

# PARENT & STUDENT ATHLETE HANDBOOK

## 2023 - 2024 SY



**Academies at South**



**Cesar Chavez**



**Alhambra**



**Maryvale**



**Betty H. Fairfax**



**Metro Tech**



**Camelback**



**North**



**Carl T. Hayden**



**Trevor G. Browne**



**Central**

**UPDATED FOR 2023-2024 SY**

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## **PREFACE**

Athletic activities in PXU are an exciting part of the total educational experience. This manual, prepared by the District Athletic Director and staff, is designed to serve as a guide for administrators, coaches, parents, student-athletes, and other PXU personnel. The PXU Athletic Program makes a significant contribution to the education of the students in this district. The contents of this manual are designed to assist in the direction of the athletic program, the clarification of policies, and, ultimately, the improvement of all athletic activities.

## **PURPOSE**

The Phoenix Union High School District (PXU) interscholastic athletic programs place high priority on the overall quality of the educational experience. We strive to motivate student-athletes towards success in the classroom as well as their chosen sport(s). Committed and qualified coaches promote the will to win, while demonstrating and building strong character and sportsmanship. Athletes are students first; the Athletic Departments at each PXU High School will assist student-athletes in their endeavor to attain their full potential while maintaining a balance between the demands of academics and athletics, in preparation for college, career, and life.

This handbook is intended to provide guidance to parents, students, coaches, administration, and all others associated with athletics to establish, maintain, and enforce clear expectations and requirements for participation in any of the Arizona Interscholastic Athletic Association (AIA) sanctioned sports offered at our schools.

This handbook is designed to ensure uniformity and consistency between all athletic programs. It is vital that parents and student-athletes carefully review, become familiar with, and assure compliance with the established procedures outlined in these pages. In addition, it is important to become familiar with each coach's personal philosophy and expectations for their specific sport.

Student-athletes are representatives of their sport and their school. Therefore, they are viewed as leaders and role models. Because of their position and visibility, it is vital that they demonstrate strong character, responsibility, maturity, and integrity during athletic competitions, while on campus, while visiting other campuses, and throughout the local community. PXU has adopted the Character Matters program to develop the character and leadership of our student-athletes.

# **PXU EDUCATION-BASED ATHLETICS PHILOSOPHY**

## **PXU Mission Statement**

Preparing Every Student for Success in College, Career, and Life.

## **PXU Athletics Mission Statement**

*It is the mission of PXU Athletics to provide our student-athletes with the opportunity to enhance their overall educational experience through participation in interscholastic sports. Our student-athletes will gain valuable life-lessons in teamwork, leadership, and service, while also developing character, integrity, and friendships through healthy competition.*

## **PXU Athletics Vision Statement**

It is the vision of PXU Athletics to be the district of choice for students, parents, and community partners by maximizing students' sports participation through the provision of:

**Strong Academics and Support**  
**Championship-Caliber Athletic Teams**  
**Outstanding Coaches of Character**  
**State of the Art Athletic Facilities**

## **ATHLETIC PARTICIPATION PROCESS**

Prior to any student being cleared to participate in a sport, s/he must complete the following:

- The entire online registration process must be completed through Aktivite® (formerly Register My Athlete – RMA). You will need to make an account once during high school. However, the content will need to be updated for each sport and/or each school year.
- Please understand that information entered into the Aktivite database needs to be current. PXU will not be held liable for situations that arise when information is not currently updated.
- SEE RESOURCES for PXU's Clearance for Participation Instructions and the current year's Physical Forms from the Arizona Interscholastic Association (AIA).
- Pre-participation **Physical Evaluation** - Current-year physical by a physician is required each year. Physicals completed on or after March 1<sup>st</sup> are valid for the summer and all of the next school year.
  - All 5 Physical pages must be uploaded.
  - New Physicals are required for Summer Participation!
    - St. Vincent De Paul provides free physicals throughout the school year.
    - Please call (602) 261-6825 for an appointment.
    - Address: 420 W. Watkins Rd. Phoenix, AZ 85003
- **Informed Consent Form**- The informed consent video must be viewed every year by both the student and a parent via AKTIVATE at [www.RegisterMyAthlete.com](http://www.RegisterMyAthlete.com)
- **Medical Insurance** - Parents must have health insurance for their student, as they are responsible for medical bills incurred as a result of participation in athletics. Parents must provide insurance information to assist coaches, athletic trainers, staff and medical personnel to provide or arrange medical assistance the athlete may need as a result of injury.
  - Parents may purchase school activity insurance. Forms are available from school officials.
  - This can also be purchased online: [www.kandkinsurance.com/](http://www.kandkinsurance.com/)
- **Brain-Book/Concussion Test** - Must be completed ONCE during high school for athletic eligibility. <https://academy.azpreps365.com/>
- **Opioid Education Class**- Must be completed ONCE during high school for athletic eligibility. <https://academy.azpreps365.com/>
- **Participation fee** of \$2 for each sport must be paid to the campus bookstore.
- Student-athlete clearance for summer workouts and the following school year shall begin on every campus after March 1<sup>st</sup> of the current calendar year.

## **ATHLETIC CLEARANCE**

Before any student\* may participate in a school-sponsored program they must be cleared. **NO STUDENT-ATHLETE CAN PARTICIPATE IN SUMMER OR IN-SEASON TRYOUTS, CAMPS/CLINICS, PRACTICE/TRAINING, or COMPETITION without being fully and properly cleared and documented within the Aktivate database.**

All clearance will now be online using Aktivate ([LINK](#)).

Included in the appendices is an overview of the Clearance Directions (Handout for Athletes & Parents) as well as an AIA Clearance Packet for the current school year. Copies of all required documents/forms have been included in Appendix.

### **The following electronic documents must be viewed and completed:**

- PXU Informed Consent Form: [Read](#)
- PXU Informed Consent Video: [View](#)
- AIA Consent to Treat Form: [Read](#)
- AIA MTBI/Concussion Form: [Read](#)
- Annually updated proof of insurance coverage or school insurance and medical history.
- E-signature from parents.
- E-signature from students.

### **The following documents must be completed and uploaded:**

- **AIA Physical Form** this exam must be completed and signed by doctor on the current school year's forms. **NOTE:** Doctor's Office official stamp is required on the last page. [[AIAOnline Physical Form](#)]
- **AIA/NFHS Brainbook and Opioid Courses** - certificates of completion must be uploaded once. [[AZPreps365 Academy](#)]
- **Athletic Participation Fee Receipt** (\$2.00 paid at Campus Bookstore; bring receipt to campus' Athletic Office)
- **AIA Participation Regulations: 550 Transfer Form**
  - Contact Campus Athletic Administrator to complete and submit:
  - AIA Form 550 - Student Information
  - AIA Sub-Varsity Transfers Bylaw (15.10.1.1.2) Update 2023

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\* "Student" means a person who is enrolled in PXU as a student—and is considered to be a Student of the District, at the selected school site, from the date of enrollment until either the student's withdrawal (i.e., voluntary or involuntary, including expulsion) or graduation from PXU.

## **ELIGIBILITY AND CLEARANCE FOR TRANSFER STUDENTS**

Effective 2023, the Arizona Interscholastic Athletics Association (AIA) revised several policies relevant for TRANSFER STUDENTS. All transfer students [with their legal guardian(s)] must connect with their campus athletic administrator.

### **TRANSFER STUDENT DEFINITION:**

Did you attend **ANY** high school before enrolling at the PXU school you selected this year? This includes another PXU high school, an alternative or charter school, a private school, a different Arizona school or district, a school in another state, or a school in another country.

### **IF YOU ARE A TRANSFER STUDENT:**

1. You **MUST** inform your coach that you attended another high school.
2. You **MUST** also speak with your campus Athletic Administrator.

ONLY your campus athletic administrator can assist you with the complete transfer and registration process needed to become eligible for participation in AIA-sanctioned sport or activity programs. There are several procedures and forms that the athletic administrator will advise and assist with. The athletic administrator **MUST** submit the appropriate documents to the AIA on your behalf. Every transfer student (with their parent/legal guardian) must complete and submit a Transfer Packet (550 Forms).

The following will vary based on your individual situation:

- Sub-Varsity Transfers (2023 option for underclassmen)
- Fast-track Transfers
- Hardship & Appeal Processes

It will help you to be fully transparent (open and honest) about enrollment and your reason(s) for changing schools. This is the only way the athletic administrator can assist you. In some situations, participation may still be limited to a percentage of the season. PXU reminds student-athletes that they have many options to help maintain active involvement in athletics, year-round. Again, your site athletic administrator is your best resource to address these options and potentials for becoming connected on your new campus.



