



Rockwall
INDEPENDENT SCHOOL DISTRICT

Cheerleading Handbook

Updated Spring 2024

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INTRODUCTION

This handbook was created to provide information, answer questions, and pave the way for successful involvement with the cheerleading program so that candidates and their parents understand responsibilities and commitments prior to tryouts.

This handbook addresses District guidelines procedures related to the cheerleading program. Guidelines and procedures may change at any time. If changes are made, the changes supersede any provisions that are not compatible with the changes. Not all [District policies](#) are included in this guide; however, all District policies may be found at the District website: <https://www.rockwallisd.com/page/435>. This handbook is intended to align with board policy and the Student Code of conduct. In the case of conflicts between board policy (including the Student Code of Conduct) and this handbook, the District will follow the board policy.

CHEERLEADING YEAR

The rules and procedures outlined in these guidelines are in effect from the date of the mandatory parent meeting preceding the tryouts until the next year tryout date.

UIL & TEA

It is the practice of Rockwall Independent School District to utilize the University Interscholastic League (UIL) guidelines to regulate and govern the cheerleading program with regard to no pass/no play, eight-hour practice limitations, athletic periods, and all other applicable regulations. The cheerleading program will follow the eligibility requirements as outlined by the Texas Education Agency (TEA) and UIL.

Rockwall ISD encourages parent participation in the development of our cheerleaders. Rockwall ISD asks that parents follow the UIL [Parent Handbook](#) regarding the content of parent/coach meetings. https://www.uilTEXAS.org/files/athletics/manuals/Parent_Info_Handbook_23.pdf

Appropriate concerns to discuss with a coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Concerns about your child's behavior.

It is very difficult to accept that your child was not selected for the team or position you desired. Coaches make decisions based on what they think is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach.

Issues not appropriate for discussion with your child's coach:

- What team my child was placed on.
- What position my child was placed in.
- Any situation that deals with other student-athletes.

TRYOUT - ELIGIBILITY & REQUIREMENTS

A student is eligible to tryout for cheerleading if the following conditions are met:

- The student is enrolled in Rockwall ISD.
- A student has met state guidelines for compulsory attendance.
- A student must have no outstanding balance for prior year financial obligations.

TRYOUTS FOR NEW STUDENTS TO THE DISTRICT

New students to the district must meet registration requirements including an approved proof of residency per board policy FDA(LOCAL) for the next school year. Students who have met this requirement can try out at the school they are designated to attend per the Rockwall ISD attendance zones. Students who move into the district after the tryout may have a private tryout for team placement.

COMMITMENT

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and coach will not be allowed to tryout for the next year on any Rockwall ISD campus.

EXPECTATIONS

Candidates are expected to maintain and consistently perform the skills that are demonstrated during tryouts. Cheerleaders will be evaluated every week over the skills listed in this handbook. Cheerleaders may not perform if the skills are not maintained, performed at a high level, and minimum conditioning standards are not met. It is a UIL requirement and essential for the safety of the cheerleaders that a conditioning program be implemented and enforced. A tremendous amount of physical strength and endurance are required to stunt, tumble, and cheer during games and performances.

TRYOUT GUIDELINES

Procedures for cheerleader selection are based on the guidelines in this handbook. Parents will not be allowed in the building during any phase of the tryout.

Each head coach will be responsible for setting tryout dates, preparation and distribution of a packet of information to be made available to all candidates. This packet will be provided to candidates in a reasonable amount of time prior to the tryout date and will include tryout dates, times, attire, and procedures. The campus principal will approve the packet prior to distribution.

Candidates and parents must attend an orientation meeting scheduled by the head coach. If a parent is unable to attend the meeting, the parent will notify the head coach prior to the meeting date and an alternate meeting time will be scheduled with the parent.

