Torrance High School ATHLETICS / BAND / DEBATE / DRILL TEAM / PEP SQUAD/ SONG TEAM

CLEARANCE PROCEDURES 2017-18 School Year

YOU MAY NOT PRACTICE OR COMPETE UNTIL YOUR COACH RECEIVES A SIGNED COPY OF YOUR EMERGENCY CARD FROM THE ATHLETIC DIRECTOR.

A TWELVE page **CLEARANCE PACKET** is attached to these directions. Additional packets are available online at www.ths.tusd.org.

CLEARANCE CHECKLIST All items must be complete for packet to be accepted!

| Completely fill out Page 1 regarding Student Information. Two (2) Signatures are required in <i>part 4</i> parent/guardian and athlete. |
|--|
| Parent/guardian and athlete signatures on Page 3 regarding Code of Ethics. |
| Parent/guardian and athlete signature on Page 5 regarding Passenger Authorization. |
| Parent/guardian and athlete signature on Page 6 regarding Transportation along with (check or cash accepted). |
| Parent/guardian and athlete signatures on Page 7 regarding Warnings. |
| Parent/guardian and athlete signatures on Page 9 regarding concussions. |
| TWO (2) Parent/guardian signatures on Page 10 1) regarding steroid use. 2) regarding permission for Photos and interviews. |
| Physical form on Page 11 filled out completely <u>including</u> parent/guardian signature at mid page and doctor's stamp in lower right corner. Debate team members do not need a physical. |
| Both portions of the emergency card filled out completely <u>including</u> contacts, insurance information, and parent/guardian signature at bottom of each portion. |

<u>DO NOT</u> return the CLEARANCE PACKET to your COACH

CLEARANCE PACKETS MAY BE TURNED IN TO THE BUSINESS OFFICE

Any school day during business hours (before school, at lunch, or after school)

All Fall Athletes must be cleared before the first Official day of Practice.

<u>DEADLINE:</u> Thursday August 10, 2017

Torrance High School - CLEARANCE FORM

ATHLETICS/BAND/PEP SQUAD

PART 1 – STUDENT INFORMATION

| Please PRINT | this | information | carefully | ٧. |
|---------------------|------|-------------|-----------|----|
|---------------------|------|-------------|-----------|----|

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| LAST | NAME | | | FIRST NAME | <u>=</u> | | | BIRTHDATE | GRADE THIS YEAR |
|--|--|--|--|---|---|---|---|---|---|
| STRE | ET ADDRESS | | | | | CITY | | | ZIP CODE |
| TELE | PHONE NUMBER | | | | | | | | |
| | | | | | | | | | |
| RT 2 – F | PHYSICAL I | EXAMINATION | | | | | | | |
| | | camination or stoefore a student | | | | | | | nt is physically fit |
| • | YSICAL EXAM | NAME OF DOCTOR OR | | | | | | OF PHYSICAL EXAM | |
| RT 3 – II | NSURANCI | E | | | | | 1 | | |
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TORRANCE UNIFIED SCHOOL DISTRICT

ATHLETIC RULES AND INFORMATION

ASB CARD: It is recommended that all athletes purchase ASB cards. The ASB card provides discounts for school activities and free entrance into all league and practice athletic events the entire year. It is required in order to receive athletic awards, letters, plaques, etc., free of charge.

- 1. <u>OUTSIDE TEAMS: Athletes cannot play on another team in the same sport from the time of high school's</u> first contest against another school, in that sport, through the final game of the season.
- 2. SCHOLASTIC ELIGIBILITY (TUSD Board Policy 327.22)
 - a. Athletes must be legally enrolled and progressing toward meeting graduation requirements.
 - b. Athletes are expected to enroll in six classes and are ineligible if they drop below five classes.
 - c. Athletes must maintain a minimum GPA of 2.0 in all classes for the quarter completed prior to each season. Weighted GPA's do not count for eligibility reasons.
 - d. Athletes may have no more than one (1) unsatisfactory grade in citizenship for the quarter completed prior to the season and throughout the season.
 - e. These academic and citizenship standards must be maintained each quarter (10 week period) to stay eligible.
- 3. TORRANCE HIGH SCHOOL ATHLETIC COUNCIL: Any athlete suspended from school, in or out of season, will be subject to disciplinary actions by the Athletic Council. Any athlete caught in the possession of, or under the influence of liquor, tobacco or controlled substances, in or out of season, will be subject to disciplinary actions by the Athletic Council. If requested by a coach or administrator, the Athletic Council will convene to investigate alleged individual or team violations and has the authority to invoke disciplinary action.