## NEW TRANSFER BYLAW AT A GLANCE

*This document is intended as a guide only, and does not otherwise amend or alter any bylaw. Always consult and review the applicable bylaw(s) that may be involved in any particular case. A transfer student must also meet all other eligibility requirements as well as those related to transfer (15.1.1).*

### Out of State Transfers

- If a student enrolls into an Arizona high school for the first time:
  - **Eligible**, (no 50% sit out required) - if the student **has moved** with their parents (both) or guardian
  - **Sit out 50%** - If the student **has not moved** with their parents (both) or guardian
  - **550 forms** – Are still required, once an out of state parent or guardian has submitted the information, the receiving school A.D. can review the document. The Out of State School must be contacted to verify the student information especially participation – did the student practice and play in a contest or was it just practice?
  - Hardships can be brought forward from the school (not parents) **if** they meet the requirement of **unforeseen, unavoidable or uncorrectable** act, condition or event, over which the student and his/her family has no control and can be documented by the parent. Appeals will be heard by the Conference Committee of the appealing school.

### In State Transfers

- All students at all levels who move from one school to another are considered to be a transfer student.
- **Regardless if there is a change of domicile or not**, the student is considered a transferring student and is **ineligible at all levels for the first 50% of the power ranked regular season contests in those sports in which the student participated during the twelve (12) months immediately preceding the transfer.**
- Form 550 is required
- Tournaments that take place **before** 50% of the contests have been played are **not eligible opportunities** for a transferring student to participate.
- If a student transfers during the season (season defined as the 1<sup>st</sup> day of practice until that team has completed all opportunities to participate), that student is **ineligible for one year from the date of first attendance at the receiving school in that sport.**
- If there are any subsequent transfers by the student, the student is ineligible for one year from the date of first attendance at the receiving school in the sport he/she has played the previous year.
- Hardships can be brought forward from the school (not parents) **if** they meet the requirement of **unforeseen, unavoidable or uncorrectable** act, condition or event, over which the student and his/her family has no control and can be documented by the parent.
  - Hardships are not to be brought forward to circumvent the **intent** of the transfer rule. Hardships should be extenuating situations that are unique with documented evidence of the situation. Appeals will be heard by each Conference Committee.

**Athletic Directors, please keep your Principal, Superintendent and Governing Board apprised of the transfer rules.**



## **Procedures for All Transferring Students \*Participation in Athletics and Activities\***

### **AIA Bylaw – Article 15, Student Eligibility Rules**

**15.10 TRANSFER RULE** – After enrolling and attending one or more classes, a student changing enrollment from one school (sending school) to another school (receiving school) shall be considered a transferring student. For information and record keeping purposes, the receiving and sending school shall reasonably cooperate and **complete Form 550.**

#### **“Statement of Philosophy / Rationale for Transfer Rule”**

- Promotes the educational philosophy that participation in interscholastic athletics is a privilege, which should not take a dominant role over academics;
- Recognizes the overwhelming administrative difficulty in attempting to determine the motives or reasons for each and every transfer, and, therefore, adopts a uniform objective standard to be followed by all member schools.
- Helps to protect opportunities for participation by students who attend school in the attendance zone of their domicile;
- Helps to protect and promote continuity of school programs;
- Serves as a deterrent to students running from or avoiding an athletic discipline that has been or may be imposed;

Except as otherwise stated, this rule is intended to and shall encompass any and all transfer situations and shall apply to any and all member schools, be they public, private or parochial.

NOTE: The fact that a student may or may not have paid tuition has no bearing on the applicability of transfer rules.

#### **Completion of Form 550:**

Form 550 must be filed electronically by logging on to the AIA website, @ aiaonline.org  
Once on the site you will follow the following procedures:

1. Find the tab labeled “About AIA” (top red bar)
2. Place your cursor on the tab, a drop down list will appear, click on “FORMS - CONSTITUTION & BYLAWS”
3. Click on the “Form 550 – Student Transfer Form (online) – All Transfer Students Seeking Athletic Eligibility”
4. “Form 550 – Step 1 – Student Information” will appear, click on the blue “Begin” button
5. Please answer the questions completely including identifying any school attended while in high school (schools may be added after completing the first school entered on the form)
6. Once complete, you are provided the opportunity to review the information before clicking on the submit button.

\*\*Once submitted, information cannot be changed – if you believe there is an error after submitting the form, contact your athletic director.\*\*

## ATHLETIC ELIGIBILITY

### ACADEMIC RESPONSIBILITY

- It is the student-athletes responsibility to maintain their grades at a level higher than 60% in all classes.
- Student-athletes must uphold their academic responsibilities by:
  - Completing **AND** submitting all assignments (classwork and homework).
  - Being prepared for and attending all classes.
  - Making use of campus/team resources for academic support and assistance.
  - Following the policy and procedures for maintaining academic eligibility.
- **PXU No Pass No Play Policy** - (NPNP) the most current district policy is included in the resources. This details the procedures for academic eligibility and ineligibility.

### ATTENDANCE

- School/class attendance will be monitored by the coaches and by the site Athletic Director. Any student who is absent for more than 2/3 of their enrolled classes (ex: four of six periods) on the day of a game will not be permitted to dress out or participate that day and they will not be allowed to ride the bus to an away game. Any exceptions to this rule must be arranged in advance and must have the approval of the coach and the Athletic Director.
- The coach and/or Athletic Director may periodically run an athlete's attendance report. Excessive absences or tardiness may result in that student being suspended from participation or removed from the team for a prescribed period. Reinstatement to full participation will be dependent on specific criteria as determined by the coach and the athletic administrator.

# **ATHLETE BEHAVIOR EXPECTATIONS**

## **Participation**

- Students are expected to be dressed out and, on the field or court, completely ready for practices and games at or before the scheduled practice/game times. Consequences for being late will be determined by each program/coach.
- Each athlete is expected to portray a confident and positive attitude, leaving no room for negativity. Athletes are expected to participate with hustle and class.
- The grievance process is intended to be a process whereby concerns of alleged unfair treatment of athletes can be addressed in a timely manner. We believe that a quick and honest discussion between all parties will result in the positive resolution of concerns and an improvement of the atmosphere for both athletes and coaches. Grievances should be addressed first with the coach at a scheduled time (not before, during, or after practice or contests). If this meeting does not bring about a satisfactory resolution a meeting may be held involving the student, parent, coach, and athletic director in a reasonable and timely manner.

## **Release from Class for Games**

- Competitions are scheduled to limit students missing class time; however, some scheduling requires the team to leave before the school day is over. Most times, it is only necessary for students to miss a portion of their final period. In those cases, students will be released early.
- In the case where students need to be excused from one or more entire class periods, they will be *brown-slipped* by the athletics office for the entire period(s). Coaches will inform their team whether they are being brown slipped or if they just have an early release.

## **Non-School Participation**

A student who is a member, or becomes a member, of a school team shall not practice or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to the following team sports: football, baseball, basketball, volleyball, soccer, softball, track relay and swimming relay teams. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled game and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

## **ATHLETE BEHAVIOR (Continued)**

### **Discipline Referrals**

Inappropriate behavior that leads to the processing of a discipline referral may result in suspension from play and could result in being removed from the team depending on the severity of the offense. If a student has been assigned to ISS (in-school suspension) or OCS (off-campus suspension) she/he cannot participate with the team in *any* capacity during the time of that suspension (*including the final day of the suspension*). In addition to these consequences, the coach of that sport may, with the approval of the Athletic Director, impose further consequences.

### **Harassment/Hazing**

- Abusive or humiliating harassment or hazing is strictly prohibited within PXU schools. These are unacceptable practices in any athletic, extracurricular, or academic endeavor. Students and coaches who engage in any type of harassment and/or hazing can expect to be disciplined under the PXU Student Handbook and the Governing Board Policies regarding Student Conduct (J2300).

- **Definition of Harassment:** Harassment may include behavior or innuendoes – spoken, written or graphic related to gender, race, color, religion, national origin, or disability, which may include, but is not limited to, implied, or overt threats, intimidation, demeaning jokes, taunting, slurs, derogatory remarks, or nicknames.
- **Definition of Hazing:** “Hazing” is defined as intentionally, knowing or reckless act committed by a student, whether individually or in concert with other persons, against another student, and in which both of the following apply 1) the act was committed in connection with an initiation into, an affiliation with or the maintenance of membership in any organization that is affiliated with an educational institution; and 2) the act contributes to a substantial risk of potential physical injury, mental harm or personal degradation.

\*AD and coaches will in-service student-athletes and parents about harassment and hazing.

\*Report all harassment/hazing IMMEDIATELY to Athletic Director/Administrator/Parent.

## **ATHLETE BEHAVIOR (Continued)**

### **Social Media**

Parents and students should be aware of the Arizona Revised Statute (ARS 132916) regarding the use of social media. The statute states-It is unlawful for any person, with intent to terrify, intimidate, threaten, or harass a specific person or persons, to do any of the following:

- Direct any obscene, lewd, or profane language or suggest any lewd or lascivious act to the person in an electronic communication.
- Threaten to inflict physical harm to any person or property in any electronic communication.
- Otherwise, disturb by repeated anonymous, unwanted, or unsolicited electronic communications the peace, quiet or right of privacy of the person at the place where the communications were received.

