

REGISTRATIONS STEPS FOR AN ORANGE CARD

For students that ATTEND Fort Collins High School for the 2025-2026 School Year

1. Follow the instructions for “Enrolled at FCHS for the current school year” here:
<https://poudreathletics.sportngin.com/register/form/590336980>
2. Pay District Athletic Fee: <https://psdschools.schoolpay.com/> or pay FCHS Bookkeeper
3. Have current Sports Physical.

Once you have completed all these steps, come in to the FCHS Athletic office and you will receive your Orange Card that you will then give to your coach to participate/practice in FCHS Athletics.

For students that DO NOT ATTEND Fort Collins High School for the 2025-2026 School Year

If you are not an FCHS student for the 2021-2022 School year, please contact Lori Willadsen at 970-490-3332 to be placed at FCHS.

Ice Hockey Players and Cheer/Dance that are 8th graders coming up, do not need to do the above step

1. Follow instructions for “Not Enrolled at FCHS for the Current School year” here:
<https://fch.psdschools.org/athletics/athletic-registration>
2. Pay District Athletic fee at the FCHS Bookkeeper
3. Have a current sports physical

*****Ice Hockey players & Flag Football Players: If you attend FRHS, RMHS or PHS, you will need to contact the high school that you attend or are placed at to complete paperwork to receive your Orange Card.*****

Once you have completed

Complete these steps, come in to the FCHS Athletic office and you will receive your Orange Card that you will then give to your coach to participate/practice in FCHS Athletics.

Transfer Students

Contact Athletic Director: Kyle Tregoning at 970-488-8011 or email: ktregoni@psdschools.org

District Fees

ATHLETIC FEES	All Sports	Unified Sports	Ice Hockey	Nordic Skiing
PSD Non-Charter Students	\$TBD	\$TBD	\$TBD plus \$1,000 (Approx)	\$TBD plus pay as you go
Home-Based, Charter & Private School Students	\$TBD	\$TBD	\$TBD plus \$1,000 (Approx)	\$TBD plus pay as you go



Risk Management
2413 LaPorte Ave
Fort Collins CO 80521
(970) 490-3506

Athletics In-State, Overnight Field Trip Release, Indemnity, and Assumption of Risk 2025 Fall Sports Season

Participation in sports sponsored by PSD may include both in-state and out-of-state overnight travel for regular and post-season competition, tournaments, camps, and other events usual and customary to the sport. Participation in overnight travel associated with any sport is voluntary. The coach for each sport your child participates in should provide you with a tentative schedule for all anticipated overnight travel associated with the sport. If you do not receive this information, you may contact the coach or the school's Athletic Director and request this information. You or your student may opt out of any event requiring overnight travel. If this Release, Indemnity, and Assumption of Risk (the "Release") is completed and submitted to the school's Athletics Department, it is assumed your child will be participating in all in-state overnight travel for the associated sport your child is participating in unless you communicate in writing otherwise. A separate release, indemnity and assumption of risk is required for all out-of-state travel and all other in-state, overnight travel (e.g., travel related to the fall sport that occurs outside the 2025 Fall sports season).

In order for your child to participate in in-state overnight travel for regular and post-season competition ("In-State Overnight Travel") associated with a PSD-sponsored sport, you and your child must sign the Release. For purposes of the Release, In-State Overnight Travel includes travel to Laramie and Cheyenne, Wyoming. The Release applies to the PSD-sponsored sport your child participates in during the 2025 Fall sports season, which generally runs between August 4, 2025, to December 6, 2025, and is more specifically identified on the Colorado High School Activities Association calendar (<https://chsaanow.com/sports/2024/8/16/2025-26-one-page-calendar.aspx?path=general>)

This Release, Indemnity and Assumption of Risk, made this _____ day of _____, 2025, is given by

Student Name ("Student") and the Student's parent(s) or legal

guardian(s) _____ ("Parent(s)") in
Parent or Legal Guardian Name(s)

favor of Poudre School District R-1 ("School District").