4. HIGH SCHOOL ATHLETIC RULES:

- a. Athletic department qualification for earning a letter is that an athlete must complete the season as a member of the varsity team (cannot have been cut, become in-eligible, been suspended or quit). Coaches have the right to add their own criteria for their programs.
- b. All school-issued equipment (uniforms, bags, etc.) must be returned at the end of the season or the athlete will receive an incomplete grade and be put on the activities office debt list until the equipment has been returned or paid for. Yearbooks and or other items may not be received if your name is on the list.
- c. Athletes may not transfer from an "in-season" sport to any other sport until after the last game of the "in-season" sport or until released by the coach of the "in-season" sport.
- d. Athletes are guaranteed a chance to tryout for another sport at the conclusion of their present sport season. We encourage athletes to participate in more than one sport during the year.
- e. Athletes who are cut from a sport will be transferred to a regular P.E. Class. Classes will range from 0-5th period. They must report to class daily and wear the required P.E. uniform in order to receive credit.
- f. All athletes must go to and from games on the team bus or with an authorized adult driver.
- g. To be a member of a high school athletic team is a privilege and an honor. We expect all players on the field to conduct themselves like ladies and gentlemen. Specifically, we do not want players to criticize teammates or officials nor to commit deliberate fouls. When fouled, we do not want our players to retaliate. In short, we expect high school athletes to play with "class" and "character".
- h. The athletic department has additional policies and rules that may be brought into effect according to the violation that may have occurred. All athletes are expected to follow school rules at all times.

5. THE ATHLETE, PARENT, AND COACH:

- a. Coaches may, and often do, set additional rules and regulations for their sports.
- b. Lines of communication. If a problem arises, parents are required to discuss it with the coach prior to calling the Athletic Director and/or Administration. No anonymous complaints (either in writing or otherwise) will be addressed.

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CIF SOUTHERN SECTION ATHLETES CODE OF ETHICS

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

- 1. Place academic achievement as the highest priority.
- 2. Show respect for teammates, opponents, officials and coaches.
- 3. Respect the integrity and judgment of game officials.
- 4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
- 5. Maintain a high level of safety / awareness.
- 6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
- 7. Adhere to the established rules and standards of the game to be played.
- 8. Respect all equipment and use it safely and appropriately.
- 9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
- 10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
- 11. Win with character, lose with dignity.

| Athlete's Signature: | Date: |
|-------------------------|-------|
| Athlete's Name Printed: | |
| Parent Signature: | Date: |

The CIF-Southern Section requires that a copy of this form be kept on file in the Athletic Director's Office at the local high school on an annual basis.

PLEASE COMPLETE FORM ON THE REVERSE SIDE

4

Torrance Unified School District

TORRANCE HIGH SCHOOL

TO: Parents of Students Involved in Voluntary School-Sponsored Events for which

Torrance High School does NOT Provide Transportation

SUBJECT: TRANSPORTATION TO SCHOOL-SPONSORED ACTIVITIES IN WHICH STUDENTS VOLUNTARILY PARTICIPATE

Torrance High School specifically requires the completion of the permission forms, which indicate that insurance responsibility on the part of drivers is adequately met and that parents give permission for their students to be transported by coaches, parents, sponsors or other adults to such voluntary school-sponsored events.

Parents must understand that Torrance High School does not provide transportation to some voluntary school-sponsored events and that it is solely a parent's responsibility to arrange transportation for his/her son/daughter if the parent wishes his/her son/daughter to attend/participate in the event(s).