Any student misuse of social media (Facebook, Twitter, Snap-Chat, Instagram, etc.) may be subject to the discipline guidelines set out in the PXU Student Handbook.

### **Equipment**

- The Phoenix Union High School District provides uniforms at no cost to athletes.
- Proper care and return of the uniform and all equipment is required.
- Failure to return any piece of the uniform or equipment will result in a debt being placed on that student's account. Student debts must be paid off or the equipment must be returned before the student can be cleared for another sport, purchase tickets to any school event (e.g., dances, homecoming, prom, etc.), transfer credits, or be cleared to graduate.
- Review and sign PXU's policy regarding responsibility for issued equipment and uniform. This manual's Resources includes the form that must be signed by both the player and their parent/legal guardian.
- **NOTE.** Only district purchased football helmets are allowed to be worn by PXU student-athletes, outside purchased football helmets are prohibited.

### **Transportation**

Athletic teams will travel both to and from games together as a team with their coach. This is part of the team experience. If an athlete needs to leave with a parent/guardian after a game due to an appointment or scheduling issue, the parent must complete an **alternative transportation form** in the site athletics office, prior to the game. This should only be done when absolutely necessary.

# **ATHLETE SAFETY**

## **Athletic Trainer**

PXU athletic trainers are board certified, and poses the knowledge, experience and facilities for treatment and rehabilitation of injuries. Injured students are encouraged to see the athletic trainer as quickly as possible after an injury occurs. Students should not miss class time to go to the training room. It is the athletic trainer's decision whether or not to limit or restrict an injured athlete's participation. Return to practice/play is a decision that is made by either the athletic trainer or a physician.

## **Student Injury Decisions**

- It is the athletic trainer's decision whether to limit or restrict an injured athlete's participation.
- Return to practice/play is a decision that is made by the athletic trainer in consultation with the school's Athletic Director and Team Physician or a Doctor that specializes in Sports Medicine.

## **Health & Participation**

- Please review **AIA Heat Acclimatization Policy**
- Please review **AIA Concussion Management Protocol**

# **HEAT ACCLIMATIZATION POLICY**

## **41.4 HEAT ACCLIMATIZATION & EXERTIONAL HEAT ILLNESS MANAGEMENT POLICY**

### **41.4.1**

It is the position of the AIA that prevention is the best way to avoid exertional heat stroke. Prevention includes educating athletes and coaches about:

1. Recognition and management of exertional heat illness;
2. The risks associated with exercising in hot, humid environmental conditions;
3. The need for gradual acclimatization over a 14 day period;
4. Guidelines for proper hydration;
5. Implementing practice/competition modifications according to local temperature and relative humidity readings.

### **41.4.2 Definitions**

Exertional heat illness includes the following conditions, ordered from the least to the most dangerous:

1. Exercise associated muscle cramps: an acute, painful, involuntary muscle contraction usually occurring during or after intense exercise, often in the heat, lasting approximately 1-3 minutes.
2. Heat syncope: also known as orthostatic dizziness, it refers to a fainting episode that can occur in high environmental temperatures, usually during the initial days of heat exposure.
3. Exercise (heat) exhaustion: the inability to continue exercise due to cardiovascular insufficiency and energy depletion that may or may not be associated with physical collapse.
4. Exertional heat stroke: a severe condition characterized by core body temperature > 40°C (104°F), central nervous system (CNS) dysfunction, and multiple organ system failure induced by strenuous exercise, often occurring in the hot environments.

**Heat Acclimatization Protocol** (A team may not choose to train in a less severe climate)

#### **Days 1 – 5:**

- Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
- If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day. In addition to practice, a 1-hour maximum walk-through is permitted during days 1-5 of the heat acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa). (**Note:** A walk-through is defined as no contact with other individuals, dummies, sleds, or shields).

- During days 1-3 of the heat-acclimatization period, in sports requiring helmets or should pads, a helmet is the only protective equipment permitted. The use of shields and dummies during this time is permissible as a non-contact teaching tool.
- During days 4-6, only helmets and shoulder pads may be worn.  
Football only: on days 4-6, contact with blocking sleds and tackling dummies may be initiated.

#### **Days 6 – 14:**

- Beginnings no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day.
- On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice days is followed by a rest day, another double-practice day is permitted after the rest day.
- On a double-practice day, neither practice should exceed 3 hours in duration, nor should student athletes participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walkthrough, conditioning and weight-room activities are included as part of practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
- Beginning on day 7, all protective equipment may be worn and full contact may begin.
- Full-contact sports may begin 100% live contact drills no earlier than day 7.
- Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during and after all practices.

#### **41.4.3 Hydration Strategies**

- Sufficient, sanitary, and appropriate fluid should be readily accessible and consumed at regular intervals before, during and after all sports participation and other physical activities to offset sweat loss and maintain adequate hydration while avoiding overdrinking.
- Generally, 100 to 250 mL (approximately 3– 8 oz) every 20 minutes for 9- to 12- year-olds and up to 1.0 to 1.5 L (approximately 34 –50 oz) per hour for adolescent boys and girls is enough to sufficiently minimize sweating-induced body-water deficits during exercise and other physical activity as long as their pre-activity hydration status is good.
- Pre-activity to post-activity body-weight changes can provide more specific insight to a person’s hydration status and rehydration needs. Athletes should be well- hydrated before commencing all activities.  
(see guideline box)

- The following hydration guidelines are suggested:

CONDITION	% BODY WEIGHT CHANGE
Well Hydrated	+1 to -1
Minimal Dehydration	-1 to -3
Significant Dehydration	-3 to -5
Serious Dehydration	> -5

**% Body weight change =**

$[(\text{pre-exercise body weight} - \text{post-exercise body weight}) / \text{pre-exercise body weight}] \times 100$

#### **41.4.4 Return to Play Following Exertional Heat Stroke**

The following is the protocol for return to play following heat stroke:

1. Refrain from exercise for at least 7 days following the acute event.
2. Follow up in about 1 week for physical exam by licensed physician (MD, DO)
3. When cleared for activity by a licensed physician, begin exercise in a cool environment and gradually increase the duration, intensity, and heat exposure for 2 weeks to acclimatize and demonstrate heat tolerance under the direction of a licensed healthcare professional.
4. If return to activity is difficult, consider a laboratory exercise-heat tolerance test about one month post incident.
5. Athlete may be cleared for full competition if heat tolerance exists after 2 – 4 weeks of training.

The AIA also recommends that any athlete suspected of having suffered exertional heat exhaustion be referred to a licensed physician for follow-up medical examination and clearance.

# **CONCUSSION MANAGEMENT PROTOCOL**

## **PXU Concussion & Head Injury Management Guidelines for Athletics**

The purpose of this concussion management program is to implement reasonable precautionary measures to protect student athletes who show signs or symptoms of a concussion or head injury and to ensure student athletes receive proper care and return to play in a safe manner.

### **1. Program:**

#### **1.1 State Law:** A.R.S § 15-341 (A) (24) (b) (SB 1521)

- 1.1.1 Requires that before a student athlete participates in an athletic activity, the student athlete and the student athlete's parent/guardian sign an information form at least once each school year that states that the parent/guardian is aware of the nature and risk of concussion.
- 1.1.2 All schools must provide concussion education information to students, parents, and coaches.
- 1.1.3 A student athlete suspected of sustaining a concussion in a practice, game, or any other interscholastic athletic activity must be immediately removed from the athletic activity.
  - May be removed by: coach, parent from student athlete team, official, or a licensed health care provider
- 1.1.4 A student athlete may return to play if a licensed health care provider rules out a suspected concussion at the time of play.

On a subsequent day the student athlete may return to play if the student athlete has been evaluated by and received written clearance to resume participation in athletic activity from a health care provider who has been trained in the evaluation and management of concussions and head injuries Pursuant to A.R.S 15-341, only the following health care providers are eligible to return a student athlete to play:

  - Licensed physician (MD/DO)
  - Licensed athletic trainer (AT)
  - Licensed nurse practitioner (NP)
  - Licensed physician assistant (PA)

### **1.2 Arizona Interscholastic Association (AIA) Bylaws**

- 1.2.1 **Article 14.14 Concussion Education** – “**all student athletes** shall complete the Brainbook online concussion education course prior to participation in practice or competition.”
- 1.2.2 Article 17.1 states “**all head and assistant coaches**, whether paid or volunteer, and all registered officials, shall complete the National Federation of State High School Associations (NFHS) online education course entitled “Concussion in Sports – What You Need to Know.”