In consideration of permission granted by the School District for Student to participate in In-State Overnight Travel as defined above for the sport Student participates in during the 2025 Fall sports season, for regular and post-season competition, Student and Parent(s) hereby covenant and agree as follows:

In voluntarily executing the Release, Student and Parent(s) are providing permission for Student to participate in In-State Overnight Travel unless Student or Parent(s) opt the Student out of any or all such In-State Overnight Travel. If Student or Parent(s) would like to opt the Student out of all In-State Overnight Travel, this Release does not need to be completed. If Student or Parent(s) would like to opt the Student out of some, but not all, In-State Overnight Travel, Parent(s) should complete this Release and communicate with the Student's coach in writing prior to each In-State Overnight Travel event in which the Student will not participate.

Student and Parent(s) understand that risks associated with In-State Overnight Travel include, but are not limited to, loss or damage to personal property, injury, permanent disability, fatality, and exposure to inclement weather.

Student and Parent(s) release and hold harmless the School District and its board members, employees and agents from any and all liability, claims, causes of action, damages and demands of any kind whatsoever (except willful and wanton acts or omissions) that Student and/or Parent(s) may have against the School District and its board

Athletics In-State, Overnight Travel
Release, Indemnity, and Assumption of Risk
2025 Fall Sports Season

members, employees and/or agents for any and all damages that may arise out of or in connection with In-State Overnight Travel.

Parent(s) agree to indemnify, defend and hold harmless the School District and its board members, employees and agents from and against any and all claims, liabilities and causes of action, including attorney fees and costs, for injury of any person caused by Student and/or for damages to or destruction of any property caused by Student, which may arise out of or in connection with Student's participation in In-State Overnight Travel. Parent(s) also agree to indemnify, defend and hold harmless the School District and its board members, employees and agents from and against any and all claims, liabilities and causes of action, including attorney fees and costs, for injury to Student and/or for damages to or destruction of property belonging to Student or Parent(s), which may arise out of or in connection with Student's participation in In-State Overnight Travel.

Student and Parent(s) understand that the School District is protected from liability under the Colorado Governmental Immunity Act for injuries and damages that may arise out of or in connection with In-State Overnight Travel and understand that any injuries or damages arising out of or in connection with In-State Overnight Travel may not be covered by School District insurance. For these reasons, it is recommended that Student or Parent(s) obtain appropriate insurance from qualified sources to cover medical expenses and other costs that could result from injury to the Student, and damage to or destruction of property belonging to the Student or Parent(s), which may arise out of or in connection with the Student's participation in In-State Overnight Travel.

The School District has information available regarding accident and health insurance that may be purchased to cover Student's participation in In-State Overnight Travel. Student or Parent(s) may enroll at www.studentinsurance-kk.com. More information is available at <https://www.psdschools.org/schools/safety-and-emergencies/student-accident-insurance>.

Student and Parent(s) understand that the Student shall be subject to the School District's Student Rights and Code of Conduct at all times related to Student's participation in In-State Overnight Travel, as well as all other applicable School District policies and rules. As a condition of participating in In-State Overnight Travel, Student shall comply with all instructions and safety precautions communicated by school officials. Parent(s) hereby agree that in the event of Student's repeated or serious violation of the Code of Conduct and/or failure to comply with instructions or safety precautions communicated by school officials, Student's participation in In-State Overnight Travel may be terminated early and Parent(s) may be required to pay all costs of sending Student home if deemed necessary and if Parent(s) are informed in advance that Student is being sent home.

Student and Parent(s) understand that if the Student is injured or becomes ill and it is necessary for the Student to return home or for the Parent(s) to meet the Student to escort him or her home, the Parent(s) may be required to pay all costs. School District shall have the authority to cancel or terminate In-State Overnight Travel and related on-site activities in accordance with its policies or best judgment.

We, the undersigned Student and Parent(s), have read this release, indemnity, and assumption of risk, and understand all of the terms thereof, the nature of the In-State Overnight Travel to which they apply, and the risks and dangers that may exist in allowing Student to participate in In-State Overnight Travel. We execute this document voluntarily and with full knowledge of the rights we are giving up and the obligations we are assuming, effective as of the date first above written.