If, as a parent or guardian, you wish your son/daughter to be transported by a coach, sponsor, parent or other adult to a voluntary school-sponsored event, the appropriate form must be completed prior to the school-sponsored event. Please read the form carefully.

DRIVERS ARE NOT ACTING AS AGENTS OF TORRANCE HIGH SCHOOL.

DRIVERS ARE NOT DRIVING ON BEHALF OF TORRANCE HIGH SCHOOL.

TORRANCE HIGH SCHOOL IS NOT PROVIDING INSURANCE FOR THE DRIVERS.

TORRANCE HIGH SCHOOL IS NOT PROVIDING INSURANCE FOR THE PASSENGERS

Please ask your coach/sponsor if you have questions concerning the voluntary transportation policy or about the required permission forms.

PERMISSION FOR STUDENT TO RIDE IN A CAR

TORRANCE HIGH SCHOOL

STUDENT PASSENGER AUTHORIZATION FORM

For Torrance High School Students to Ride to a School-Sponsored Event with an Approved Coach, Sponsor, Parent or Adult Driver

The undersigned hereby acknowledges and understands that Torrance High School is not providing transportation to certain voluntary schoolsponsored event(s) and that is the responsibility of the undersigned to arrange transportation for his/her son or daughter.

TORRANCE HIGH SCHOOL MAY **NOT** PROVIDE BUS TRANSPORTATION FOR CERTAIN AWAY CONTESTS/TOURNAMENTS. PARTICULAR EVENTS MAY ALLOW FOR INDIVIDUALS OR TEAMS TO TRAVEL BY PRIVATE TRANSPORTATION TO SOME CONTESTS, TOURNAMENTS OR WEEKEND EVENTS. ADVANCE NOTICE WILL BE GIVEN TO ALL TEAM MEMBERS.

As parent/legal guardian, I hereby authorize and give permission for my son/daughter,

| (Student's name) | , to ride as a passenger in a vehicle adult to the above school sponsored |
|--|---|
| The undersigned acknowledges and unders behalf of, or as an agent of, Torrance Hig understands that Torrance High School h DMV record of the driver or the mechanical | gh School. Further, the undersigned as not verified the driving record or |
| However, the driver has produced a signsurance coverage, possession of a Call vehicle is in proper mechanical condition. | |
| STUDENT'S SIGNATURE: | DATE: |
| PARENT'S SIGNATURE: | DATE: |

TORRANCE UNIFIED SCHOOL DISTRICT

TRANSPORTATION

"The Torrance Unified School District's four high schools collect parent contributions for extracurricular transportation. Contributions will be collected from all Athletic teams, Band, Debate, Drill Team, and Pep Squad, and will be used to pay for busses carrying these high school students to activities and games."

1. The basic payment per athlete is:

| A. | One (1) student in one season of activity/team | \$130.00 |
|----|---|----------|
| B. | One (1) student in two or more seasons of activities/teams | \$200.00 |
| C. | Two or more students each of whom are in two or more activities/teams | \$300.00 |

- The contribution applies to all interscholastic athletics that use busses and drivers. Band, Pep Squad, Song Team and Drill Team are considered two season activities and are asked to pay \$200.00
- 3. Refund Policy:
 - a. Refunds will be granted to students who are cut or voluntarily drop **before their activity/team's first contest.**
 - b. No refunds will be granted to students who are cut or drop the activity/team after the first contest, regardless of whether or not the student participated.
 - c. No refunds will be granted to students who become scholastically ineligible.
- 4. Please write a check or money order, payable to the **Torrance Unified School District**. Complete the information below and on your check, write your student's full name, grade level, and sport(s).

| Fall Sport | Winter Sport | Spring Sport | Amount |
|------------|--------------|--------------|--------|
| | | | |
| | | | |
| | | | |
| Band | Debate | Pep/ Drill | Amount |
| | | | |
| | | | |
| | | | |
| | - | | |

| Parent Signature | Date |
|------------------|------|
| | |

TORRANCE HIGH SCHOOL





SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC COMPETITION

By its very nature, competitive athletics may put students in situations which <u>SERIOUS</u>, <u>CATASTROPHIC</u> and, perhaps, <u>FATAL ACCIDENTS</u> may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous.