### **2. Procedure:**

#### **2.1 Training/Baseline Testing**

- 2.1.1 Brainbook was approved by AIA in 2011 as the concussion education course to be completed prior to participation in athletic activities. A certificate will be printed at the completion of the course and returned to the school's athletic administration to be kept on file. Brainbook course can be found at [www.aiaacademy.org](http://www.aiaacademy.org)

**PXU Concussion & Head Injury Management Guidelines for Athletics** (Continued)

2.1.2 Student athletes that desire to participate in high risk sports (football, diving, basketball, volleyball, soccer, wrestling, pole-vaulting, baseball, softball, spirit line) will take a baseline neurocognitive test prior to beginning competition in their sport. This test will be conducted by Phoenix Union High School District’s (PXU) Sports Medicine staff entering their freshman year, transfer student and again in their junior year of high school. Their results will be kept on file with the Licensed Athletic Trainers. The neurocognitive test used for PXU is ImPACT.

2.1.3 NFHS online education course “Concussion in Sports – What You Need to Know” will be completed by all coaches.

**2.2 Parent Notification & Approval**

2.2.1 The permission form stating the risk of concussion and head injury included in the pre-participation packet must be signed and returned to athletic administration staff prior to the student athlete participating in athletic activities.

**2.3 Recognition of Concussion or Head Injury:**

2.3.1 A student athlete is suspected of suffering a concussion or head injury if any of the following symptoms are observed arising from a possible blunt trauma, acceleration of force or deceleration of force:

- Transient confusion, disorientation, or impaired consciousness;
- Concentration or memory problems;

2.3.1 **Recognition of Concussion or Head Injury** (Continued)

- Signs of other neurological or neuropsychological dysfunction, including but not limited to:

Headache;	Sensitivity to light/noise;
Nausea/vomiting;	Irritability/emotional changes;
Dizziness;	Vision impairments;
Fatigue;	Reports of getting “dinged” or having “bell rung.”
Balance problems;	

2.4 **Emergency Management & Referral:** the following situations indicate a medical emergency and require emergency medical assistance and transportation to an emergency room.

2.4.1 Any student athlete who had prolonged loss of consciousness and whom is not stable, and worsening over time.

2.4.2 Any student athlete exhibiting the following symptoms:

- Deterioration of neurological function
- Decreasing level of consciousness
- Decrease or irregularity in respirations
- Any signs or symptoms of associated injuries, spine or skull fracture or bleeding
- Seizure activity
- Severe increase in head or neck pain.
- Repeated vomiting

## **PXU Concussion & Head Injury Management Guidelines for Athletics** (Continued)

### **2.5 Removal from Activity & Notification:**

- 2.5.1 Any coach, official, parent, or athletic trainer suspecting a concussion or head injury must remove the student athlete from athletic participation immediately.
- 2.5.2 If a Certified Athletic Trainer is present on site, the student athlete must be evaluated by the Athletic Trainer at time of injury.
- 2.5.3 If no Athletic Trainer is present on site, a parent/guardian may take the student athlete to a Medical Doctor (MD), Doctor of Osteopathy (DO), Physician's Assistant (PA) or Nurse Practitioner (NP) of their choice. Medical documentation and findings of these consultations must be presented to the Sport's Medicine staff.
- 2.5.4 At any time a concussion/head injury is suspected, the following personnel must be notified prior to continuation of athletic activity: coaching staff, sports medicine staff, and parent/guardians.
- 2.5.5 A student athlete suspected of concussion/head injury will NOT be allowed to go home alone or drive. A student athlete must be sent home with parent/guardians or responsible adult in the instance the parent/guardian is unable to be reached. If parent/guardian or other responsible adult are unable to be reached, the student athlete will be sent to an appropriate medical facility.

### **2.6 Approved Licensed Health Care Providers in Concussion Management**

- 2.6.1 Pursuant to A.R.S § 15-341 (A) (24) (b) (SB 1521), the student athlete must obtain evaluation/diagnosis and obtain written clearance to return to full participation by the following licensed health care providers who have been trained in concussion management: licensed physician (MD/DO), licensed athletic trainer (AT), licensed nurse practitioner (NP), and licensed physician assistant (PA).
- 2.7 **PXU Sports Team Physicians** will have the final say regarding clearance of a concussion or head injury. This includes overriding a clearance by an outside medical provider (with no training in concussion management) who is not affiliated with or a representative of PXU Sports Team Physicians. Return to play protocol must be completed before athlete can return to play.

### **2.8 The Return to Play Protocol (RTPP)**

- 2.8.1 Return to Play Protocol will follow the Consensus Statement from the 4th International Conference on Concussion in Sport.
- 2.8.2 Graduated Return to Play Protocol- 6 Step Program Form:
  - Stage 1: no activity
  - Stage 2: Light aerobic exercise
  - Stage 3: Sport-specific exercise
  - Stage 4: Non-contact training drills
  - Stage 5: Full-contact practice
  - Stage 6: Return to full participation

## **PXU Concussion & Head Injury Management Guidelines for Athletics** (Continued)

- 2.8.3 Each stage in the Graduated RTPP should take 24 hours to complete. This gives a minimum of one week before full return to play.
- 2.8.4 Each stage must be completed asymptotically\*\*, otherwise the student athlete will return to the prior stage which was asymptomatic.  
Documentation of stages and exercises must be included.

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\*\*An athlete should be considered “asymptomatic” when they express a complete resolution of symptoms (at rest, during academic activities and throughout each phase of the graduated return to play protocol), demonstration of normal neurologic function including balance, neurocognitive function, psychological function, sleep, and general health.

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For neurocognitive testing, PXU will use ImPact to evaluate postconcussion symptoms. Prior to returning to play, the student athlete must pass the neurocognitive testing with scores within baseline range. If an athlete is suspected of having a concussion (MTBI), they will undergo the ImPact Post Injury test #1 no sooner than 72 hours after the injury, unless they are completely symptom free. The athlete will undergo the Post Injury #2 once symptoms have resolved and/or ready to begin the return to play progression. ImPact testing is used as a concussion tool and not utilized to diagnosis or "release" an athlete to play.

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- 2.8.5 **Sports Medicine Staff.** Scores will be evaluated by PXU’s Sports Medicine staff.
- 2.8.6 If the student athlete was referred to a physician, that treating physician will need to give written clearance for (RTP) return to play.
- 2.8.7 Final Written Clearance from PXU’s Sport’s Medicine Staff, which includes the Team Physician and Licensed Athletic Trainer, if physician referral was warranted.
- 2.9 **Possible Temporary Transitional Accommodations for Student-Athletes with Sports-Related Head Injuries.**
- 2.9.1 Since concussions/head injuries affect the student athlete’s cognitive abilities, student athletes may experience delayed healing and prolonged or increased symptoms while in the classroom.
- 2.9.2 To combat this, the specific school’s Licensed Athletic Trainer will work directly with the school nurse and school administration in developing modifications and restrictions to the student’s academic work. If the student was referred to a physician, the treating physician will provide recommendations/guidance for classroom.
- 2.9.3 Modification/Restrictions include but are not limited to:
- Rest breaks as needed;
  - Fewer hours at school;
  - Additional time to complete tasks/tests;
  - Additional help with school work;
  - Reduced time using computer, reading, writing;
  - Early dismissal from class to avoid busy/noisy hallways.

## **SUPPLEMENTS, DRUGS, AND PERFORMANCE ENHANCING SUBSTANCES**

### **AIA Position Statement**

All AIA Member schools are required to annually communicate this AIA Position Statement on the use of supplements, drugs and performance enhancing substances to every participant in interscholastic activities.

- The Arizona Interscholastic Association (AIA) views sport, and the participation of student-athletes in sport, as an activity that enhances the student-athletes well-being by providing an environment and stimulus that promotes growth and development along a healthy and ethically based path.
- It is the position of the AIA that a balanced diet, providing sufficient calories, is optimal for meeting the nutritional needs of the growing student-athlete.
- It is the position of the AIA that nutritional supplements are rarely, if ever, needed to replace a healthy diet.
- Nutritional supplement use for specific medical conditions may be given individual consideration.
- The AIA is strongly opposed to “doping”, defined as those substances and procedures listed on the World Anti-Doping Agency’s Prohibited List ([www.wadaama.org](http://www.wadaama.org)).
- It is the position of the AIA that there is no place for the use of recreational drugs, alcohol, or tobacco in the lifestyle of the student-athlete. The legal consequences for the use of these products by a student-athlete are supported by the AIA.