The tryout process will consist of a five-day tryout clinic. Cheer coaches will evaluate the candidates throughout the clinic on the following criteria;

- Standing tumbling
- Running tumbling
- Jump tumbling
- Jumps
- Stunts
- Performance skills (included, but not limited to memory, entrance/spirit, motions/sharpness, voice projection, band chant/fight song/cheer)
- Attendance
- Willingness to be versatile

TEAM MAKEUP

High school cheerleaders may be divided into Varsity, Junior Varsity, and Freshman teams. Students will be placed on teams based on their abilities determined by the cheer coaches. Middle school cheerleaders may be divided into teams depending on the number of candidates trying out and the abilities of the candidate determined by the cheer coaches. Cheer coaches have the discretion to reassign team placements as needed.

A minimum of one mascot will be chosen for each campus.

The following forms must be turned in to the head coach at the parent orientation meeting for the student to be allowed to participate in the tryout process.

- Cheerleading Handbook Parent/Student Acknowledgement
- Medical Release Form
- Inherent Risk Form
- Parental Information and Consent Form for Concussions
- Physical Evaluation - Medical History & Physical Examination

Participating schools may require the aforementioned forms to be filled out electronically in lieu of the paper form on the Rank One website (rockwallisd.rankonesport.com) prior to the parent orientation meeting.

In addition to this handbook each campus will develop additional cheer program guidelines specific to the individual program that must be signed by the student and parent.

CLOSED TRYOUTS

The tryout clinic is closed to everyone except coaches, principals, and other district administrators. There will be no students who are not a candidate for team placement or parents in the tryout clinic area. Students may not utilize electronic devices during the clinic. Any deviation from the tryout requirements by the candidates may result in the disqualification of the candidate.

USE OF VIDEO

In the event of an injury or other emergency, the head coach may approve the submission of a video tryout. For injuries, coaches must receive a doctor's note the day after the injury or no later than the first day of the clinic and must state the reason(s) for the inability to tryout. The medical doctor's note must indicate the specific skill the student is incapable of performing as well as any limitations associated with the injury. In the event of an emergency, it is the head coach and campus principal's discretion to allow a video tryout. The video to be shown must be approved by the head coach, should be no more than six months old, and cannot exhibit a skill that the cheerleader will no longer be able to perform. The video will be judged using the same criteria as outlined in the tryout rubric.

FINAL DETERMINATION & NOTIFICATION

At the conclusion of the tryout clinic candidates will receive notification of team placement. The notification message will only identify the selected candidates. No candidate's rank or score will be included in the notification.

CHEERING ACTIVITIES

All cheerleaders and mascots will have a scheduled class period during the instructional school day to allow for planning and practice. Cheerleading practices and performances are under the UIL time limit restrictions. Special practices may be called by the sponsor when necessary.

Varsity Cheerleaders are required to attend and perform in the following:

Football - All home and away games, including play-off games.

Basketball - All home games, including play-off games, away games pending head coach's discretion.

Camps/Clinics - Summer camp and clinics are an integral part of program quality and attendance is required.

Cheerleaders who do not have approval to miss summer camp or a clinic may be removed from the cheerleading program.

Cheerleaders on other squads are required to attend and perform in the following:

Football - Home games and other games pending head coach's discretion.

Basketball - Home games and other games pending head coach's discretion.

Camps/Clinics - Summer camp and clinics are an integral part of program quality and attendance is required.

Cheerleaders who do not have approval to miss summer camp or a clinic may be removed from the cheerleading program.

Participation in other sports events, community activities, and social occasions will be at the discretion of the head coach. Teams may be split to accommodate games and to conform to UIL guidelines.

Cheer coaches are encouraged to work with students when non-school related conflicts occur, however it may not be possible. If a cheerleader misses an event due to a non-school UIL activity, at the discretion of the coach the cheerleader may be removed from a cheer event or assigned to another team. If the cheerleader consistently misses practices or events due to non-school related activities the cheerleader may be removed from the cheer program. Rockwall ISD cheer programs follow all Rockwall ISD policies and guidelines regarding attendance.

In addition to the above information the following guidelines should be followed:

- Any excused absence should have the prior approval of the head coach.
- Prior notification of conflicts with school activities will be addressed with the head coach and when appropriate, the principal.
- Work or other non-school activities are not considered an excused absence.