The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risks exist.

By choosing to participate, you the student, acknowledge that such risks exist.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students <u>must</u> adhere to that instruction and utilization and <u>must</u> refrain from improper uses and techniques. Players may reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following the proper conditioning program and inspecting their own equipment daily. <u>Damaged equipment must be replaced.</u>

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

DIRECTIONS: Sign this form and return it to the Athletic Office with the Athletic Packet.

| This will acknowledge that we have read in this WARNING TO STUDENTS, PAREN | d and understand the material contained ITS and GUARDIAN. | | | |
|--|---|--|--|--|
| SignedParent or Guardian | Date | | | |
| SignedStudent | Date | | | |
| Student's Name (Please Print) | | | | |

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns

- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays non-coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

TORRANCE HIGH SCHOOL CONCUSSION INFORMATION SHEET

What can happen if my child keeps on playing with a concussion or returns to soon?

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. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed heath care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

Student-athlete Name Printed Student-athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

TORRANCE UNIFIED SCHOOL DISTIRICT

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AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN REGARDING USE OF STERIODS

| (Distance (Ot lead All Lea) | Torrance High School |
|---|--|
| (Print Name of Student Athlete) | (High School) |
| board of the Torrance Unified School D | e California Interscholastic Federation (CIF), the Governing istrict has adopted Board Policy 5131.63 prohibiting the use and CIF Bylaw 524 requires that all participating students and their |
| | ident shall not use androgenic/anabolic steroids without the hysician, as recognized by the American Medical Association, to |
| | O.D, the student may by subject to penalties, including e student or his/her parent/guardian provides false or fraudulent |
| | ion of the District's policy regarding steroids may result in it not limited to, restriction from athletics, suspension, or |
| (Signature of Student Athlete) | (Date) |
| (Signature of Parent/Guardian) | (Date) |
| ***THIS FO | DRM MUST BE SIGNED*** |
| | UNIFIED SCHOOL DISTRICT OF STUDENT PHOTOS AND INTERVIEWS |
| The Torrance Unified School District offers many un result of this, Torrance High School anticipates posi- media attention will serve to increase the public's an | nique educational programs as well as strong athletic programs. As a itive print and broadcast media attention during the school year. This wareness of all programs offered through the Torrance Unified School Breeze and Torrance CitiCABLE Channel 3 are just a few of the media |
| present for all media interviews. We are requesting | sentatives from Torrance High and administrators or a designee will be your written permission so that any photographs, video footage or by the media or TUSD. Please complete the form below |
| ,, p | arent/guardian of, (Print Students First/Last Name) |
| hereby give my permission without restriction fo during the current school year at Torrance High | or my child to be photographed, interviewed, and/or videotaped School by the representatives of the print and broadcast media rest any type of media which may be used for any legitimate |
| (Parent/Guardian Signature) | (Date) |

