport in a manner that could endanger the health and safety of other participants. While the Governing Board encourages students to participate in athletics, it also believes that the opportunity to try out and play is not an absolute right. Rather, it is a privilege offered to students on an equal opportunity basis.

PURPOSE

The purpose of this policy is to protect the health, safety and welfare of all students participating on teams and using our athletic facilities for conditioning during the school year. Before a student is eligible to try out for a team or use the facilities during off season in our supervised weight program, he/she must agree to submit to testing for the use of



drugs according to the procedures included in this handbook. It is understood that the testing procedures will be on a random basis to be conducted one to four times monthly. Up to 25% of the participants will be tested each season.

RANDOM TESTING WILL OCCUR ON ALL SPORTS TEAMS

Athletes in all district A.I.A. sanctioned sports are subject to this policy.

A POSITIVE TEST RESULTS IN LOSS OF ELIGIBILITY

A student athlete found to have an illegal drug in his/her system will lose athletic eligibility according to the procedures outlined in this handbook. The consequences for a positive test result will not affect school attendance or academic standing. Test results will not be disclosed to any law enforcement agency.

In all cases, the consequence will be limited to a period of ineligibility from athletics; for the first positive test, it will be loss of eligibility for ninety (90) school days with an opportunity for the athlete to reduce the loss of eligibility time to thirty (30) school days by completing a school district approved intervention program. To resume eligibility, the athlete must provide a negative test at the family's expense. A second positive test will result in permanent loss of privilege for the rest of the student's high school eligibility. However, following a second positive test, the parent and athlete may appeal for readmittance into athletics after a period of 365 days.

ILLEGAL DRUGS IDENTIFIED

The following drugs will be tested for in our testing program: alcohol, amphetamines, barbiturates (downers), benzodiazepines (bennies or uppers), cannabinoids (marijuana), carisoprodol (soma), cocaine (coke), MDMA (ecstasy), opiates (codeine, heroin, morphine, methadone), oxycodone, phencyclidane (PCP, angel dust), propoxyphene, stimulants (speed), and anabolic steroids. A "positive" test sample will mean a predetermined level of detection has been exceeded and that level is unacceptable. Detection levels for each of the above drugs will be determined and all athletes and parents will be informed of the detection levels prior to signing consent forms. See detection levels on page 20.

THESE PROCEDURES GOVERN THE IMPLEMENTATION OF THE POLICY

PARENT AND ATHLETE ORIENTATION

As a part of the informed consent meetings, both athletes and parents will be instructed on the dangers of drug abuse, including the use of steroids.

SIGNED CONSENT REQUIRED

Both parent and athlete must sign the “Drug Testing Consent” and the “Consent to Participate” forms in order to be eligible to participate in practice and contests.

RANDOM DRAWING OF ASSIGNED NUMBERS

All athletes will be assigned a number at the start of practice for the season. The numbers will be placed in a container. Up to twenty-four (24) numbers will be drawn from the container during each four week period. Such number is not to exceed 25% of the participants. The drawing will be witnessed by two athletes from one of the teams in season. Those numbers drawn will be tested and the numbers will be placed back in the container and may be drawn at random again.

TESTS WILL BE CONDUCTED ON URINE SAMPLES COLLECTED BY TRAINED STAFF

The tests will be conducted throughout the season. The athletes selected will provide a urine sample to be collected confidentially and in private at the school. The sample will be collected under the supervision of the school nurse, and/or an assistant principal (hereafter referred to as supervisor).

- a. The water in the toilet bowl will be colored and the supervisor will wait outside the stall until the sample is given to him or her.
- b. The supervisor will test the temperature of the sample and observe if the sample appears in any way unusual.
- c. The sample will be divided into two containers in the presence of the athlete, one sample to be used to test for drugs of abuse and the other to be used to test for anabolic steroids.

- d. The supervisor will seal the samples. Both the student athlete and supervisor will initial the sample containers and master list to verify it is that athlete's sample.
- e. The supervisor will place the samples in a locked refrigerator.
- f. The samples from all schools will be collected the same day and sent to the lab for testing.

