

**ALL 3 FORMS OF THE PERMISSION PACKAGE
MUST BE COMPLETED AND RETURNED PRIOR TO
PARTICIPATION**

WINDSOR PUBLIC SCHOOLS ATHLETIC DEPARTMENT

Student-Athlete Physical Form

If you intend to participate in an interscholastic sport, you must submit to the athletic office a completed physical form, from a physician, in order to be approved to participate. **Physical examinations must have been done within two years of the last day of the playing season. Clearance from a physician must be given every year.**

IT IS YOUR RESPONSIBILITY to do one of the following:

1. If you have had your last physical exam during the appropriate 2-year time frame, call your doctor's office and bring the form to him/her for completion after having your parent/guardian complete Part A. **Return the completed form to the Athletic Office or Coach prior to the first day of practice.**

OR

2. If you will be having a physical examination by your private physician, have your parent/guardian complete Part A of the form, and have your doctor complete Part B. **Return the completed form to the Athletic Office or Coach prior to the first day of practice.**

All completed physical forms must be submitted to the Athletic Office BEFORE YOU WILL BE APPROVED TO TRY OUT, PRACTICE OR PLAY.

The school administration or health personnel have the right to request that a student receive a physical examination due to a previous injury or serious medical condition.

WINDSOR PUBLIC SCHOOLS ATHLETIC DEPARTMENT

Student-Athlete Physical Form

Student-Athlete Name _____ School _____

Sport(s) _____ Date of Birth _____ Grade _____

PART A: Health History Information to be filled out by parent and student.

CONDITION	Answer (circle)
1. Hospitalization over night	NO YES
2. Use daily medications	NO YES
3. Fainting or blackouts	NO YES
4. Seizures	NO YES
5. Concussion in past 4 years	NO YES
6. Allergies to medications, food or bees	NO YES
7. Heart problems, elevated blood pressure	NO YES
8. Asthma or wheezing (indicate if you use an inhaler.)	NO YES
9. Chest Pain	NO YES
10. Problems running ½ mile	NO YES

CONDITION	Answer (circle)
11. Only one kidney or testicle	NO YES
12. Wear glasses or contacts	NO YES
13. Excessive bleeding problem	NO YES
14. Recent case of "mono"	NO YES
15. Diabetes	NO YES
16. Had broken bone or dislocation	NO YES
17. Muscle or joint injury	NO YES
18. Neck or back injury	NO YES
19. Chronic Illness not already noted	NO YES
20. Family history of sudden unexplained death	NO YES

Please explain any "yes" answers: _____

If a new illness or injury occurs during the next year, I will have my child re-evaluated by a physician.

NOTE: A student-athlete suffering from asthma or susceptible to allergic reactions should have their inhaler or EpiPen with them during participation.

Signed: _____ Date _____ Signed: _____ Date _____
(Parent/Guardian) (Student-Athlete)

PART B: PHYSICAL EXAMINATION

RESULTS

COMMENTS

PHYSICAL EXAMINATION	RESULTS	COMMENTS
Height / Weight	/	
Blood Pressure		
General: Head, Ears, Nose, Throat		
Heart: Peripheral Vascular Chest:		
Abdomen: Liver Spleen Hernia-Genitalia		
Neuro-muscular		

Recommendations: _____

Was physical completed today? Yes _____ No _____

If no, date of last physical examination: _____

I certify that I have examined this student and found him/her to be eligible to participate in all supervised athletic activities and competitive sports for the 20____ - _____ school year:

- With no restrictions
- With the following restrictions _____

I certify I have examined this student and found him/her to be ineligible to participate in supervised athletic activities and competitive sports pending _____.

PHYSICIAN'S SIGNATURE: _____ DATE: _____

NOTE: The Windsor Athletic Department requires that all student-athletes show proof of physical or clearance from their physician every school year.

PHYSICIAN'S OFFICE STAMP

WINDSOR PUBLIC SCHOOLS

INTERSCHOLASTIC ATHLETICS—CODE OF CONDUCT

WE HAVE READ AND ACCEPT ALL OF THE POLICIES & PROCEDURES BELOW AND ACKNOWLEDGE THAT WE (HS ONLY) HAVE RECEIVED A COPY OF THE CIAC ATHLETES RIGHTS OF DUE PROCESS REGARDING STUDENT ELIGIBILITY (on reverse side).

Athlete's name (please print): _____

Parent/Guardian Signature Date Athlete's Signature Date

(THIS FORM MUST BE COMPLETED, SIGNED, DETACHED AND RETURNED TO THE COACH PRIOR TO ANY PARTICIPATION BY THE ATHLETE)

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WINDSOR PUBLIC SCHOOLS INTERSCHOLASTIC ATHLETICS CODE OF CONDUCT

It is a privilege to participate in interscholastic athletics. Students participating in athletics activities act as representatives of the school district. All student-athletes are expected to conduct themselves in such a manner as to meet the highest standards of the Windsor Public Schools.

The Athletic Code of Conduct is designed specifically to establish high expectations and standards for all participating student-athletes. These expectations embody a total lifestyle approach with emphasis on the following core values:

- Integrity – We do what is ethical under all circumstances
- Excellence – We strive to be our best on and off the field
- Respect – We honor and value ourselves, others and property
- Team – Together as one we pursue common goals
- Commitment – We give total effort and sacrifice to achieve our purpose

When a student voluntarily agrees to participate in interscholastic athletics he/she agrees to abide by the Windsor Public Schools Athletic Code of Conduct. The Athletic Code of Conduct applies to all student-athletes for the duration of the entire season as well as any school approved out-of-season conditioning program. A season is defined as the time between the first day of practice and the end of the final game of the season.

