SAINT XAVIER HIGH SCH	OOL • 1609 POPLAR LE	VEL ROAD • I	LOUISVILLE, KY			v.saintx.com
Student's Full Name	Firs	•	Middle	2022-2023 Grade	e Entering	
PART 1 – 2022-2023 PARENT.						
	GNATURES ARE REQUIRED FOR			ARY MEDICAL TREATMENT	OR MEDICAT	ION. **
In the event of an injury or illnes for my son to receive proper/nec addition, I authorize treating phy Administration, Athletic Departr	s during the school day or at essary care from the school ysicians and/or their represe	a school event on nurse, Saint Xavi ntatives to releas	or, if applicable, an ier team physician, se medical informat	athletic event or practic staff member, certified iion to representatives o	e session, I g athletic trair	ive permission er or coach. In
X Parent/Guardian Signature				Date		
In the event of an emergency du my son to be transported to an a render any and all treatment tha to release medical information to coaching staff, as applicable.	ppropriate medical facility for the well-b	or treatment. Fu eing of my son. I	rthermore, I give po n addition, I author	ermission for the staff a rize treating physicians a	t the medical and/or their r	facility to epresentatives
Parent/Guardian Signature				Date		
PART 1A – ADDITIONAL INFO	RMATION					
Some insurance companies require treatment arrangements in the eventacted.				•		
Health Care Practitioner Name/Phone				 Hospital		
In addition, I authorize treating ph Athletic Department, Sports Medio				to representatives of the	Saint Xavier A	Administration,
X Parent/Guardian Signature				Date		
I authorize any physician or represo during the course of school athletic medical information to the Saint X Administration.	activities or school travel. I a	also authorize any	physician or represe	entative of The Louisville	Orthopedic Cl	inic to release
Parent/Guardian Signature				Date		
PART 2 – CONTACT INFORMA	TION					
Please complete both sides, even FATHER / GUARDIAN DELI				RDIAN 🗆 Living 🗆 De	eceased 🗆	Custodial
Name			Name			
Phone	□ Cell □ Home □ Wo	ork .	Phone	□ Cell	□ Home	□ Work
Alternate Phone	□ Cell □ Home □ Wo	ork .	Alternate Phone	□ Cell	□ Home	□ Work
Email Address	St. X Alum? (Class Year)		Email Address			
STEP-MOTHER			STEP-FATHER			
Name		·	Name			
Phone	□ Cell □ Home □ Wo	ork .	Phone	□ Cell	□ Home	□ Work
Alternate Phone	□ Cell □ Home □ Wo	ork .	Alternate Phone	□ Cell	□ Home	□ Work
Email Address			Email Address	St. X	Alum? (Class Ye	ar)
EMERGENCY CONTACT INFO	RMATION – <i>IF PARENTS C</i>	CANNOT BE REA	ACHED			
Name			Relationship			
Phone	□ Cell □ Home □ Wo	ork	Alternate Phone	□ Cell	□ Home	□ Work