Signature of Parent or Legal Guardian

Signature of Parent or Legal Guardian

Signature of Student

FORT COLLINS HIGH SCHOOL ATHLETIC INFORMATION FORM

*****Athletes are required to complete a new form & pay the fee(s) for each sport, each season*****

SPORT you are registering for in the **new season** (only list 1 sport): _____

Name: _____ **Current Grade:** _____ **PSD ID #:** _____

Have you completed the online registration <https://poudreathletics.sportngin.com/register/form/541558877> **Yes** ____ **NO** ____

(This is required for every athlete for every sport who is enrolled at FCHS for the 2025-2026 school year)

Are you enrolled in FCHS for the 2025-2026 school year: **Yes** ____ **No** ____

- If **NO**, what school will/do you attend: _____ -
 - Have you been placed at FCHS by PSD District Athletics: **Yes** ____ **No** ____
 - Copy of placement letter presented: **Yes** ____ **No** ____

*****If you have not been placed at FCHS please contact Lori Willadsen at the District Office 970-490-3332*****

Do you live in the Fort Collins High School Attendance Area: **Yes** ____ **No** ____ **School of Choice** ____

- If **NO**, who are you currently living with: Both Parents ____ Mother ____ Father ____ Legal Guardian ____

Did you attend Fort Collins High School last year (2024-2025): **Yes** ____ **No** ____

- If **NO**, what School did you attend last year (2024-2025): _____ Transfer: **Yes** ____ **No** ____
 - If **not** a PSD School, please include: **City:** _____ **State:** _____

Did you play sports at the high school level last year (2024-2025): **Yes** ____ **No** ____

- If **Yes**, where did you play ____ **FCHS** or **Other** ____ (name of other school): _____

Have you tried out or played for a team at another high school this school year (2025-2026): **Yes** ____ **No** ____

- If **Yes**, list the **high school:** _____ **sport:** _____

Have you been expelled, suspended, or dropped out of school in the last 12 months: **Yes** ____ **No** ____

- If **Yes**, please list the date(s) and reason: _____

DATE OF MOST RECENT SPORTS PHYSICAL: **Month** ____ **Day** ____ **Year** ____

Parent email and phone number ONLY FOR NON PSD STUDENTS

Parent Email: _____ **Parent Phone number:** _____

Athletic Fee for FHCS or PSD Alternative Schools: \$TBD * All others: \$TBD

***Home -Based, Charter & Private school students must be placed by PSD Athletics to play at FCHS & are subject to higher fees**



Release, Indemnity & Assumption of Risk: Summer Athletic Programs

Poudre School District R-1 (the "District") offers students the opportunity to participate in certain athletic programs when school is out of session for summer break. Participation in the athletic programs is strictly voluntary and subject to the terms and conditions specified in this Release, Indemnity & Assumption of Risk. For your child to participate in the sport listed below during summer break 2025, you and your child must sign this Release, Indemnity & Assumption of Risk, and return to the head coach on or before summer participation may begin.

The sport to which this Release, Indemnity & Assumption of Risk applies: _____

A separate Release, Indemnity & Assumption of Risk must be completed for each sport.

This Release, Indemnity and Assumption of Risk made this _____ day of _____, 20____, is given by _____ ("Student") and the Student's parent(s) or legal guardian(s) _____ ("Parent(s)") in favor of the District. The mailing address for the student's residence is:

Street Address

City

State

Zip Code

PSD ID Number _____

In consideration of the District allowing the undersigned Student to participate in the sport listed above including day travel within Colorado or to Laramie or Cheyenne, Wyoming (the "Sport"), the Student and his/her Parent(s) hereby covenant and agree as follows:

Student and Parent(s) hereby release and hold harmless the District and its board members, employees and agents from any and all liability claims, causes of action, damages and demands of any kind whatsoever (except willful and wanton acts or omissions) that Student and/or Parent(s) may have against the District, its board members, employees and/or agents for any and all damages, including personal injury to the Student, that may arise out of or in connection with Student's participation in the Sport.

By its nature, participation in athletics includes certain risks and dangers particular to the Sport, including the risk of injury ranging in severity from minor to catastrophic and long-term. Student and Parent(s) understanding and appreciating the risks and dangers that may exist in allowing the Student to participate in the Sport, assume the risk of any and all damages, including personal injury, which the Student may incur as a result of participating in the Sport and that, while the District seeks to do what is reasonable to ensure that participants in the Sport are safe and protected, the District cannot guarantee the Student's safety, and expressly disclaims any representation or undertaking that the activities associated with participation in the Sport are safe for the Student and further disclaims any and all liability or responsibility for any illness or infection, including, but not limited to COVID-19, that may occur from or in connection with the Sport.