### **Additional Information**

- Opioids are natural or synthetic chemicals that reduce feelings of pain. Opioids are a class of drugs that include pain relievers available legally by prescription such as oxycodone, hydrocodone (Vicodin), codeine and morphine, as well as heroin and synthetic opioids such as fentanyl. Anyone who takes prescription opioids can become addicted to them or develop tolerance of physical dependence.
- Because high school athletes can experience injuries, they are more likely to be prescribed opioids. Additionally, pressure to get back in the game can lead to increased use of prescription opioids to manage pain. Lastly, athletes are at a greater risk to engage in recreational opioid use because of the physical and emotional stresses of high-level competition and the injuries associated with it.
- School leaders, teachers and staff can create safe environments and positive cultures for students. They can educate students, each other and families about the dangers of drug use and about how to prevent opioid misuse and addiction.
- For more information:
  - <https://www.ed.gov/opioids>
  - <http://aiaonline.org/health/opiate-use>

## **CODE OF CONDUCT FOR STUDENT-ATHLETES & PARENTS**

- We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. Character produces results and helps maintain excellence. The PXU believes that the highest potential of sports is achieved when participants are committed and coaches are able to intentionally integrate character into their sport.
- All student-athletes will be introduced to the Character Matters curriculum to help build student-athletes who are trained to compete athletically, but also have the necessary skills to be successful in college, career, and life while building and maintaining character.

### **Commitment**

- Commitment to a program requires personal sacrifice, time, and energy. This commitment should not be taken lightly. Once final roster decisions have been made and a student is officially a member of any team, she/he is expected to remain committed to that program for the entire season, and to remain eligible and prepared for games, practices and other team activities. If a student decides to quit a team after final cuts, she/he will not be permitted to join another in season sport/activity (including out of season conditioning or preseason practices) until the conclusion of the current season. Any equipment that was custom ordered or specially fitted, that cannot be reused by another athlete, must be reimbursed to the program at the cost for which it was purchased.
- If the coach determines it may be necessary to cut an athlete after final preseason cuts, the coach will communicate with the athlete and parents in advance any concerns related to performance, effort, discipline, responsibility, sportsmanship, etc... that may lead to possibly being released from the team.
- Any student who is cut from the team may apply for reinstatement. In order to regain eligibility, the student must submit a written petition for reinstatement to the Athletic Director, followed by a meeting with the student, the coach, the parent(s) and the Athletic Director. The decision to reinstate, and the conditions of reinstatement, would be determined by the coach and the athletic director.

### **Sportsmanship**

- Sportsmanship is a key part of any contest and practice. Athletes, coaches and spectators are expected to exhibit good sportsmanship at all times and under all circumstances. Student-athletes are expected to demonstrate good sportsmanship and respect towards their teammates, coaches, opposing teams and their coaches, officials, and spectators at all times. This includes, but is not limited to, using appropriate language, shaking hands with the opposing team, respecting the officials' rulings, accepting the coaches' decisions, supporting teammates, and following the rules and expectations of the program and school.

- If an AIA official, the coach of that program or the Athletic Director determines that a player has acted in an unsportsmanlike manner, the player may be ordered to leave the contest.

### **Ejection**

- A player ejected from a contest for any reason shall be subject to the following:
  - **First Ejection** - Ineligible for the next contest and all other contests at any level during that interim.
  - **Second Ejection** - Ineligible for the next two contests and all other contests at any level during that interim.
  - **Third Ejection** - A third infraction by the same player during the same season will be ineligible to participate in any interscholastic athletics for at least the remainder of the season and possibly the remainder of the school year.
  - **End-Of-Season Ejection** - If a penalty is imposed at the end of the sport season and no contest remains, the penalty shall be enforced at the beginning of the subsequent season of competition in which the coach or player participates, regardless of the sport.
- Any player that leaves the playing area and enters the spectator area to engage in any type of verbal or physical confrontation will be ineligible to participate in all interscholastic athletics for at least the remainder of the school year.

### **Spectators, Fans, & Family**

- Spectators, fans, and parental support are important components to the excitement and success of each program and contest. Spectators of any contest are also expected to maintain sportsmanship and appropriate behavior at all times. All PXU High Schools will strongly follow and enforce AIA bylaw related to spectator behavior, which states:

**Spectator Behavior** – *In the event that spectators, parents, or other non-school personnel initiate or use profanity in cheers or chants having the intent of sounding profane, single out opposing players personally and/or heckle them by directing derogatory or profane statements or chants at them, use racist remarks, direct offensive cheers/chants at opposing cheering sections, or engage in physical conflict or other threatening or aggressive behavior with school personnel, officials, players, coaches, or other spectators, the school(s) involved shall utilize all available law enforcement resources to prosecute such offenders, and shall take all reasonable actions to help ensure that future similar incidents do not occur, such as temporarily or permanently prohibiting the offender(s) from attending future contests.*

## WHY CHARACTER MATTERS

WIN the Inside Scoreboard

# WHY COACH CHARACTER



**Character produces results and maintains excellence. Every single issue we deal with today is a character issue—good or bad. In today’s world we hire people for skills and then fire them for character.**

Character comes from the Greek word meaning “to Scratch or Engrave”; “the qualities or features that make up and distinguish an individual.”

Behind every Skill you are coaching, there is a Character Quality that will not only develop the skill of the player, but the life of the person.

The bottom line is, sport doesn’t build character. A coach builds character. Are you seizing the opportunity sport provides to develop character in our players?

We need to begin to combine character into our coaching to “scratch or engrave” the qualities needed to improve performance, attitude, and heart.

Coaching this way addresses character and contributions more than prestige, fame, wins and losses. It deals with practice and daily interactions more than just big games. It allows coaches to “see” the person behind the player.

The word develop is one of my favorite words when it comes to coaching, it means - to bring out the possibilities of; to unfold gradually.

Isn’t that what coaching is really all about, development? Coaching is simple developing those around you. It means developing the “Complete Player” one that is growing in the body, social, mind and spirit areas of their lives.

You have an enormous influence on your players - positive or negative. The way we conduct ourselves and treat our players in the daily routine of practice, game, and life needs to model excellent character.

Coaching Character is having an enduring influence on your players, and reaching them on a deeper, more significant level than you could ever imagine.

May the pressure to win at all cost be surpassed by a passion and purpose to develop the “Complete Player” at all cost.

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## **ATHLETIC AWARDS**

Athletes will be eligible for an award by meeting the following criteria:

- Be in good scholastic and citizenship standing throughout the season.
- Participate in at least  $\frac{3}{4}$  (75%) of their given games at that level.
- Must end the season in good standing as an active team member.
- All issued equipment must be turned in and accounted for.

***All student-athletes will be eligible for additional recognition at the district, region, conference, and state-levels based on sport-specific performance, where applicable.***

### **Awards—Varsity**

- 1st year—6" or 8" chenille letter and certificate
- 2nd year—certificate
- 3rd year—certificate
- 4th year—certificate

### **Awards—Junior Varsity**

- 4" or 5" chenille letter and certificate
- 2nd year—certificate

### **Awards—Freshmen**

- 3" chenille numerals and certificate

The **All-PXU Sports Awards** recognize Individual, Team, Program, and AIA-Honors. There may be site-based end-of-season banquets for each sport program. There may be a site-based awards night aligned with the All-PXU District Awards Night. There is an annual Sports Awards Night organized to recognize the top varsity-level athletes and coaches, from each of the district's schools that have AIA-sanctioned athletic programs. The recipients of site-based awards, AIA, or other state-level awards, become eligible for All-PXU (District) recognition, honors, and awards. Specifically, the following honors have been identified annually:

- Top Scholar-Athletes
- Character Matters Athlete of the Year
- All-PXU Sports Teams
- Inspirational/Community Service Athlete
- Athletic Program of the Year
- Overall Coach of the Year
- Overall Male & Female Athletes of the Year (scholarships awarded by Foundation)

## **PARENT SUPPORT AND INVOLVEMENT**

- Parents of our athletes and students involved in other student activities are encouraged to become involved in our school booster club organizations, or be cleared as a volunteer. Booster clubs are organized and run by parent boosters with the support of the school staff. Parents may contact the school administrators or the Athletic Director for information regarding membership or any other means the parent may wish to support the program.
- PXU and AIA believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. This is why we use Character Matters. This Code applies to all athletes and parents of student-athletes involved in interscholastic sports.

### **GAME ENTRY FEES**

- \$3 Adults Entrances fees
- \$2 Student with student ID present; \$3 without ID
- PXU YEARLY Athletic Passes will be accepted only at PXU schools:
  - **\$30.00 for Students** for the FULL YEAR
  - **\$50.00 for TWO (2) Adults** for the FULL YEAR
- AIA Passes will be accepted at all AIA events
- Non PXU Schools Entry Fees are subject to District Policies

## **NCAA & NAIA REQUIREMENTS**

College eligibility requirements are established on a yearly basis by the NCAA and NAIA Eligibility Centers. The outlined requirements are necessary criteria for an athlete to qualify for Intercollegiate Athletics. Refer to the NCAA and NAIA guidelines that are available in the high school counseling office and [www.ncaa.org](http://www.ncaa.org) or [mynaia.org](http://mynaia.org)

### **NCAA Eligibility**

To be prepared for the recruiting process, student athletes must have the ability to play the sport and the academic background to be a recruited athlete. If an athlete believes she/he can play at the college level, it is important to make an appointment with a guidance counselor to develop an academic plan that will ensure required courses necessary to be cleared by the NCAA. In addition, parents should visit the NCAA Eligibility Center website to:

- Understand eligibility requirements.
- Access the *NCAA Guide for the College Bound Student Athlete*.
- Review *Frequently Asked Questions*.
- Know when/how to file required forms - check on certification status.
- Access phone numbers for the NCAA.