UNIFORMS & APPEARANCE

All uniforms and practice attire is approved by the head coach and principal. While performing, each member is expected to:

- Wear proper attire as directed. The uniform is worn to official functions only and a member may perform only if he/she is in the complete required uniform. A specific uniform will also be required for each practice.
- Uniforms are to be kept clean, pressed, and mended at all times.
- Reflect grooming standards as directed by the coach, including, but not limited to:
 - Makeup that is natural and age appropriate
 - Secured hairstyle with ribbons
 - Nails that are short and well-groomed and do not exceed the length of the finger; acrylic nails or tips are strongly discouraged for safety reasons; colored nail polish is not to be worn when cheering or in uniform
 - No visible jewelry, including body piercing
 - No visible tattoos
 - No gum chewing or candy

* Parents are financially responsible for the replacement cost of school-issued uniforms and equipment; at the end of the school year, launder and return all school-issued uniforms.

COMPETITIONS

High school squads may participate in one summer camp and may elect to participate in regional and national competitions with principal approval. Middle school squads may participate in one area summer camp and may elect to participate in area competitions at the discretion of the coach and principal. Every other year, the high school varsity squad may go out of state for competitions or performances with the approval of the principal and District administration.

COMPETITION SQUADS

Whether to have a squad that enters competition is a decision to be made by the coach and campus principal. Selection of any competition squad will be decided by the coach. This activity will not interfere with the regularly scheduled activities of the cheerleaders.

FUNDRAISING

A thorough description of appropriate practices and procedures for fundraising is outlined within the Rockwall ISD Campus Activity Fundraising Guidelines. Individuals directly responsible for fundraising should refer to the document and District policy for complete directions. The following is important information for all members and parents:

- Each cheerleader should participate in fundraising activities.
- Fundraising activities must support the educational goals of the District.
- Fundraising will be coordinated by the coach, and/or Booster Club officers, be approved by the building principal, and must include a written request outlining the need for funding, the type of fundraising

activity, the projected amount to be raised, how the money will be used, and the time and duration of the activity. Efforts should be made to avoid conflict with other school organizations attempting to raise funds.

- Money collected from fundraising activities may not be credited towards an individual student account or be refunded. For example funds collected from a car wash may not be used to cover the cost of an individual's spring trip. However those funds may be used to lower the total cost of the trip for the group.

Sponsors are required to keep a detailed account of income and expenditures of student money, with all transactions processed through a campus activity account.

HEAD CHEERLEADER

There may be a head cheerleader or cheerleaders (captains) chosen for each team at the high school level. Head cheerleaders are rotated at the middle school level. The head cheerleader serves in a leadership role as a liaison between cheerleaders, students, and faculty. He/she also serves as a liaison between coaches and other cheerleaders and is the spokesperson for the program in public meetings and in front of the student body. The following is expected of this position:

- Communicates information to squad members regarding upcoming activities, such as uniform requirements and practice schedules.
- Teaches and starts all cheers and routines for camp, games, and competitions.
- Assists the sponsor in planning all pep rallies.
- Organizes the creation, placement, and removal of signs and items throughout the school and stadium.
- Carries out all other duties assigned by the coach.

Head cheerleaders may be removed from the position for conduct that occurs on or off campus that is detrimental to the school or squad as determined by the head coach and principal.

MASCOT

Each school may select a minimum of one mascot. The mascot will be an integral part of the spirit program at the school. His/her main responsibilities are to provide interaction with the crowd at all functions by incorporating them in cheers and skits and to work closely with all organizations to enhance the spirit of the school. The mascot will follow all cheer guidelines. Additional responsibilities include:

- Work closely with the athletic department and cheerleader coach to foster school spirit.
- Be familiar with game rules to make appropriate responses with the crowd at sporting events.
- Create skits with appropriate themes to foster spirit, in conjunction with the cheerleaders.
- Dress in creative attire, when appropriate, with sponsor approval.

ELIGIBILITY - MAINTENANCE

The Cheerleading program will follow the eligibility requirements as outlined by the University Interscholastic League (UIL) and the Texas Education Agency (TEA).

PARTICIPATION AT EVENTS

If at any time a cheerleader is not able to perform a skill needed for a routine the cheerleader may be removed from that routine.