Student's Full Name			2022-2023 Grade Entering
Please list <u>ALL medications</u> your son is <u>o</u>	First	Middle	
Please list <u>ALL medications</u> your soil is <u>C</u>	urrentiy taking:		
Please list your son's allergies (drug aller	gy, food allergy, etc.):		
Medical conditions or recent injuries (<u>wit</u>	hin the last two years):		
How many (diagnosed by M.D.) <i>concuss</i>	<i>ions</i> has your son had <i>during i</i>	his lifetime:	
Parent signature attests to the above list	of medications, allergies, med	dical conditions, inju	ries, and concussions.
X Parent/Guardian Signature			Date
PART 4 - ATHLETIC TRANSPORTATION	AGREEMENT		
I am the parent or guardian of the student idea Xavier High School Athletic Department.	ntified above. I wish for my stude	ent to participate in the	e elective extracurricular programs associated with Sair
- · · · · · · · · · · · · · · · · · · ·	ovide transportation to and/or fro	om such games and pr	the Saint Xavier High School campus. I understand the ractices. In requesting that my student be permitted the nen the school requires my student to do so.
such games or practices. In requesting that my	y student be permitted to particip ransportation to such games or pi	oate in elective activiti	uld choose not to utilize the School's transportation for es, I agree that in those circumstances where the school responsibility for personally transporting, or arrangin
to ride in a vehicle driven by the parent or guexercise of my discretion as a parent or guardi	ardian of another student participian. I acknowledge that the assess	pant, or to ride in a ve sment and decision wh	ision I make instead to allow my student to drive himsel whicle driven by another student participant, is solely a ether it is safe to allow my student to drive to or from sesssment and decision to be made by me or between m
an agent or servant of the school, in any resp permission for my student to participate in ele	pect or for any purpose, while dri ective activities, I agree that shoul	iving, my student to o	iving my student to or from practice shall be considered from such a game or practice. Further, by requesting against the School based on driving conduct of any such claim.
X Parent/Guardian Printed Name			
X Parent/Guardian Signature			Date
PART 5 - SAINT XAVIER HIGH SCHOOL	PARTICIPATION HANDBOOK	FOR PARENTS AN	
<u>www.saintx.com</u> . This includes information regresponsibility for equipment, medical insurance	garding KHSAA eligibility requiren ee, and tobacco/alcohol/drug polic nd agree to accept and support all	nents, training rules, ha y. Having read this inf	for Parents and Student Athletes, available online a azards and risks associated with participation in athletic formation, I give consent for my son to participate in the SAA policies associated with such participation. I execut
X Parent/Guardian Signature			
This includes information regarding KHSAA el for equipment, medical insurance, and tobacco	ligibility requirements, training ru p/alcohol/drug policy. I recognize and well-being. Having read this	lles, hazards and risks the importance of foll information, I agree to	d Student Athletes, available online at www.saintx.com associated with participation in athletics, responsibilition in the instructions of my coaches and agree to obe participate in the athletic program at Saint Xavier Highticipation.
X Student Signature			Date



Athletic Participation Form Parental and Student Consent and Release For High School Level (grades 9-12) participation

KHSAA Form GE04 High School Parental Permission and Consent Rev. 7/19, page 1 of 2 © KHSAA, 2019

The student and parents/guardian must read this statement carefully and sign where required. By signing this form, all parties agree that they have accurately completed all sections of the form and have read and agree to the terms of this form as detailed. This form **must** be completed before the student participates (hereinafter including try out for, practice and/or compete) in interscholastic athletics. This form should be kept in a secure location until the student has exhausted eligibility, graduated from high school and reached the age of 19.

ATHLETE INFORMATION (This part must be completed by the student and family)

Name (La	st, First, Initial)		•	S	School Year	
	dress (Street, City, S	tate, Zip):				
Gender	, ,	Grade	School			
Date of Bi	irth:		Birth Place (County, S			
School At	tendance History		<u> </u>			
						Varsity Play –
Grade	School Name			School Year	,	(Yes/No)?
9						
10						
11						
12						
			ring (check all yo <u>u migh</u> t			
Baseba	——		s Country Footb		Golf	Soccer
Softball		_		and Field	Volleyball	Wrestling
Archery	Bass Fish	ing Bow	ling Comp	etitive Cheer	Dance	
Other						
EMERGENO	CY CONTACT INFOR	MATION				
	Nama	'nlasca print\			Relation to Stud	lont
	Name (please print)			Relation to Stud	ient
		Γ	range Contact Address inc	luding City State	and 7in	
		cille	rgency Contact Address, inc	idding City, State	anu zip	
	Dout	ima Dhana			Cell Phone	
	Dayı	ime Phone			Cell Phone	
		REQUIRE	D INSURANCE INFORM	IATION (KHSA	A Bylaw 12)	
						ng the limitation of seasons
			equired to have medical insu			
provi			Principal or Athletic Director			
	impose additioi	nai requirements i	for insurance or coverage du	ring additional pe	erious for activities outs	ide of Bylaw 23.
Incuran	ce Carrier P	olicy Number / ID	Number Group N	ımhar		Plan
IIISUI ai i	ce Carrier F	olicy Nulliber / ID	Mullibel Group M	ullibei		ridii
			MERGENCY TREATME			
						uired to be recorded on this
					required by emergency	treatment facilities prior to
rendering	service, and failure	to provide could r	esult in lack of appropriate	care.		
	Social So	curity Number	<u> </u>		Birth Date	
	Jucial Je	carity Hullinel			טוו נוו שמנכ	

CONSENT INFORMATION TO PARTICIPATE, ACKNOWLEDGMENT OF RISK, ACKNOWLEDGEMENT OF ELIGIBILITY RULES, LIABILITY WAIVER AND CONSENT AND RELEASE

As parent/legal guardian, I agree to allow my child to participate in interscholastic athletics.