Students should not wait until their junior or senior year to establish and academic plan. It is recommended that students register with the NCAA no later than the summer before their senior year. Student-athletes should take the ACT or SAT in the spring of their junior year, as this is an eligibility requirement. To further assist students and parents, the following link provides more information about recruiting rules, NCAA eligibility, recruiting calendar and more:

[www.ncaa.org/student-athletes/future/eligibility-center](http://www.ncaa.org/student-athletes/future/eligibility-center)

### **NAIA Eligibility**

**PlayNAIA** is now the official clearinghouse for NAIA Colleges. PlayNAIA helps future student-athletes discover and connect with NAIA schools, coaches, and athletic scholarships. Every student-athlete must register with the NAIA Eligibility Center to play sports at an NAIA college or university.

To be deemed eligible for participation in NAIA sports, an athlete must achieve a minimum score of 860 on the SAT, a minimum of 18 on the ACT, finish in the top half of his/her graduating class, and/or maintaining a GPA of 2.00. By satisfying any two (2) of these requirements, an athlete will be deemed eligible to apply to play in NAIA schools.

See [PlayNAIA - NAIA - National Association of Intercollegiate Athletics \(mynaia.org\)](http://PlayNAIA - NAIA - National Association of Intercollegiate Athletics (mynaia.org))

Or



## **2023 RESOURCES**

**PXU NO PASS NO PLAY POLICY 2023 (REV)**

**PXU PARTICIPATION CLEARANCE PACKET 23-24SY**

**AIA PREPARTICIPATION PHYSICAL & CLEARANCE PACKET**

**HIGH SCHOOL STUDENT TRANSFER DIRECTIONS**

**PARENT & PLAYER EQUIPMENT SIGN-OFF**

**PARENTAL WAIVER FOR CAMPS & CLINICS**

**PARENT & PLAYER HANDBOOK SIGN-OFF**



## **PXU NO PASS/NO PLAY**

**(Proc. 11-1 & 11-2) (EXCERPT; Revised 2023)**

**Beginning on the third week of each semester**, the APC Office will generate a report for each student who is subject to the No Pass/No Play regulation. The office of the APC shall create a "Pending Academic Eligibility" list, placing each student on it who has a progress report or term grade below 60% or has not met all the requirements for eligibility.

**Complete guidelines for determining student eligibility are as follows:**

1. All coaches and sponsors of students covered under the No Pass/No Play regulation, or participating in other associated competitions representing PXU or one of its schools, shall report all of those students to the APC's Office and the teachers of their campus via a "zz email" distributing their student rosters at the beginning of each season. This list shall be updated and maintained as the season progresses.
2. On the Friday of the third week of each semester the office of the APC shall generate a Student Information System Group grade report for all students subject to the No Pass/No Play regulation.
  - a. Students with a percentage grade of less than 60% in any course will be put on a **pending academic eligibility list** for one week. During this pending period, the student will still be considered on the team and allowed to participate in games.
  - b. If the student is still failing the course(s) the following week, the student will be put on an **ineligible list** for a minimum of one week and/or until the deficient grade(s) are not less than 60%.
  - c. This process will continue every week throughout the semester.
  - d. During this ineligible period, the student-athlete will still be considered on the team and allowed to practice. The ineligible student-athlete will not be allowed to participate in games or travel with the team to away contests.
  - e. If the student fails a course(s) at the end of Terms 1, 3, or the semester, the ineligibility period shall be for the entire Fall, Spring, or Winter Break, respectively.
  - f. For the student who fails a course(s) for Terms 1 or 3, the student will automatically be placed on a pending academic list at the beginning of the new term.

## **PXU NO PASS/NO PLAY POLICY CONTINUED**

- g. If a student fails the course(s) at the end of a semester, the student will automatically be returned to eligibility on the first day of the new semester.
  - h. For the purposes of eligibility, a week shall be Monday through Saturday of each week.
4. The office of the APC shall generate a **Notice of Ineligibility** for all students who are not meeting all requirements of eligibility. This notice will be sent to the parent and the coach, by the Monday following each grading period.
  5. Once the student on a pending list makes up the deficiency/deficiencies, following the minimum ineligibility period of one (1) week, the student will be removed from the pending list, so long as all course grades are not less than 60%.
    - a. A conference may be held with the teacher, student, and coach to discuss the deficiency and how the student can retain eligibility.
    - b. At the discretion of the teacher of the class being failed, or the coach, the student may be required to participate in a tutoring or study program until a stable passing grade is established.
  6. The deficiency shall be determined as made up by verification that the grade in the course(s) has reached the 60% level or higher.
  7. Students subject to the No Pass/No Play regulation in grades 9 through 11 must be enrolled in six (6) courses and those in Grade 12 must be enrolled in five (5) courses to maintain eligibility.
  8. On the day of any event, the student must be in attendance for at least two-thirds of that school day.
  9. No student can be eligible while subject to suspension.
  10. Each teacher shall be given a copy of the PXU Governing Board policy regarding No Pass/No Play as well as these guidelines.

# **ATHLETIC PARTICIPATION**

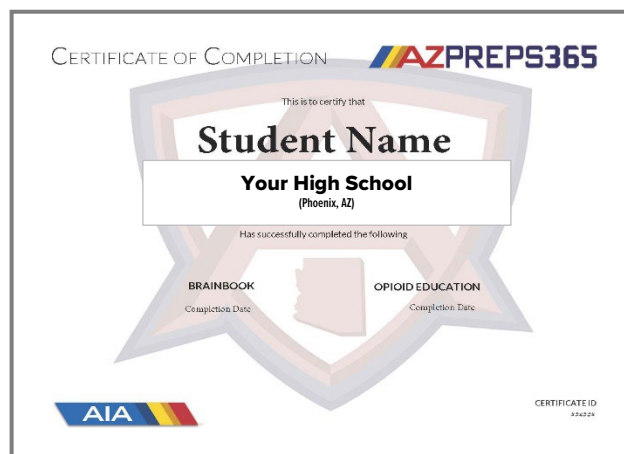
## **AIA / NFHS Brainbook and Opioid Education Certificates**

The online courses and quizzes, Brainbook Concussion and Opioid Education, must be completed by all student-athletes before they can participate in any sport practice or competition. The student must earn at least 80% to pass (retake quiz, if needed).

**This must be completed only once during high school.**

Directions to access and submit your **Certificates of Completion**:

- Go to [www.aiaacademy.org](http://www.aiaacademy.org)
- Select GET STARTED (top right)
- REGISTER by inserting your account information
- LOGIN
- Select TAKE THE COURSE
  - Complete OPIOID EDUCATION Course & Quiz
  - Complete BRAINBOOK CONCUSSION Course & Quiz
- Submit CERTIFICATE of COMPLETION by uploading to Aktivate® or print and bring to your school's Athletic Office.



## **QUESTIONS?**

**Contact your site Athletic Office**

2023-2024sy



# INFORMED CONSENT

## CONSENT FOR ATHLETIC PARTICIPATION AND ACKNOWLEDGEMENT OF RISKS

I/We hereby acknowledge an awareness that participation in all sports involves a risk of injury, which may include severe injuries involving paralysis, permanent mental disability, or death, and that these injuries may occur, in some instances, as the result of unavoidable accidents.

I/We accept these risks in giving consent to participate in sports during the current school year by the undersigned athlete.

We certify that we have watched the **online** video "Sports Risk: You be the Judge" and that we understand this warning.