CONDUCT GUIDELINES

Upon the completion of tryouts, selected cheerleaders will be subject to all rules, expectations, and discipline consequences associated with the new squad. All student discipline actions under the Rockwall ISD Cheer Handbook and/or the Rockwall ISD Student Code of Conduct will affect the cheerleader's standing on his/her squad after tryouts and throughout the following academic year. Any member failing to abide by rules and regulations as set forth under the provisions of the Rockwall ISD Cheer Handbook may be subject to review by the coach and principal. Dismissal from the group may result from that review.

The guidelines for student discipline are outlined in the Rockwall ISD Student Code of Conduct, and TEA-UIL Side by Side.

EXTRACURRICULAR STANDARDS OF BEHAVIOR

Student participation in extracurricular activities is encouraged. Rockwall ISD makes extracurricular activities available as an extension of the regular school program, with an important difference: participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students who engage in extracurricular activities represent not only themselves but also other students and the District when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as a Rockwall ISD student. Behavior must reflect the finest attributes of the Rockwall ISD student body at all times and in all places. Consequences for behavior infractions covered in the Rockwall ISD Student Code of Conduct the Rockwall ISD Cheer Handbook or the individual team guidelines will be assigned at the discretion and determination of the cheer coach and campus principal and may include disciplinary consequences, suspension, removal from the squad, and/or prohibition from future participation in all extracurricular activities.

GENERAL CONDUCT RULES

Coaches and administrators will review all facts and circumstances surrounding a particular event and determine appropriate disciplinary action or sanctions.

- 1st offense – Parent/student/coach/administrator conference to discuss the event and sanctions, and possible dismissal.
- 2nd offense – Parent/student/coach/administrator conference to discuss the event, sanctions, and possible dismissal.
- 3rd offense – Parent/student/coach/administrator conference to discuss the event, sanctions, and dismissal.

Any event may be serious enough to result in removal from the extracurricular activity at any step. Sanctions may include, but are not limited to: bench time, loss of playing or performance opportunities, and removal.

PERMANENT DISMISSAL

Reasons for permanent dismissal from the cheerleading squad include but are not limited to:

- Unexcused absence from more than two events (games, campus, parades, performances, appearances) over the course of the fall/spring season.
- Failure to meet behavior expectations.
- Expulsion.

Prior to being dismissed, the student and parent will be notified of the reason for the action. Students and parents will be afforded the opportunity of a hearing with the coach and principal. Appeals must be submitted in writing to the principal within five school days. The student will not be eligible for any individual or team recognitions or awards that occur after the date of dismissal.

INCLEMENT WEATHER

In the event of inclement weather, it will be the responsibility of the coach, in collaboration with the campus principal, to make the decision to leave the event. Cheerleaders who leave an event without approval from the coach will be subject to penalties outlined in these guidelines.

TRANSPORTATION

Depending on the location of an event school transportation may be provided. Each cheerleader shall ride the school provided transportation unless the Rockwall ISD Alternative Transportation has been submitted and approved by the head coach. The penalty for missing school-provided transportation is suspension from that night's game or event.

BOOSTER CLUBS

Booster clubs are optional, but may be allowed at the discretion of the head coach and the campus principal. Booster clubs are formed by school patrons to help enrich an organization's participation in extracurricular activities.

The purpose of the cheerleading booster club is to support and promote the cheerleaders through fundraising, attendance at athletic performances, and special events. The cheerleading booster club shall:

- Gain coach and principal approval on all actions regarding expenditures, fundraising, performances, special events, and other decisions.
- Work cooperatively with the coach and school to provide the opportunity to meet the cheerleading organization's goals.
- Follow District policies, UIL and TEA guidelines, booster by-laws, and fundraising procedures.

FINANCIAL RESPONSIBILITIES

The District may provide the basic uniform for each member. Additional uniforms, camp wear, clothing items, bags, sweaters, and practice attire are purchased by the parent and must be approved by the coach and campus principal prior to purchase. Cheerleaders are required to attend summer camp and are responsible for all fees associated with summer camp. A more specific list of approved items outlining financial requirements will be provided to parents at orientation.