Parent(s) agree to indemnify, defend and hold harmless the District and its board members, employees and agents from and against any and all claims, liabilities and causes of action, including attorney fees and costs, for injury of any person caused by Student and/or for damages to or destruction of any property caused by Student, which may arise out of or in connection with Student's participation in the Sport. Parent(s) also agree to indemnify, defend and hold harmless the District and its board members, employees and agents from and against any and all claims, liabilities and causes of action, including attorney fees and costs, for injury to the Student and/or for damages to or destruction of property belonging to the Student or Parent(s), which may arise out of or in connection with Student's participation in the Sport.

The District may provide transportation for students to and from events and activities associated with participation in the Sport. However, the District may be unable to provide transportation in all circumstances and to all events and activities. The nature of some sports requires practices and competitions to be held off-campus, limiting the District's ability to provide transportation on every occasion. Student and Parent(s) hereby acknowledge

This form must be kept on file at the school for 3 years. Forward original to Risk Management if any incident occurs while the Student is participating in the Sport

and understand that the District does not assume any responsibility for the Student's transportation when District transportation is not used and the Student and/or Parent(s) are solely responsible for making appropriate arrangements to and/or from the athletic practice or competition.

Student and Parent(s) understand that the District is protected from liability under the Colorado Governmental Immunity Act for injuries and damages that may arise out of or in connection with the Sport and understand that any injuries or damages arising out of or in connection with the Sport may not be covered by the District's insurance. For these reasons, it is recommended that Student or Parent(s) obtain appropriate insurance from qualified sources to cover medical expenses and other costs that could result from injury to the Student, and damage to or destruction of property belonging to the Student or Parent(s), which may arise out of or in connection with the Student's participation in the Sport. **The District has information available regarding accident and health insurance that may be purchased to cover Student's participation in the Sport. Student or Parent(s) can find more information and links to enrollment forms at: <https://www.psdschools.org/riskmanagement/student-insurance>.**

Student and Parent(s) understand that the Student shall be subject to the District Code of Conduct at all times related to Student's participation in the Sport regardless of location, including travel to and from sites where the Sport and related activities take place. As a condition of participating in the Sport, Student shall comply with all instructions and safety precautions communicated by school and site officials.

We the undersigned Student and Parent(s) have read this Release, Indemnity & Assumption of Risk and understand the nature of the Sport to which it applies, and the risk of injury associated with Student's participation in the Sport. We also understand and agree to abide by the provisions of this form, which are a necessary condition of Student's participation in the Sport. We execute this document voluntarily and with full knowledge of the rights we are giving up and the obligations we are assuming, effective as of the date first above written.

PRINT Student Name

SIGNATURE of Student

Phone Number

PRINT Parent or Guardian Name

SIGNATURE of Parent or Guardian

Phone Number

Please provide medical information the District should be aware of (please use a second page if needed):

Health and/or medical conditions, including any allergies:

Medications the student athlete takes:

Is there someone you would like the District to contact in the event we are unable to get a hold of you in an emergency?

Emergency Contact

Relation to Student

Phone Number

This form must be kept on file at the school for 3 years. Forward original to Risk Management if any incident occurs while the Student is participating in the Sport



Poudre School District
2407 LaPorte Ave
Fort Collins, CO 80521
970-482-7420

2025-2026 Colorado High School Activities Association Student Eligibility Information and Anti-Hazing Policy

Student's Name (Last, First, M.I.)

Student ID (Leave blank if you are not a PSD student)

Parent(s)/Legal Guardian(s) Name(s)

Pursuant to CHSAA Bylaw 1720.1, parents must be informed, understand, and acknowledge basic CHSAA eligibility rules.