**VIDEO WATCHED ONLINE:**

---

DATE

TIME

---

**STUDENT NAME** (ON BIRTH RECORD)

**ID NUMBER**

---

**Student Signature**

Date

---

**Father or Guardian Signature**

Date

---

**Mother or Guardian Signature**

Date

**Please sign this form in the presence of the  
athletic director or his/her office assistant at your campus  
OR this form must be notarized.**




FORMERLY



## **Registration for Parents**

- Go to [www.aktivate.com](http://www.aktivate.com)
- Click Login
- Click Create an Account (You only need ONE account, even if you have children in more than one high school and/or junior high; Do Not create another account if you have used Register My Athlete in the past)
- Fill in personal account information (**this should be the Parent's personal information**)
- You will be using the site as a Parent
- Click Submit

### **After you have an account:**

- Login
- Under the Parents header (Blue), Click the button labeled "Click here to start/complete athlete registrations". (the first time you log in you will be asked to agree to terms and conditions)
- Click Start/Complete a Registration (upper left hand corner of the page)
- Click Start a New Registration - **this is where you will enter all of your Athlete's information**
- Click on the red bars to complete all requirements
- Click the orange button on the lower left side of the screen for live chat  or email [support@aktivate.com](mailto:support@aktivate.com) for assistance



## Registro para padres

- Ir a [www.aktivate.com](http://www.aktivate.com)
- Seleccionar **Login**
- Seleccionar **Create an Account**  
(solo es necesaria una cuenta por persona, aun si usted tiene más de un estudiante en diferentes escuelas (high school o junior high); favor de no crear una nueva cuenta si usted ya ha utilizado Register My Athlete antes)
- Llenar la información personal relacionada a la cuenta (esta debe ser la información personal del padre)
- Usted estará usando el sitio como padre
- Seleccionar **Create Account**
- Por último, introduzca el **código de verificación** que va a recibir en su email para confirmar su cuenta

**Favor de notar:** Para obtener el código de verificación va a ser necesario que abra una nueva pestaña en su navegador (no cierre la pestaña actual) para que consulte el correo de verificación en el buzón de entrada de su email (el correo puede tomar unos minutos en aparecer, favor de ser paciente). Puede copiar y pegar el código en el espacio para este, o escribirlo directamente.

### Después de tener una cuenta:

- Login** (Iniciar sesión)
- Debajo del encabezado Parents , seleccionar “**Click here to start/complete athlete registrations**”
- Seleccionar **Start/Complete a Registration** (en la esquina superior izquierda de la página)
- Seleccionar **Start a New Registration** (aquí es donde tendrá que ingresar toda la información de su atleta)
- Siga las indicaciones para completar todos los requerimientos del registro de su escuela

Si necesita ayuda, seleccione el botón naranja en la esquina inferior izquierda para chat en vivo  o mandar un correo a [support@aktivate.com](mailto:support@aktivate.com) para solicitar ayuda

(The parent or guardian should fill out this form with assistance from the student-athlete)

Exam Date: \_\_\_\_\_

Name: \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 Grade: \_\_\_\_\_  
 School: \_\_\_\_\_  
 Sport(s): \_\_\_\_\_  
 Personal Physician: \_\_\_\_\_  
 Hospital Preference: \_\_\_\_\_

In case of emergency contact:  
 Name: \_\_\_\_\_  
 Relationship: \_\_\_\_\_  
 Phone (Home): \_\_\_\_\_  
 Phone (Work): \_\_\_\_\_  
 Phone (Cell): \_\_\_\_\_  
 -----  
 Name: \_\_\_\_\_  
 Relationship: \_\_\_\_\_  
 Phone (Home): \_\_\_\_\_  
 Phone (Work): \_\_\_\_\_  
 Phone (Cell): \_\_\_\_\_

Explain "Yes" answers on the following page.  
 Circle questions you don't know the answers to.

	<b>Y</b>	<b>N</b>																		
1) Has a doctor ever denied or restricted your participation in sports for any reason?																				
2) Do you have an ongoing medical conditional (like diabetes or asthma)?																				
3) Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify): _____																				
4) Do you have allergies to medicines, pollens, foods or stringing insects? (Please specify): _____																				
5) Does your heart race or skip beats during exercise?																				
6) Has a doctor ever told you that you have (check all that apply): High Blood Pressure      A Heart Murmur      High Cholesterol      A Heart Infection																				
7) Have you ever spent the night in a hospital?																				
8) Have you ever had surgery?																				
9) Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) that caused you to miss a practice or game? (If yes, check affected area in the box below in question 11)																				
10) Have you had any broken/fractured bones or dislocated joints? (If yes, check affected area in the box below in question 11):																				
11) Have you had a bone/joint injury that required X-rays, MRI, CT, surgery, injections, rehabilitation physical therapy, a brace, a cast or crutches? (If yes, check affected area in the box below):																				
<table border="0" style="width: 100%;"> <tr> <td>Head</td> <td>Neck</td> <td>Shoulder</td> <td>Upper Arm</td> <td>Elbow</td> <td>Forearm</td> </tr> <tr> <td>Hand/Fingers</td> <td>Chest</td> <td>Upper Back</td> <td>Lower Back</td> <td>Hip</td> <td>Thigh</td> </tr> <tr> <td>Knee</td> <td>Calf/Shin</td> <td>Ankle</td> <td>Foot/Toes</td> <td></td> <td></td> </tr> </table>	Head	Neck	Shoulder	Upper Arm	Elbow	Forearm	Hand/Fingers	Chest	Upper Back	Lower Back	Hip	Thigh	Knee	Calf/Shin	Ankle	Foot/Toes				
Head	Neck	Shoulder	Upper Arm	Elbow	Forearm															
Hand/Fingers	Chest	Upper Back	Lower Back	Hip	Thigh															
Knee	Calf/Shin	Ankle	Foot/Toes																	

**Y N**

- 12) Have you ever had a stress fracture?
- 13) Have you ever been told that you have, or have you had an X-ray for atlantoaxial (neck) instability?
- 14) Do you regularly use a brace or assistive device?
- 15) Has a doctor told you that you have asthma or allergies?
- 16) Do you cough, wheeze or have difficulty breathing during or after exercise?
- 17) Is there anyone in your family who has asthma?
- 18) Have you ever used an inhaler or taken asthma medication?
- 19) Were you born without, are you missing, or do you have a non-functioning kidney, eye, testicle or any other organ?
- 20) Have you had infectious mononucleosis (mono) within the last month?
- 21) Do you have any rashes, pressure sores or other skin problems?
- 22) Have you had a herpes skin infection?
- 23) Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?
- 24) Have you ever had a seizure?
- 25) Have you ever had numbness, tingling or weakness in your arms or legs after being hit, falling, stingers or burners?
- 26) While exercising in the heat, do you have severe muscle cramps or become ill?
- 27) Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?
- 28) Have you ever been tested for sickle cell trait?
- 29) Have you had any problems with your eyes or vision?
- 30) Do you wear glasses or contact lenses?
- 31) Do you wear protective eyewear, such as goggles or a face shield?
- 32) Are you happy with your weight?
- 33) Are you trying to gain or lose weight?
- 34) Has anyone recommended you change your weight or eating habits?
- 35) Do you limit or carefully control what you eat?
- 36) Do you have any concerns that you would like to discuss with a doctor?

**Females Only**

**Explain "Yes" Answers Here**

- |  | <b>Y</b> | <b>N</b> |
|--|----------|----------|
| 37) Have you ever had a menstrual period?                      |          |          |
| 38) How old were you when you had your first menstrual period? |          | _____    |
| 39) How many periods have you had in the last year?            |          | _____    |

The physician should fill out this form with assistance from the parent or guardian.)

Student Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### Patient History Questions: Please Tell Me About Your Child...

Y N

- 1) Has your child fainted or passed out DURING or AFTER exercise, emotion or startle?
- 2) Has your child ever had extreme shortness of breath during exercise?
- 3) Has your child had extreme fatigue associated with exercise (different from other children)?
- 4) Has your child ever had discomfort, pain or pressure in his/her chest during exercise?
- 5) Has a doctor ever ordered a test for your child's heart?
- 6) Has your child ever been diagnosed with an unexplained seizure disorder?
- 7) Has your child ever been diagnosed with exercise-induced asthma not well controlled with medication?

### Explain "Yes" Answers Here

### COVID-19...

Y N

- 1) Has your child been diagnosed with COVID-19?  
1a) If yes, is your child still having symptoms from their COVID-19 infection?
- 2) Was your child hospitalized as a result for complications of COVID-19?
- 3) Has your child been diagnosed with Multi-Inflammatory Syndrome in Children (MIS-C)?
- 4) Did your child have any special tests ordered for their heart or lungs or were referred to a heart specialist (cardiologist) to be cleared to return to sports?
- 5) Has your child returned back to full participation in sports?
- 6) Has your child had direct or known exposure to someone diagnosed with COVID-19 in the past 3 months?  
6a) Was your child tested for COVID-19?
- 7) Did your child receive the COVID-19 vaccine?  
7a) What was the manufacturer of the vaccine? \_\_\_\_\_  
7b) Date of vaccination(s) \_\_\_\_\_

### Explain "Yes" Answers Here

**Patient Health Questionnaire Version 4 (PHQ-4)**

Over the last two weeks, how often have you been bothered by any of the following problems? (circle responses)

	<b>Not At All</b>	<b>Several Days</b>	<b>Over Half The Days</b>	<b>Nearly Every Day</b>
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 ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)*

If you score a sum of 3 or greater on either questions 1 and 2, or 3 and 4, you may have anxiety or depression that is affecting you more than normal. In this case, it is recommended that you talk to a trusted health care provider such as your primary care physician, your athletic trainer at school, or a counselor at school. If there is not someone you feel comfortable talking to or you are interested in learning more to help yourself or a friend, please use the resources provided below.