For any violation of the Code of Conduct student-athletes may be subject to discipline, including but not limited to exclusion, suspension and/or expulsion from the team. This code is not intended to be all-inclusive. The administration, Athletic Director and coach have the authority to determine penalties for violations not listed (consistent with the philosophy of the code).

1. All CIAC eligibility rules, Windsor High Academic Eligibility Policy, any Sage Park Middle School academic policy and CCC rules will be strictly enforced. Athletes are expected to abide by all rules and regulations developed for each sport team as well as the policies in the school student handbook.
2. **Athletes must abide by the substance abuse policy of the Board of Education/school and Athletic Department that prohibit the use, sale, possession, and/or involvement by a student of any tobacco product, alcohol product or drugs not prescribed by a physician.**
3. A student-athlete who has been determined to have used, in or out of season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. This includes steroids, creatine or any product with ephedra or its derivatives.
4. **Student Behavior-** All athletes shall conduct themselves as a positive representative of their team, school and community while exhibiting high standards of citizenship.
5. **Team conduct -** All team members must show proper sportsmanship and respect to their opponents, officials, coaches and spectators.
6. **Practice -** Attendance is expected at all practices and games. No unexcused cuts from practices are permitted. Any family/school/personal conflicts should be addressed to the coach prior to the first scheduled contest.
7. **Equipment/Uniforms –** The athlete is responsible to properly care for all school issued equipment/uniforms and for its prompt return at the end of the season. The athlete to whom it was issued must pay for lost, damaged or stolen items. Any athlete who has not returned or paid for lost equipment shall not be issued additional equipment/uniform until the matter is resolved. Team uniforms are **not** to be worn during practice or P.E. class or for any other personal use.
8. **Attendance-** An athlete who is absent from school may not participate in any team activities on that day unless special permission has been issued in writing by the athletic director or administrator.
9. **Health Status-**The coach, trainer and school nurse must be informed about any significant changes in an athlete's health.
10. **Transportation -** All team members must ride the bus to and from all away contests. Requests for exceptions to this policy must be made in writing by a parent/guardian. This request should be submitted to the coach for approval by the athletic director before school on the day of the contest.
11. **Awards –** An athlete must be a member in good standing of the team at the conclusion of the season in order to qualify for an award.
12. **Medical Excuse -** A student who receives a medical excuse from physical education may not participate in athletics for the duration of the medically excused period.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

To CIAC Student Athletes:

The CIAC has provided this document so that you, the student athlete, might have the means to be informed both of the CIAC bylaws and your rights under those bylaws. This is also personal copy of the Rules of Eligibility and Control with which all member schools and their athletes are required to comply. You and your parents or legal guardians are strongly urged both to read this document carefully to acquaint yourselves with the important information it contains, and to save it for future reference. This document does not purport to list all CIAC athletic policies or regulations. Those can be found in the CIAC Handbook, a copy of which has been distributed to all member high schools.

ATHLETES' RIGHTS OF DUE PROCESS

There may come a time when, because of special circumstances, an athlete either commits an act or fails to perform a duty, which results in his/her being declared ineligible to compete in a high school sport. In some cases, exceptions to the eligibility rules can be granted. All athletes have the right to the due process procedures listed below in seeking to have their eligibility restored.

Step 1. The athlete should first discuss the matter with the appropriate coach or athletic director. If it is felt that the circumstances of the case warrant a request for the exception to the rule, the high school principal should be informed.

Step 2. The high school principal then requests in writing to the CIAC Eligibility Committee that the matter be examined and an exception granted. Address of the committee: 30 Realty Drive, Cheshire, CT 06410.

Step 3. The CIAC Eligibility Committee will examine the facts of the case at its next regular meeting. The committee has the right to require that medical reports and/or other relevant documentation be provided.

Step 4. If the appeal is denied, the student's ineligibility remains in force for the period required in the regulations. The school has the right to request a hearing on the denial before the Eligibility Review Board within fourteen (14) days after said decision. If the Eligibility Committee decides that the circumstances of the case merit an exception, the matter will be forwarded to the Eligibility Review Board. In both cases the Eligibility Review Board will conduct a full hearing on the matter at its next scheduled meeting. Meeting time lines will be followed. At that time, the athlete, parents of the athlete, school representatives, and any other persons that may help to represent the athlete's case may appear and present evidence before the Eligibility Review Board. The Board has the right to require presentation of medical reports, financial data or other relevant documentation.

Step 5. The Eligibility Review Board will only consider that evidence presented in support of the athlete's case which has previously been disclosed to the school(s) or person(s) involved or who will be involved in the hearing or proceeding in sufficient time for such school(s) or person(s) to have reviewed the evidence, to have conducted an investigation of the matter, if appropriate, and to be prepared to present to the Board information deemed relevant to the athlete's case.

Step 6. The Eligibility Review Board will, following a full hearing and proper consideration of the facts of the case, render its decision, either to grant or deny the requested exception or to uphold the decision of the Eligibility Committee. If the exception is granted, the athlete's eligibility is restored immediately and retroactively. If it is denied, the student's eligibility remains in force for the period required in the regulations.

In all matters of athletic eligibility, the decision of the Eligibility Review Board are final except where the CIAC Board of Control reserves the right to review and act upon those cases which the Board of Control considers worthy of its attention.