The student and parent/legal guardian recognize that participation in interscholastic athletics involves some inherent risks for potentially severe injuries, including but not limited to death, serious neck, head and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to internal organs, serious injury to bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and

serious injury or impairment to other aspects of the body, or effects to the general health and well being of the child. Because of these inherent risks, the student and parent/legal guardian recognize the importance of the student obeying the coaches' instructions regarding playing techniques, training and other team rules. By signing this form, the student and parent/legal guardian acknowledge that the student's participation is wholly voluntary and to having read and understood this provision.

The student and parent/legal guardian individually and on behalf of the student, hereby irrevocably, and unconditionally release, acquit, and forever discharge the KHSAA and its officers, agents, attorneys, representatives and employees (collectively, the "Releasees") from any and all losses, claims, demands, actions and causes of action, obligations, damages, and costs or expenses of any nature (including attorney's fees) that the student and/or parent/legal guardian incur or sustain to person, property or both, which arise out of, result from, occur during or are otherwise connected with the student's participation in interscholastic athletics if due to the ordinary negligence of the Releasees.

The student and parent/legal guardian acknowledge that they have read and understood the KHSAA Bylaws by distribution under the handbook links at http://khsaa.org/. Please be aware that a student is subject to the one-year period of ineligibility the bylaw commonly referred to as the "Transfer Rule," upon participation in any varsity contest regardless of the amount of participation or lack thereof.

The student and parent/legal guardian agree to abide by the KHSAA Bylaws and Due Process Procedure as now enacted or later amended. The student and parent/legal guardian further acknowledge that they agree to abide by the rulings of the Commissioner, Assistant Commissioner, Hearing Officer and Board of Control.

The student and parent/legal guardian acknowledge that the student must have medical insurance coverage up to a limit of \$25,000 in order to be eligible to participate in interscholastic athletics.

The student and parent/legal guardian, individually and on behalf of this student, give the high school, the KHSAA and their representatives permission to release this student's demographic information (including motion picture and still photographic images) and participation statistics (including height, weight and year in school, participation history and other performance based statistics) and other information as may be requested, and agree that the student may be photographed or otherwise digitally or electronically captured during school-based competition. All of this material may be used without permission or compensation specifically related to the KHSAA and its events.

The student and parent/legal guardian consent to this student receiving a physical examination as required by the KHSAA.

The student and parent/legal guardian, individually and on behalf of this student, consent to the high school and the KHSAA and their representatives to use and disclose the necessary personally identifiable information from the student's education records including academic, financial and health care information, to third parties including school representatives, coaches, athletic trainers, medical facilities, medical staffs, KHSAA legal counsel and the media, for the purpose of receiving proper/necessary medical care and complying with the KHSAA bylaws, including making determinations regarding eligibility to participate in interscholastic athletics and any administrative or legal proceedings resulting from participation or attempted participation in interscholastic athletics, without such disclosure constituting a violation of rights under the Family Educational Rights and Privacy Act. The student and parent/legal guardian, individually and on behalf of this student, further release the high school, the KHSAA and their representatives from any and all claims arising out of the use and disclosure of said necessary personally identifiable information, and agree to release to the high school, the KHSAA, and their representatives, upon request, the detailed and completed application for financial aid.

The student and parent/legal guardian, individually and on behalf of the student, hereby acknowledge that they are aware of and will review if desired, the education materials available through the KHSAA, the Centers for Disease Control and other agencies regarding education all individuals with respect to nature and risk of concussion and head injury, including the continuance of play after concussion or head injury.

The student and parent/legal guardian, individually and on behalf of the student, hereby consent to allow the student to receive medical treatment that may be deemed advisable by the high school, the KHSAA, and their representatives in the event of injury, accident or illness while participating in interscholastic athletics, including, but not limited to, transportation of the student to a medical facility.