TORRANCE HIGH SCHOOL PHYSICAL SCREENING FORM

11

| SPORT: | SCHOO | OL: TORRA | NCE HIGH | DA | TE: | _ |
|---|-------------------------|-----------------|--------------------|-----------|------------------|-------------------|
| PRINT: Last Name | First Name | M.I. | Grade | Age | Date of Birth | _ |
| Address | | | City | | Zip Code | _ |
| HEALTH HISTORY (To Check and give as muc | | • | , | | | |
| Heart Trouble | High Blood F | ressure | Asthma | | Diabetes | |
| Kidney Problems | Head Trauma | a | Seizures | | Other (List belo | w) |
| History of any previous inj | uries, fractures, serio | ous illnesses o | r operations (Give | year of p | oroblem) | _ |
| Current medications | Allergies | | Last Tetanu | ıs Immun | ization | _ |
| Signature of Paren | t or Guardian:_ | | | | | |
| PHYSICAL EXAMINAT | TON (To be comp | leted by phys | sician): | | | |
| Height:Weight: | | | - | Resnir | rations: | |
| Visual Acuity: O.D/ | • | | | - | | |
| | | | | | | |
| ()Chest Pain ()Extreme | 3.O.B. ()DIZZITIESS | | | | | Member |
| | NORMA | | CULOSKELETAL, R | ROM, STR | ENGTH | |
| 1. EYES | TIOT(W/ | SPINE | | | | |
| 2. EARS, NOSE, THE | ROAT | | ILDERS | | | |
| 3. MOUTH AND TEE | | ARMS | S/HANDS | | | |
| 4. NECK | | HIPS | | | | |
| 5. CARDIOVASCULA | .R | THIGH | HS | | | |
| 6. CHEST AND LUNC | 3S | KNEE | S | | | |
| 7. ABDOMEN | | ANKL | ES | | | |
| 8. SKIN | | FEET | | | | |
| 9. GENITALIA-HERNI | A(MALE) | 11. NEUR | OMUSCULAR | | | |
| ABNORMAL FINDING: | | | | | on () Tetanus | – – Booster |
| , , | cept, Restrictions: (| | • • | | , , | |
| () No | t Participate | | | | | |
| EXAMINING PHYSICIAN | | | | | ate: | _ |
| Address: | | Doctor | r's Stamp here: | | | |
| Phone #: | | | | | | |

TORRANCE HIGH SCHOOL-ATHLETIC EMERGENCY CARD

FILL IN BOTH COPIES

| PATION YEAR: 2017-18 | SPORTS: |
|--|---|
| Name: | Grade: Date of Birth: |
| Address: | Home Phone: |
| Parent/Guardian Name: | Parent/Guardian Name: |
| Work Phone:X. | Work Phone:X |
| Cell Phone: | Cell Phone: |
| Family Physician: | Physician Phone: |
| Emergency consent on file at: | (Please fill in Hospital N |
| My student athlete has the following medical insurance: | (Please fill in comp |
| Policy # Gr | roup # Other info: |
| If a parent cannot be reached, please contact: (this informatio | on is required) |
| 1. Name: | Relationship to athlete: |
| Address: | Phone #(s) |
| 2. Name: | Relationship to athlete: |
| Address: | Phone #(s) |
| In case of an emergency, I give permission to take | to a physician/hospital. I herby authorize the physician to |
| necessary care of my child and I agree to assume responsibility | y for an inecical services. |
| NCE HIGH SCHOOL-ATHLETIC EMERGE | Date: |
| | |
| PATION YEAR: 2017-18 | ENCY CARD FILL IN BOTH COPIE |
| Name: | SPORTS: |
| Name: | ENCY CARD FILL IN BOTH COPIE SPORTS: |
| Name: Address: Parent/Guardian Name: | ENCY CARD FILL IN BOTH COPIE SPORTS: Grade: Home Phone: |
| Name: | SPORTS: Grade: Home Phone: Parent/Guardian Name: Work Phone: X. |
| Name: Address: Parent/Guardian Name: Work Phone: Cell Phone: | ENCY CARD FILL IN BOTH COPIE SPORTS: Date of Birth: |
| PATION YEAR: 2017-18 Name: | SPORTS: Grade: Home Phone: Parent/Guardian Name: Work Phone: Cell Phone: |
| Name: | SPORTS: Grade: Home Phone: Parent/Guardian Name: Work Phone: Cell Phone: Physician Phone: |
| Name: | SPORTS: Grade: Date of Birth: Home Phone: Parent/Guardian Name: Work Phone: X Cell Phone: Physician Phone: (Please fill in Hospital Name) |
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| PATION YEAR: 2017-18 Name: | SPORTS: Grade: Date of Birth: Home Phone: X Parent/Guardian Name: X Work Phone: X Cell Phone: Physician Phone: (Please fill in Hospital Name: Other info: Other info: Other info: Other info: Phone #(s) Relationship to athlete: Phone #(s) |
| PATION YEAR: 2017-18 Name: | SPORTS: Grade: Date of Birth: Home Phone: Parent/Guardian Name: Work Phone: Physician Phone: Phone #(s) Relationship to athlete: Phone #(s) to a physician/hospital. I herby authorize the physician to ta |