In accordance with CHSAA Bylaw 1720.1, I have read, understand and agree to the general eligibility guidelines as outlined in the CHSAA *Competitor's Brochure* found on the CHSAA website at: https://chsaaforms.rschooldtoday.com/chsaa-bylaws-parent/?entry_key=name-3&school_name=&school_id=~

- Timnath High School, Wellington High School, Poudre High School, Fort Collins High School, and Fossil Ridge High School are currently under Plan A.
- Rocky Mountain High School is currently under Plan B.

A description of each plan is provided in the *Poudre School District Athletic Handbook* under the section titled, "Athletic Program Requirements and Fees." The Handbook can be found on PSD's Athletics webpage at:

<https://www.psdschools.org/programs-services/athletics>

Parent/Legal Guardian Signature

Date

Student Signature

Date

Parent/Legal Guardian Signature

Date

CHSAA Anti-Hazing Policy

The Colorado High School Activities Association prohibits bullying, hazing, intimidation, or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity.

I will not engage in any prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach, or administrator in my school.

By signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

Student Signature

Date

This form must be kept on file at the school for a period of one year.



PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)

This medical history form should be retained by the healthcare provider and/or parent.

This form is valid for 365 calendar days from the date signed below.

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Revised 4/24

MEDICAL HISTORY FORM

Student Information (to be completed by student and parent) *print legibly*

Student's Full Name: _____ Gender: _____ Age: _____ Date of Birth: ____/____/____

School: _____ Grade in School: _____ Sport(s): _____

Home Address: _____ City/State: _____ Home Phone: (____) _____

Name of Parent/Guardian: _____ E-mail: _____

Person to Contact in Case of Emergency: _____ Relationship to Student: _____

Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____

Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

List past and current medical conditions:

Have you ever had surgery? If yes, please list all surgical procedures and dates:

Medicines and supplements (please list all current prescription medications, over-the-counter medicines, and supplements (herbal and nutritional):

Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, insects):

Patient Health Questionnaire version 4 (PHQ-4)

Over the past two weeks, how often have you been bothered by any of the following problems? (Circle response)

	Not at all	Several days	Over half of the days	Nearly everyday
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

GENERAL QUESTIONS		Yes	No	HEART HEALTH QUESTIONS ABOUT YOU (continued)		Yes	No
1	Do you have any concerns that you would like to discuss with your provider?			8	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography (ECHO)?		
2	Has a provider ever denied or restricted your participation in sports for any reason?			9	Do you get light-headed or feel shorter of breath than your friends during exercise?		
3	Do you have any ongoing medical issues or recent illnesses?			10	Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
4	Have you ever passed out or nearly passed out during or after exercise?			11	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35? (including drowning or unexplained car crash)		
5	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			12	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
6	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			13	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
7	Has a doctor ever told you that you have any heart problems?						



PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)

This medical history form should be retained by the healthcare provider and/or parent.
This form is valid for 365 calendar days from the date signed below.

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Revised 4/24

Student's Full Name: _____ Date of Birth: ____/____/____ School: _____

BONE AND JOINT QUESTIONS		Yes	No
14	Have you ever had a stress fracture?		
15	Did you ever injure a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
16	Do you have a bone, muscle, ligament, or joint injury that currently bothers you?		

MEDICAL QUESTIONS		Yes	No
17	Do you cough, wheeze, or have difficulty breathing during or after exercise or has a provider ever diagnosed you with asthma?		
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?		
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
20	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)?		
21	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
22	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
23	Have you ever become ill while exercising in the heat?		
24	Do you or does someone in your family have sickle cell trait or disease?		
25	Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (continued)		Yes	No
26	Do you worry about your weight?		
27	Are you trying to or has anyone recommended that you gain or lose weight?		
28	Are you on a special diet or do you avoid certain types of foods or food groups?		
29	Have you ever had an eating disorder?		

Explain "Yes" answers here:

Participation in high school sports is not without risk. The student-athlete and parent/guardian acknowledge truthful answers to the above questions allows for a trained clinician to assess the individual student-athlete against risk factors associated with sports-related injuries and death. CHSAA bylaw 1780.1 states, "No pupil shall participate in formal practice or represent his/her/their school in interscholastic athletics until there is a statement on file with the principal or athletic director signed by his/her/their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics; and (c) that he/she/they has the consent of his/her/their parents or legal guardian to participate. This preparticipation physical evaluation shall be completed each year before participating in interscholastic athletic competition or engaging in any practice, tryout, workout, conditioning, or other physical activity, including activities that occur outside of the school year.