SAMPLES TESTED USING EMIT AND GC/MS... **POSITIVE TESTS ARE CONFIRMED**

All positive urine samples will remain under refrigeration at the lab for at least six months. The lab will first test the sample to assure it has not been adulterated. The lab personnel will analyze urine samples using EMIT (enzyme multiplied immunoassay technique, a drug screen), and always confirming any positive indication with GC/MS (Gas chromatography mass spectrometry). Steroid samples will be tested with the GC/MS procedure. The lab forwards the results under confidential cover to the school nurse.

SAMPLES SCREENED FOR ADULTERATION

If the test shows evidence of adulteration, the athlete will be subject to loss of eligibility consistent with a positive test (See page 14).

PARENTS MAY REQUEST AN ADDITIONAL CONFIRMATION TEST

If the athlete and his/her parents desire another test of the remaining portion of the sample, and are willing to pay for the test, the principal will arrange for the additional confirmation analysis at the same lab. If the parent objects to the second confirmation being conducted at the same lab, arrangements will be made to ship or courier the sample to another lab whose standards and procedures meet the testing requirements of the District. The athlete is declared ineligible upon the first positive test. They will be reinstated if the confirmation test is negative.

LAB NEEDS INFORMATION ON PRESCRIPTION MEDS AND OVER THE COUNTER DRUG USE TO ELIMINATE FALSE POSITIVES

If the student has been on prescription medication within the past thirty (30) days, evidence of such use must be provided

in case there is a connection with the test results. Notification of prescription drug use must be given to the coach in writing at the beginning of the season or at the onset of use, if after the beginning of the season.

In addition to naming prescription drugs as a part of the “chain of custody” requirements of the lab, the athlete will be asked to list all over-the-counter drugs currently being used. This information goes to the lab with the sample.

In all cases of positive results, the student athlete will be given an opportunity to explain the results. No decision to suspend the athlete from activity will be made until he or she is given that opportunity. If it is determined that a positive test is due to the presence of a doctor-prescribed drug or over-the-counter drug, the test will be considered negative.

A POSITIVE TEST RESULTS IN LOSS OF ELIGIBILITY

A student athlete found to have an illegal drug in his/her system will lose athletic eligibility according to the procedures included in this handbook. The consequences for a positive test result will not affect school attendance or academic standing. *Test results will not be disclosed to any law enforcement agency.*

In all cases, the consequences will be limited to a period of ineligibility from competition and practice.

For the first positive test:

1. The loss of eligibility from all participation will be for ninety (90) school days.
2. The athlete will have an opportunity to regain eligibility after thirty (30) school days by completing a district approved counseling program and submitting a negative drug test consistent with district drug testing expectations.
3. Athletes may be reinstated to participate (other than competition) upon the school receiving a negative test. The athlete still must complete the district approved counseling program within the the time period designated by the principal. Failure to complete the district approved counseling program will result in reimposing the ninety (90) day suspension from all participation.



For the second positive test:

1. The loss of eligibility from all participation will be permanent.
2. The athlete may appeal for readmittance to participate to a district committee consisting of the director of student services, school level administrator, athletic director, and parent. This appeal may be made 365 days after a second positive test is identified. Members of the committee may not be current representatives of the athlete's school.
 - * The athlete must provide evidence of further counseling from a district approved counseling program and a negative drug test consistent with district drug testing expectations to file an appeal.

For a third positive test:

1. The loss of eligibility will be permanent with no appeal.

ADULTERATION OF TESTING PROCEDURES

If the test shows evidence of adulteration, the athlete will be subject to loss of eligibility consistent with a positive test. See pages 10 and 13.

TESTING FOLLOWING A RETURN TO ELIGIBILITY

Student athletes who resume full eligibility (practice and competition), after the first positive test experience, will be required to submit to one additional test during the next three to six weeks of athletic participation. The one additional test will be paid for by the district.

ATHLETES TESTING POSITIVE ARE NOT REPORTED TO LAW ENFORCEMENT

Consistent with Policy IGAI, athletes who test positive or who volunteer for help will not be reported to any law enforcement agency.

VOLUNTEERING FOR HELP COMPONENT

ATHLETES WITH DRUG DEPENDENCE MAY VOLUNTARILY BE TESTED AND OBTAIN INTERVENTION

PROGRAM PURPOSE

Coaches occupy special roles in the lives of athletes. Often an athlete will choose to talk about a personal problem with school personnel while at the same time that athlete feels uncomfortable about discussing the same problem with a parent or another important adult in his or her life. Our school personnel want to maintain this position so that student athletes feel free to come talk about problems such as use of or a dependency on drugs. This program allows the athlete to voluntarily come forward and ask for help.