For more information regarding student-athlete mental health:  
[Quiet Suffering - A Resource for Student-Athlete Mental Health](https://spark.adobe.com/page/lltwyoLpTAp0V/)  
[spark.adobe.com/page/lltwyoLpTAp0V/](https://spark.adobe.com/page/lltwyoLpTAp0V/)

Teen Lifeline Call and Text Crisis Line  
(602) 248-8336 (TEEN)

Outside Maricopa county call: 1-800-248-8336 (TEEN)

Hours are: Call 24/7/365 | Text weekdays 12-9 p.m. & weekends 3-9 p.m. | Peer counseling 3-9 p.m. daily

Crisis text line: Text HOME to 741741 to connect with a crisis counselor

National Suicide Prevention Lifeline  
1-800-273-8255 or [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

The Trevor Lifeline  
866-488-7386 (for gender diverse youth)

**Family History Questions: Please Tell Me About Any Of The Following In Your Family...**

	Y	N	Y	N
1) Are there any family members who had sudden/unexpected/unexplained death before age 50? (including SIDS, car accidents drowning or near drowning)				
2) Are there any family members who died suddenly of "heart problems" before age 50?				
3) Are there any family members who have unexplained fainting or seizures?				
4) Are there any relatives with certain conditions, such as:				
	Y	N	Y	N
Enlarged Heart			Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)	
Hypertrophic Cardiomyopathy (HCM)			Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)	
Dilated Cardiomyopathy (DCM)			Marfan Syndrome (Aortic Rupture)	
Heart Rhythm Problems			Heart Attack, Age 50 or Younger	
Long QT Syndrome (LQTS)			Pacemaker or Implanted Defibrillator	
Short QT Syndrome			Deaf at Birth	
Brugada Syndrome				

**Explain "Yes" Answers Here**

**I hereby state that, to the best of my knowledge, my answers to all of the above questions are complete and correct. Furthermore, I acknowledge and understand that my eligibility may be revoked if I have not given truthful and accurate information in response to the above questions.**

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of MD/DO/ND/NMD/NP/PA-C/CCSP

\_\_\_\_\_  
Date

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 % Body Fat (optional): \_\_\_\_\_ Pulse: \_\_\_\_\_  
 BP: \_\_\_\_ / \_\_\_\_ ( \_\_\_\_ / \_\_\_\_, \_\_\_\_ / \_\_\_\_ )  
 Vision: R20/\_\_\_\_ L20/\_\_\_\_ Corrected: Y N  
 Pupils: Equal Unequal

	Normal	Abnormal Findings	Initials *
<b>Medical</b>			
Appearance			
Eyes/Ears/Throat/Nose			
Hearing			
Lymph Nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary &			
Skin			
<b>Musculoskeletal</b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hands/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			

\* - Multi-examiner set-up only | & - Having a third party present is recommended for the genitourinary examination

**NOTES:**

Cleared Without Restriction

Cleared With Following Restriction: \_\_\_\_\_

Not Cleared For: All Sports Certain Sports: \_\_\_\_\_ Reason: \_\_\_\_\_

Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of:

Recommendations: \_\_\_\_\_

Name of Physician (Print/Type): \_\_\_\_\_ Exam Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of Physician: \_\_\_\_\_, MD/DO/ND/NMD/NP/PA-C/CCSP

## Arizona Interscholastic Association, Inc. Mild Traumatic Brain Injury (MTBI) / Concussion Annual Statement and Acknowledgement Form

I, \_\_\_\_\_ (student), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., coaches, team physicians, athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

### By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (<http://www.cdc.gov/concussion/HeadsUp/youth.html>) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athlete:

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or legal guardian must print and sign name below and indicate date signed:

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 2023-24 CONSENT TO TREAT FORM

Parental consent for minor athletes is generally required for sports medicine services, defined as services including, but not limited to, evaluation, diagnosis, first aid and emergency care, stabilization, treatment, rehabilitation and referral of injuries and illnesses, along with decisions on return to play after injury or illness. Occasionally, those minor athletes require sports medicine services before, during and after their participation in sport-related activities, and under circumstances in which a parent or legal guardian is not immediately available to provide consent pertaining to the specific condition affecting the athlete. In such instances it may be imperative to the health and safety of those athletes that sports medicine services necessary to prevent harm be provided immediately, and not be withheld or delayed because of problems obtaining consent of a parent/guardian.

Accordingly, as a member of the Arizona Interscholastic Association (AIA), \_\_\_\_\_ (name of school or district) requires as a pre-condition of participation in interscholastic activities, that a parent/guardian provide written consent to the rendering of necessary sports medicine services to their minor athlete by a qualified medical provider (QMP) employed or otherwise designated by the school/district/AIA, to the extent the QMP deems necessary to prevent harm to the student-athlete. It is understood that a QMP may be an athletic trainer, physician, physician assistant or nurse practitioner licensed by the state of Arizona (or the state in which the student-athlete is located at the time the injury/illness occurs), and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by Arizona law. In emergency situations, the QMP may also be a certified paramedic or emergency medical technician, but only for the purpose of providing emergency care and transport as designate

### PLEASE PRINT LEGIBLY OR TYPE

"I, \_\_\_\_\_, the undersigned, am the parent/legal guardian of, \_\_\_\_\_, a minor and student-athlete at \_\_\_\_\_ (name of school or district) who intends to participate in interscholastic sports and/or activities.

I understand that the school/district/AIA employs or designates QMP's (as defined above) to provide sports medicine services (as also defined above) to the school's interscholastic athletes before, during or after sport-related activities, and that on certain occasions there are sport-related activities conducted away from the school/district facilities during which other QMP's are responsible for providing such sports medicine services. I hereby give consent to any such QMP to provide any such sports medicine services to the above-named minor. The QMP may make decisions on return to play in accordance with the defined scope of practice under the designated state license, except as otherwise limited by Arizona law. I also understand that documentation pertaining to any sports medicine services provided to the above-named minor, may be maintained by the QMP. I hereby authorize the QMP who provides such services to the above-named minor to disclose such information about the athlete's injury/illness, assessment, condition, treatment, rehabilitation and return to play status to those who, in the professional judgment of the QMP, are required to have such information in order to assure optimum treatment for and recovery from the injury/illness, and to protect the health and safety of the minor. I understand such disclosures may be made to above-named minor's coaches, athletic director, school nurse, any classroom teacher required to provide academic accommodation to assure the student-athlete's recovery and safe return to activity, and any treating QMP.

If the parent believes that the minor is in need of further treatment or rehabilitation services for the injury/illness, the minor may be treated by the physician or provider of his/her choice. I understand, however, that all decisions regarding same day return to activity following injury/illness shall be made by the QMP employed/designated by the school/district/AIA.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



## PHOENIX UNION HIGH SCHOOL DISTRICT RESPONSIBILITY FOR ISSUED EQUIPMENT POLICY

The Phoenix Union High School District makes every effort to provide the best possible equipment for any youth who participates in our athletic programs. Annual replacement costs for worn and damaged equipment consume the major portion of our athletic budget. It is important that you, as taxpayers, know the district (PXU) cannot, and does not, budget for any items that may be lost or stolen during the school year. Likewise, PXU's high schools do not carry insurance to cover any equipment or articles that disappear or require replacement in this manner.

Therefore, it is the policy of the PXU athletic department that once equipment is assigned to a student for his/her use, it becomes the responsibility of that student to provide reasonable and prudent care for that equipment. If the equipment is damaged as a result of carelessness or neglect on the part of the student, the student is required to provide necessary funds for repair, if any.

If the equipment is lost, stolen, or otherwise, while in the care of the student, the student will be charged a reasonable replacement fee, or will be required to provide a substitute piece of equipment, which must be deemed acceptable to the athletic department, as a replacement.

For these reasons, the cleaning and general maintenance of the issued equipment and uniform are the responsibility of the school's athletic department as conducted by the site equipment manager(s). Uniforms should not be worn and/or washed by the students or at their home.

Under no circumstances are students allowed to use school-issued equipment for personal use, or without specific approval of their coach or the athletic administrator.

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***We have read this equipment issue statement and understand the student's responsibility for the equipment issued for his/her use in the athletic program. Our signatures below indicate acceptance of this policy.***

---

STUDENT SIGNATURE

DATE

---

PARENT / LEGAL GUARDIAN SIGNATURE

DATE

## **Parent-Player Sign-Off**



By signing below, I acknowledge that I have received and read through the PXU Parent and Student-Athlete Handbook. I understand it and agree to respect and comply with all information within it.

Date: \_\_\_\_\_

Student/Athlete Name (print): \_\_\_\_\_

Student/Athlete Signature: \_\_\_\_\_

Student/Athlete Sport(s): \_\_\_\_\_

Parent/Guardian Name (print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Phone #: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

\*This form must be signed and returned to the head coach before the student will be allowed to play in a game.

\*All student athletes will be held to this standard even if the form is not signed and returned.