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. No pupil shall participate in formal practice or represent his/her/their school in interscholastic athletics until this form is completed in its entirety and page 4 is on file with the principal or athletic director signed by his/her/their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics. The CHSAA Sports Medicine Advisory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include the special tests listed above.

Student-Athlete Name: _____(printed) Student-Athlete Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____(printed) Parent/Guardian Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____(printed) Parent/Guardian Signature: _____ Date: ____/____/____



PREPARTICIPATION PHYSICAL EVALUATION (Page 3 of 4)

This medical history form should be retained by the healthcare provider and/or parent.
This form is valid for 365 calendar days from the date signed below.

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Revised 4/24

PHYSICAL EXAMINATION FORM

Student's Full Name: _____ Date of Birth: ____/____/____ School: _____

PHYSICIAN REMINDERS:

Consider additional questions on more sensitive issues.

• Do you feel stressed out or under a lot of pressure?	• Do you ever feel sad, hopeless, depressed, or anxious?
• Do you feel safe at your home or residence?	• During the past 30 days, did you use chewing tobacco, snuff, or dip?
• Have you ever taken any supplements to help you gain or lose weight or improve your performance?	
• Have you ever taken anabolic steroids or used any other performance-enhancing supplement?	

- ☐ Verify completion of Medical History (pages 1 and 2), review these medical history responses as part of your assessment.
Cardiovascular history/symptom questions include Q4-Q13 of Medical History form. (check box if complete)

EXAMINATION		
Height:	Weight:	
BP: ____/____ (____/____)	Pulse: _____	Vision: R 20/____ L 20/____ Corrected: Yes No
MEDICAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none">Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, Ears, Nose, and Throat <ul style="list-style-type: none">Pupils equalHearing		
Lymph Nodes		
Heart <ul style="list-style-type: none">Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none">Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphylococcus Aureus (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and Arm		
Elbow and Forearm		
Wrist, Hand, and Fingers		
Hip and Thigh		
Knee		
Leg and Ankle		
Foot and Toes		
Functional <ul style="list-style-type: none">Double-leg squat test, single-leg squat test, and box drop or step drop test		

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____

Address: _____ Phone: (____) _____ E-mail: _____

Signature of Healthcare Professional: _____ Credentials: _____ License #: _____

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PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL

This form is valid for 365 calendar days from the date signed below.

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Revised 4/24

MEDICAL ELIGIBILITY FORM

Student Information (to be completed by student and parent) *print legibly*

Student's Full Name: _____ Gender: _____ Age: _____ Date of Birth: ____/____/____
School: _____ Grade in School: _____ Sport(s): _____
Home Address: _____ City/State: _____ Home Phone: (____) _____
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____ Relationship to Student: _____
Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____
Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

- ☐ Medically eligible for all sports without restriction
- ☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of: *(use additional sheet, if necessary)*

- ☐ Medically eligible for only certain sports as listed below:

- ☐ Not medically eligible for any sports

Recommendations: *(use additional sheet, if necessary)*

I hereby certify that I have examined the above-named student-athlete using the CHSAA Preparticipation Physical Evaluation and have provided the conclusion(s) listed above. A copy of the exam has been retained and can be accessed by the parent as requested. Any injury or other medical conditions that arise after the date of this medical clearance should be properly evaluated, diagnosed, and treated by an appropriate healthcare professional prior to participation in activities.

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____
Address: _____ Phone: (____) _____
Signature of Healthcare Professional: _____ Credentials: _____ License #: _____

SHARED EMERGENCY INFORMATION - completed at the time of assessment by practitioner and parent

- ☐ Check this box if there is no relevant medical history to share related to participation in competitive sports.

Provider Stamp *(if required by school)*

Medications: *(use additional sheet, if necessary)*

List: _____

Relevant medical history to be reviewed by athletic trainer/team physician: *(explain below, use additional sheet, if necessary)*

- ☐ Allergies ☐ Asthma ☐ Cardiac/Heart ☐ Concussion ☐ Diabetes ☐ Heat Illness ☐ Orthopedic ☐ Surgical History ☐ Sickle Cell Trait ☐ Mental Health

Explain: _____

Signature of Student: _____ Date: ____/____/____ Signature of Parent/Guardian: _____ Date: ____/____/____

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct.