VOLUNTEERING TO BE TESTED

1. When an athlete volunteers to be tested, they will be referred to the district's provider to complete an initial drug test.
2. The athlete is immediately ineligible to participate in practice or competition.
3. Eligibility reinstatement occurs upon receiving a negative test at the cost of the student athlete/family.
4. In addition, the athlete will participate in, and complete, a district-approved counseling program regardless of the results of the initial drug test. Failure to complete the counseling program in a period of time identified by the school's principal will result in ineligibility for a period of ninety (90) school days.
5. Once the volunteer athlete regains eligibility, one additional test at district expense will be conducted within twenty (20) school days.

PARADISE VALLEY UNIFIED SCHOOL DISTRICT NO. 69
ATHLETIC INFORMATION

CHECK ALL THAT APPLY

<input type="checkbox"/> BADMINTON	<input type="checkbox"/> SPIRITLINE	<input type="checkbox"/> BASEBALL
<input type="checkbox"/> X COUNTRY	<input type="checkbox"/> VOLLEYBALL	<input type="checkbox"/> SOFTBALL
<input type="checkbox"/> FOOTBALL	<input type="checkbox"/> BASKETBALL	<input type="checkbox"/> TENNIS
<input type="checkbox"/> GOLF	<input type="checkbox"/> SOCCER	<input type="checkbox"/> TRACK
<input type="checkbox"/> SWIM / DIVE	<input type="checkbox"/> WRESTLING	



STUDENT ID # _____

OFFICE USE ONLY

<input type="checkbox"/> Emergency Card	<input type="checkbox"/> Clearance Issued
<input type="checkbox"/> I C Video	<input type="checkbox"/> Physical

STUDENT _____ BIRTHDAY: _____ SEX: _____ GRADE: _____

HOME ADDRESS: _____ CITY: _____ ZIP: _____

PARENT(S) NAME: _____ HOME PHONE: _____ WORK PHONE: _____

If not living with parents, name of Guardian _____ Relationship? _____

School or schools attended last year: _____

IF PARENT OR GUARDIAN CANNOT BE CONTACTED IN AN EMERGENCY, PLEASE CONTACT:

NAME: _____ HOME PHONE: _____ WORK PHONE: _____

PHYSICIAN: _____ PHYSICIAN'S PHONE: _____

PREFERRED HOSPITAL: _____ ALLERGIES: _____

I hereby give consent for coaches, trainers, or a team physician to use their judgment in securing medical aid in emergencies.

INSURANCE

It is recommended that each student athlete have medical insurance coverage. THE PARADISE VALLEY UNIFIED SCHOOL DISTRICT DOES NOT PROVIDE HEALTH INSURANCE FOR STUDENT ATHLETES. Parents are highly encouraged to obtain insurance as they are responsible for medical bills incurred as a result of participation in athletics. Parents must provide insurance information to assist coaches, trainers, other athletic staff, and medical people in the event an athlete may require medical assistance as a result of injury.

I have purchased school insurance: () Yes () No I have my own insurance: () Yes () No

Insurance Co.: _____ Policy No.: _____

PARENT CONSENT SPORTS INJURY VIDEO

In order to participate in District organized athletics, each student together with their parent or guardian must view the online Parent Consent Sports Injury Video prior to participating in their first District organized athletic sport. A link to this video can be found at <http://cmweb.pvschools.net/susrvpvsathleticsweb/>. BY MY SIGNATURE BELOW, I CONFIRM THAT MY STUDENT ATHLETE AND I HAVE VIEWED THE ONLINE VIDEO, AND UNDERSTAND THE RISKS INVOLVED IN PARTICIPATION IN DISTRICT ATHLETICS.

PARENT/GUARDIAN SIGNATURE _____ DATE: _____

STUDENT ATHLETE DRUG TESTING CONSENT

I/WE HAVE RECEIVED, READ, AND UNDERSTAND A COPY OF THE Paradise Valley Unified School District Parent and Athlete Informed Consent and Random Drug Testing Handbook. I will allow my son/daughter to participate in this drug program while participating as a high-school athlete in the Paradise Valley Unified School District and hereby voluntarily agree to be subject to the terms of the Prevention Program. I accept the method of obtaining urine samples, testing and analysis of such specimens and all other aspects of the program. I agree to cooperate in furnishing urine specimens that may be required from time to time.