STUDENT AND PARENT/GUARDIAN ACKNOWLEDGMENT OF RISK, ELIGIBILITY RULES, LIABILITY WAIVER AND CONSENT AND RELEASE AND EMERGENCY PERMISSION FORM

Students' Name (please print)	School
Student and Parent/Guardian Address includi	ng City, State and Zip
Signature of Student	Date
Please list above any health problems/concerns this student may have, including al being used	lergies (medications / others) and any medications presently
Name of Parent(s)/Guardian(s) who has/have custody of this student (ple	ase print) Emergency Phone Number
Signature of Parent(s)/Guardian(s) who has/have custody of this stu	dent Date

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

younger than 18) before your appointment Date of birth:
Sport(s):
procedures.
ns, over-the-counter medicines, and supplements (herbal and nutritiona
allergies (ie, medicines, pollens, food, stinging insects).
pr

Patient Health Questionnaire Version 4 (PHQ-4) Over the last 2 weeks, how often have you been bo	thered by any of	the following prob	lems? (Circle response.)
	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
(A sum of \geq 3 is considered positive on either s	subscale [question	ns 1 and 2, or que	stions 3 and 4] for scre	ening purposes.)

(Ехр	IERAL QUESTIONS lain "Yes" answers at the end of this form. e questions if you don't know the answer.)	Yes	No
1.	Do you have any concerns that you would like to discuss with your provider?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?		
3.	Do you have any ongoing medical issues or recent illness?		
HEA	Yes	No	
4.	Have you ever passed out or nearly passed out during or after exercise?		
5.	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6.	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7.	Has a doctor ever told you that you have any heart problems?		
8.	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

	RT HEALTH QUESTIONS ABOUT YOU NTINUED)	Yes	No
9.	Do you get light-headed or feel shorter of breath than your friends during exercise?		
10.	Have you ever had a seizure?		
HEA	RT HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11.	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12.	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13.	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

BON	IE AND JOINT QUESTIONS	Yes	No	MEDICAL
14.	Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			25. Do y 26. Are
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?			27. Are
MED	ICAL QUESTIONS	Yes	No	28. Hav
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?			FEMALES
17.	Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			30. How
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			31. Whe
19.	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?			32. How mon
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?			
22.	Have you ever become ill while exercising in the heat?			
23.	Do you or does someone in your family have sickle cell trait or disease?			
24.	Have you ever had or do you have any prob- lems with your eyes or vision?			

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
FEMIALES ONLI	162	140
29. Have you ever had a menstrual period?	163	INO
	163	NO
29. Have you ever had a menstrual period? 30. How old were you when you had your first	163	110
29. Have you ever had a menstrual period? 30. How old were you when you had your first menstrual period?	les	140

xplain "Ye	es" answers	here.		
·			 	

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

ignature of athlete:
ignature of parent or guardian:
Date:

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PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name:	Date of birth:

PHYSICIAN/STATUTORILY AUTHORIZED PROVIDER REMINDERS

- 1. Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- 2. Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form).

EXAMINATION						
Height:	Weight:					
BP: / (/)	Pulse:	Vision: R 20/	L 20/	Correct	ed: 🗆 Y [□N
MEDICAL					NORMAL	ABNORMAL FINDINGS
Appearance Marfan stigmata (kyphosco myopia, mitral valve prolap	•	ed palate, pectus excavatum, arach ortic insufficiency)	nodactyly, hyperla	xity,		
Eyes, ears, nose, and throat Pupils equal Hearing						
Lymph nodes						
Heart ** • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)						
Lungs						
Abdomen						
Skin Herpes simplex virus (HSV), tinea corporis	, lesions suggestiv	ve of methicillin-resistant <i>Staphyloc</i>	occus aureus (MRS	6A), or		
Neurological						
MUSCULOSKELETAL					NORMAL	ABNORMAL FINDINGS
Neck						
Back						
Shoulder and arm						
Elbow and forearm						
Wrist, hand, and fingers						
Hip and thigh						
Knee						
Leg and ankle						
Foot and toes						
FunctionalDouble-leg squat test, single	e-leg squat test, a	and box drop or step drop test				

[&]quot;Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

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PREPARTICIPATION PHYSICAL EVALUATION