CIVILITY

Parents are partners with the school and are expected to support the cheerleading program, cheerleaders, and sponsors through attending performances, meeting financial obligations in a timely manner, and assisting in fundraising, among other supportive measures. Mutual respect is imperative and civility is required at all times. Individuals who speak in a demanding, loud, insulting or demeaning manner, or otherwise disrupt operations, will be directed to leave the school or District property [see Board policy GKA(LOCAL)].



Cheerleading Handbook Parent/Student Acknowledgement

We have read and understand the policies, procedures, practices, financial requirements, and behavior expectations outlined in the *Rockwall Independent School District Cheerleading Handbook* and the *Rockwall ISD Student Code of Conduct* and give consent for our son/daughter to try out for cheerleader. We agree to adhere to these guidelines as a condition for voluntary participation in the cheerleading program and understand that failure to do so may result in disciplinary measures and removal from the program.

Student name (print) _____ Student signature _____ Date _____

Parent name (print) _____ Parent signature _____ Date _____

The RISD Cheerleading Handbook Parent/Student Acknowledgement was submitted to my office:

Coach signature _____ Date _____



Medical Release Form

Student's Name: _____ Grade: _____
School: _____

I certify that _____ is physically capable and able to fulfill requirements needed to be a cheerleader/mascot. I understand that this form legally releases the Rockwall ISD, including its employees, from all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any squad-related activity when either parent cannot be reached. If there is any physical or medical reason why my student should not participate fully, I understand that the school requires a doctor's release prior to my student's return to participate in cheer activities. Furthermore, I understand that the Rockwall ISD, including its employees, are not liable for any injury incurred during cheerleading.

Parent's signature: _____ Date: _____

Medical Treatment Permission

In the event of an emergency occurring while my son/daughter is on a school-sponsored practice, performance, or trip, I grant my permission to the Rockwall ISD and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my son/daughter, _____, to receive medical treatment.

Home phone: _____ Business phone: _____
Address: _____
City: _____ State: _____ Zip: _____

Person to be notified other than parent or guardian in an emergency:

Name: _____ Phone: _____

Family doctor: _____ Phone: _____

If you do not grant permission/authorization for consent to medical treatment, what procedure should be followed? _____

Insurance company: _____ Policy number: _____

Parent signature: _____ Date: _____

Medical Information

Circle One

Heart condition/disease	Yes No	Asthma	Yes No
Diabetes	Yes No	Allergic to medication	Yes No
Convulsions disorder	Yes No	Allergic to insect bites	Yes No

List all allergies: _____

Date of last Tetanus shot: _____

Medications currently taking: _____

Additional Pertinent Medical Information: _____



Inherent Risk Form

Inherent Risks of Cheerleading

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file in the school office before a student may participate in practices and games. Students and parents must inform the coach of all injuries and/or chronic conditions.

Although the probability of injury is minimized if students practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if a student takes certain precautions, the possibility of such injuries will be largely decreased.

Cheerleaders should consistently abide by the following guidelines:

1. Never stunt or tumble unless a coach or coach's designee is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt the student does not know how to perform safely and that has not been approved by the coach.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces, or concrete, and do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt.
10. Report all injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear jewelry of any kind or chew gum when cheering (practice and games).
15. Always have hair pulled back from the student's face and shoulders.
16. Eat nutritious meals and get plenty of rest.
17. Ask for assistance or advice at any time.

I have read the preceding warning and thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and that I am voluntarily participating in this activity.

Student name (print) _____
Student signature _____ Date _____
Parent signature _____ Date _____



Parental Information and Consent form for Concussions

What is a concussion?

A concussion is an injury to the brain. It is caused by a bump, blow, or jolt to either the head or the body that causes the brain to move rapidly within the skull. The resulting injury to the brain changes how the brain functions in a normal manner. The signs and symptoms of a concussion can show up immediately after the injury or may not appear for hours or days after the injury. Concussions can have serious long-term health effects, and even a seemingly mild injury can be serious. A major concern with any concussion is returning to play too soon. Having a second concussion before healing can take place from the initial or previous concussion can lead to serious and potentially fatal health conditions.