I further agree and consent to the disclosure of the sampling, testing and results as provided in the program. This consent is given pursuant to all state and federal privacy statutes and constitutional and common law privacy provisions and is a waiver of right to nondisclosure of such test records and results, only to the extent of the disclosure authorized in the program.

PERMISSION TO TRANSPORT

I/We give the District permission for our son/daughter to be transported by District vehicles to away games and off-site practices as required.

EQUIPMENT CODE

It is the athlete's responsibility to care for and return all equipment issued by the high school. I/We understand and agree that all equipment issued to our son/daughter is the property of the high school and must be returned in reasonable condition. Items lost, stolen or abused must be replaced and the Athletic Department reimbursed for the cost of the equipment.

CODE OF CONDUCT/HANDBOOK

I have read and understand the information in the Informed Consent Handbook, including the PVUSD statement of understanding and the high school Code of Conduct, and attest to the fulfillment of all rules and requirements for athletes, as outlined in the handbook.

RELEASE OF NAME AND/OR IMAGE

Except as indicated by our signature directly below, I/We give the District permission for my/our son/daughter to be photographed while participating in District sporting events, and for such photographs to be used in various media publications and formats, including but not limited to web pages, newspaper articles, district publications, and/or district site newsletters. I/We also agree to allow such photographs to be captioned from time to time with my/our son's/daughter's complete name. By my/our signature here, I/We serve notice that we do not want my/our son's/daughter's name and/or image used by the District in any format or publication, and I/We hereby refuse to grant the permissions described directly above.

ACKNOWLEDGEMENT

I/We have read, understand, and will abide by the statements listed on both sides of this form.

PARENT/GUARDIAN SIGNATURE _____ DATE: _____

STUDENT SIGNATURE: _____ DATE: _____

ATHPHYS-8/09



STUDENT HEALTH HISTORY - STUDENT NAME _____

TO BE COMPLETED BY PARENT PRIOR TO PHYSICAL: DOES YOUR CHILD NOW HAVE, OR HAS YOUR CHILD EVER HAD:

Yes	No	Yes	No	Yes	No	Yes	No
___	___	___	___	___	___	___	___
ALLERGIES		ANEMIA		ARTHRITIS		ASTHMA	
CONCUSSION		DIABETES		EPILEPSY (SEIZURES)		FAINTING	
HEART TROUBLE		HEART DYSFUNCTION		HEPATITIS		KIDNEY TROUBLE	
MIGRAINE HEADACHES		MONONUCLEOSIS		RHEUMATIC FEVER		VALLEY FEVER	

IS STUDENT NOW UNDER DR. CARE? _____ IF YES, WHY? _____

FAMILY PHYSICIAN: _____ PHONE: _____

MEDICATIONS NOW TAKING: _____

ALLERGIES, INCLUDING MEDICATIONS: _____

PAST SURGERIES: _____

DATES: _____

PAST FRACTURES: _____

DATES: _____

INFORMED CONSENT TO PARTICIPATE:

I/we give our permission for the above athlete to participate in organized interscholastic athletics, realizing that such activity involves the potential for injury which is inherent in all sports. I/we acknowledge that even with the best coaching, use of the most advanced protective equipment, availability of a certified athletic trainer and strict observance of rules, injuries are still a possibility. On rare occasions, the injuries can be so severe as to result in total disability, paralysis, quadriplegia, or even death. I/we acknowledge that I/we have read and understand this warning.