Emergency contacts: ____

MEDICAL ELIGIBILITY FORM Date of birth: _____ Name: ☐ Medically eligible for all sports without restriction ☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of ☐ Medically eligible for certain sports ☐ Not medically eligible pending further evaluation \square Not medically eligible for any sports Recommendations: I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians). Address: Phone: Signature of health care professional: , MD, DO, NP, or PA SHARED EMERGENCY INFORMATION Allergies: ____ Other information: _____

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KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION SUPPLEMENTAL PRE-PARTICIPATION EXAM QUESTIONAIRE RELATED TO COVID-19 AND THE CORONAVIRUS

KHSAA Form PPE02 SUPPLEMENTAL PAGE Rev.07/21 Page 1 of 1

INCOMPLETE OR ILLEGIBLE FORMS WILL BE RETURNED WITHOUT PROCESSING.

Information Needed Pic			Please complete the information below to provide to your health card provider						
Student Name									
THE FOLLOWING INFORMATION IS TO BE COMPLETED BY THE STUDENT AND FAMILY									
Information Needed					Completed by the student and family				
Name of School									
1	Has	this student ever be	een diagnosed	nosed with COVID-19 or had a positive test for it? YES NO					
2	If the answer to Question 1 is "Yes," please give the approximate date of the positive test or diagnosis?								
3		e answer to Question r organized sports		did the student participate later in the school year in ties?					
4	If the answer to Question 1 is "Yes," then it should be considered by the health care provider and parents that the pre-participation physical and return to play protocol be completed by an MD or DO following the KHSAA's Return-to-Play Guidelines for COVID-19 positive student-athletes, which can be found at the following link: https://bit.ly/2SQDOxm					NO			
Print Name of Person Signing this Form									
Dat	е		Signature	ure Daytime Phone		ne			
PARENT/CUSTODIAL FAMILY SIGNATURES AND CERTIFICATIONS									
I attest that the information provided is accurate.									
Student Signature									
Print Name of Student Signing									
Custodial Parent Signature									
Print Name of Person Signing									
Dat	е		1						
								'	

WAIVER AND RELEASE FROM LIABILITY

The undersigned acknowledges for himself/herself and their student that participation in athletics at Saint Xavier High School ("St. X") is completely voluntary. Further, the undersigned acknowledges that he/she has discussed with the student the risks of being exposed to COVID-19 by voluntarily participating in St. X athletics whether on campus or at other locations, and that he/she and the student nevertheless freely choose to allow such participation and hereby assume any and all risk that the student and/or the undersigned may be exposed to COVID-19 at any St. X athletic event and/or practice, team meeting, or any other gathering sponsored by or under the supervision of St. X.

The undersigned further acknowledges that as a result of exposure to COVID-19 at any of the above-described athletic events or gatherings, I or my student may suffer illness, personal injury, disability, pain and suffering, death, damages and/or losses. I, INDIVIDUALLY AND ON BEHALF OF MY STUDENT, HEREBY FREELY, VOLUNTARILY AND EXPRESSLY WAIVE, RELEASE, DISCHARGE, INDEMNIFY AND AGREE NOT TO SUE ST. X, ITS EMPLOYEES, REPRESENTATIVES OR AGENTS, AND HOLD THEM HARMLESS FROM ANY NEGLIGENCE ON THE PART OF ST. X, ITS EMPLOYEES, REPRESENTATIVES AND AGENTS CAUSING ANY ILLNESS, PERSONAL INJURY, DISABILITY, PAIN AND SUFFERING, DEATH DAMAGES, LOSSES, CLAIMS, ACTIONS, DAMAGES, COSTS OR EXPENSES RESULTING FROM EXPOSURE TO COVID-19 WHICH MAY ARISE, DIRECTLY OR INDIRECTLY, FROM THE STUDENT'S PARTICIPATION IN ANY ST. X ATHLETIC PROGRAM.

I have had reasonable opportunity to read and understand this Waiver and Release from Liability and consult with legal counsel or have voluntarily waived my right to do so. I knowingly and voluntarily agree to be bound by all of the terms set forth herein.

STUDENT'S NAME:	
PARENT(S)/LEGAL GUARDIAN(S) NAMES:	Print Name
	Print Name
PARENT(S)/LEGAL GUARDIAN(S) SIGNATUR	ES:
DATE:	