What are the symptoms of a concussion?

Signs and symptoms of a concussion are typically noticed right after the injury, but some might not be recognized until days after the injury. Common symptoms include: headache, dizziness, amnesia, fatigue, confusion, mood changes, depression, poor vision, sensitivity to light or noise, lethargy, poor attention or concentration, sleep disturbances, and aggression. The individual may or may not have lost consciousness.

What should be done if a concussion is suspected?

1. Immediately remove student from practice or game
2. Seek medical attention right away
3. Do not allow the student to return to play until proper medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professional or professionals.

If you have any questions concerning concussions or the return to play policy, you may contact the athletic trainer at your school.

What should the athlete know about playing with a concussion?

Teach athletes it's not smart to play with a concussion. Rest is the key after a concussion. Sometimes athletes, parents, and other school or league officials wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your athlete convince you that they are "just fine."

What are the risks of returning to activity too soon after sustaining a concussion?

Prevent long-term problems. If an athlete has a concussion, their brain needs time to heal. Don't let them return to play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first – usually within a short time period (hours, days, weeks) – can slow recovery or increase the chances for long-term problems.

What can happen if my child keeps on playing with a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Adolescent or teenage athletes will often under report symptoms or injuries and concussions are no different. As a result, education of administrators, coaches, parents, and students is the key for student athlete's safety.

Liability Provisions

The student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student understands that this policy does not:

1. Waive any immunity from liability of the Rockwall ISD, including its administrators, teachers and coaches;
2. Create any liability for a cause of action against Rockwall ISD, including its administrators, teachers, and coaches;
3. Waive any immunity from liability for the administration of emergency under Section 74.151, Civil Practice and Remedies Code;
4. Create any liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic athletics practice of competition, based only on service on the concussion oversight team.

Parental Consent

By signing this form, I understand the risks and dangers related with returning to play too soon after a concussion. Furthermore, in the event that my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in and comply with the Rockwall ISD return-to-play protocol. The undersigned, being a parent, guardian, or another person with legal authority, grants this permission.

Athlete’s Name (print) _____

Parent’s or Guardian’s Name (print) _____

Parent’s or Guardian’s Signature _____

Date _____



Participation Physical Evaluation - Medical History

This Medical History Form must be completed annually by parent (or guardian) and students in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition that would make it hazardous to participate in an athletic event.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____ Grade _____ School _____
 Personal Physician _____ Phone _____
In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers on the back of this form. Circle questions you don't know the answers to. Any "Yes" answer to italicized questions requires further medical evaluation that may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games, or matches.					
	Yes	No		Yes	No
Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any current skin problems (for example, itching, rashes, sores, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Has any family member or relative died of heart problems prof sudden unexpected death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc.), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <i>if yes, check the appropriate box and explain on the back of form.</i>	<input type="checkbox"/>	<input type="checkbox"/>
Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip <input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle <input type="checkbox"/> Shin/Calf <input type="checkbox"/> Upper Arm <input type="checkbox"/> Foot		
Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	Do you want to weigh more or less than you do now?		
Have you ever been knocked out, become unconscious, or lost your memory? <i>if yes, how many times? When was the last concussion? How severe was each one? (Explain on the back of form.)</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="checkbox"/>	<input type="checkbox"/>	Females Only		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	When was your first menstrual period?		
Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period?		
Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another?		
Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year?		
			What was the longest time between periods in the last year?		

It is understood that even though protective equipment may be worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above student should need 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 said student by any physician, athletic trainer, nurse, or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student. If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____



Preparticipation Physical Evaluation—Physical Examination

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ %Body fat (optional) _____ Pulse _____ BP ____/____ (brachial blood pressure while sitting)

Vision: R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. **Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart—Auscultation of the heart in the supine position			
Heart—Auscultation of the heart in the standing position			
Heart—Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

CLEARANCE

Cleared Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____

Recommendations: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner will not be accepted.

Name (print/type): _____ Date of Examination: _____ Address: _____ Phone Number: _____ Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) games/matches.