TO BE COMPLETED BY PHYSICIAN

HEIGHT _____	HEART _____	TEETH _____
WEIGHT _____	LUNGS _____	PULSE _____
VISION: _____	ABDOMEN _____	B/P _____
R 20/ _____	GENITALIA _____	HEARING: R _____ L _____
L 20/ _____	LYMPHATICS _____	SPINE _____
WEARS: _____	HERNIA _____	NECK _____
GLASSES _____	OTHER LAB TESTS: _____	JOINTS _____
CONTACTS _____		REFLEX: _____
URINALYSIS: _____		UPPER _____
ALBUMIN _____		LOWER _____
SUGAR _____	SKIN _____	FAMILY HISTORY:
BLOOD _____	NOSE/THROAT _____	DIABETES () YES () NO
		HEART DISEASE () YES () NO
		CANCER () YES () NO

DATE OF LAST TETANUS / DIPHTHERIA: _____
 I CERTIFY THAT I HAVE, ON THIS DATE, EXAMINED THE ABOVE NAMED STUDENT AND FOUND NO MEDICAL REASONS TO DISQUALIFY HIM / HER FROM PARTICIPATING IN ALL SUPERVISED ATHLETICS EXCEPT:

OPTIONAL ORTHOPEDIC EXAMINATION

NECK	WNL	ABNL	KNEES	WNL	ABNL	ANKLE	WNL	ABNL
IMPINGEMENT SIGN	___	___	VALGUS	___	___	INVERSION STRESS	___	___
COMPRESSION TEST	___	___	VARUS	___	___	EVERSION STRESS	___	___
STRENGTH	___	___	LACHMAN	___	___	TALAR TILT	___	___
BACK	___	___	PIVOT SHIFT	___	___	ANTERIOR DRAWER	___	___
SHOULDER	___	___	A/P DRAWER	___	___	FEET	___	___
ELBOW	___	___	HAMSTRINGS	___	___			
HIPS	___	___	RECOMMENDATIONS	___	___			

THE ATHLETE MAY OR MAY NOT COMPETE IN ATHLETICS BASED ON THE DATA GATHERED FROM THIS EXAMINATION.

Physician Name (please print) _____

Physician Signature _____ Date _____

Address _____ Phone _____



HIGH SCHOOL ATHLETIC CODE OF CONDUCT

NOTE: THIS HIGH SCHOOL ATHLETIC CODE OF CONDUCT IS ONLY ENFORCED IF CONDUCT VIOLATIONS ARE NOT COVERED UNDER THE PVUSD RANDOM DRUG TESTING POLICY

Definitions:

1. Season of competition is defined as those weeks where regularly scheduled contests occur including any post-season play.
2. Suspension from a team, in most instances, is defined as contributing to practice and take part in any remedial conditioning prescribed by the head coach, but not being able to suit up or participate in scheduled contests. However, the decision to practice with the team will ultimately be left up to the head coach. In the event an athlete does not accept a suspension, removal will result.
3. Removal from a team, in most instances, is defined as being barred from the use of any athletic facility for the remainder of the season of competition or twenty (20) school days from the effective date, whichever is greater.

Code:

1. Academic: Any athlete who becomes ineligible due to grades will be suspended until the deficiency is made up per district and AIA policy.
2. Tobacco/Alcohol/Drug Abuse (including steroids): If any athlete is discovered to be possessing and/or using tobacco, alcohol or drugs during the season, that athlete will be suspended from the season of competition, consistent with the results of a positive test. A second offense will result in automatic removal from the team.
3. Quitting a Sport: Any athlete who quits a team will be denied the use of all athletic facilities until the season of competition ends, unless the head coach provides a release. Freshman will be allowed to quit a team without penalty until the season of competition begins.

4. Reporting Violations by Law Enforcement: Violations reported by law enforcement agencies will result in implementation of the code.
5. Additional Site-Based Policies: Individual school sites/coaches may have additional athletic code of conduct rules & consequences for their respective school or team.
6. Miscellaneous: It is impossible to anticipate every situation that may require disciplinary action. In general, the athlete should understand that actions which are detrimental to him/herself, and/or the high school athletic program will result in suspension and/or removal from a team.

DRUG PANEL

Test	Cutoff
Alcohol	0.03
Amphetamines	1000
Barbiturates	300
Benzodiazepines	300
Cannabinoids	50
Cocaine Metabolite	300
MDMA	500
Methadone	300
Opiates	2000
Phencyclidine	25
Propoxyphene	300
Oxycodone	300

ANABOLIC STEROIDS

Test	Cutoff
Boldenone	5
Clotebol	5
Mesterolone	5
Nandrolone	5
Norethandrolone	5
Oxandrolone	5
Oxymetholone	5
Stanozolol	5
Testosterone/Epitest	6

CARISOPRODAL SCREEN

Test	Cutoff
Carisoprodal	100



