



## NEW PROCEDURES TO PARTICIPATE IN ATHLETICS FOR GRADES 7-12

**Prior to any participation in practice/contests the following must be completed!**

1. Parents must e-register in Powerschool. This includes understanding use of school equipment, reading the fact sheet on "Heads Up: Concussion in High School Sports", etc.
2. A current physical must be on file in the athletic office. Physicals are good for one calendar year. If a physical expires, there is a 30-day renewal grace period.
3. All incoming 9<sup>th</sup> graders, 11<sup>th</sup> graders, or new High School students to the district, a Concussion Impact test must be completed. This test provides two year baseline data for brain activity. Instructions for taking the test will be emailed to each student's school email address at the end of July and must be completed online. Please see the athletic handbook for more information on concussion protocol and testing.
4. Each athlete will be reviewed for academic eligibility and good conduct. Any deficiencies will be noted before participation in practice and/or contests.

*\*\*The above should be completed a minimum of 48 hours in advance of the first day of practice to allow for processing. This must be done prior to each sport season.*