This form is not considered valid unless all sections are complete.



Poudre School District
2407 LaPorte Ave
Fort Collins, CO 80521
970-482-7420

2025-2026 High School Athletic Participation Permission and Release

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An Athletic Participation Permission and Release of Liability form must be completed and submitted to the school of athletic participation as designated below each school year and must list the sport(s) the student wishes to participate in before the student will be allowed to practice or compete in those sport(s). A current Physician Certification of Student Fitness for Athletic Participation form must also be submitted and on file at the school of athletic participation.

Student Information

Student's Name (Last, First, M.I.) _____

PSD Student ID# (Leave blank if not a current PSD student) _____

Student's Date of Birth _____

Grade for 2025-2026 _____

Male _____

Female _____

Student's Street Address _____

City _____

State _____

Zip Code _____

Parent(s)/Legal Guardian(s) Name(s) _____

Telephone _____

For the above referenced school year:

School of Attendance: _____ Previous Year's School of Attendance: _____

School of Athletic Participation: _____

This permission and release of liability made this _____ day of _____, 20____, is given
Day of month Month Year

by the student named above (the "Student") and the Student's parent(s)/legal guardian(s) named above ("Parent(s)") in favor of Poudre School District No. R-1 (the "District").

In consideration of permission granted by the District for the Student to participate in the sport(s) listed below including day travel within Colorado or to Laramie or Cheyenne, Wyoming (the "Sport(s)") at the School of Athletic Participation noted above (List all sports the student will participate in during the above referenced school year*):

Student and Parent(s) hereby covenant and agree as follows:

Student and Parent(s) release and hold harmless the District and its board members, employees and agents from any and all liability claims, causes of action, damages and demands of any kind whatsoever (except willful and wanton acts or omissions) that Student and/or Parent(s) may have against the District and its board members, employee and/or agents for any and all damages that may arise out of or in connection with the Sport(s).

By its nature, participation in athletics includes certain risks and dangers particular to each sport, including the risk of injury ranging in severity from minor to catastrophic and long-term. Student and Parent(s) understanding and appreciating the risks and dangers that may exist in allowing Student to participate in the Sport(s), assume the risk of any and all damages, including personal injury, which Student may incur as a result of participating in the Sport(s).

By participating in Poudre School District (PSD) athletics, parents/guardians acknowledge that student-athletes may be photographed, videotaped, or otherwise recorded by PSD staff for use in district publications, websites, and social media. If a parent/guardian has submitted the district's Media Opt-Out Form, PSD will honor that request to the extent feasible for media captured and published by the district. However, PSD cannot control photography or video taken by third parties, including other parents, community members, or media outlets. Athletic events may also be livestreamed by PSD or its partners, and students may appear on camera; due to the nature of live broadcasts, opting out of livestream coverage is not possible.

I acknowledge and consent to receiving an introductory email communication from A Better Way, a professional learning center for school systems and sport organizations, as part of the PSD athletics registration process.

List of District-sponsored sports

Baseball	*Field Hockey	*Gymnastics	Softball	Track/Field	Unified Basketball
Basketball	Football	*Ice Hockey	Soccer	Girls Volleyball	Unified Cheer
Boys Volleyball	*Girls Flag Football	*Lacrosse	Swimming	Boys Wrestling	Unified Football
Cheer/Dance	Golf	*Nordic Ski	Tennis	*Girls Wrestling	Unified Soccer

Student and Parent(s) acknowledge and represent that they have read the *Poudre School District Athletic Handbook* available at <https://www.psdschools.org/programs-services/psd-athletics> and in hard-copy form, and acknowledge that they are subject to its terms and conditions. Specifically, Student and Parent(s) acknowledge and represent that they have read and understand District Policy JJ, Interscholastic Athletic Training and Personal Conduct Rules, available at <https://www.psdschools.org/sites/default/files/PSD/policies/JJ.pdf>. If there is a conflict in the language between the *Athletic Handbook* and Policy JJ, the terms of the policy shall control. Student and Parent(s) also acknowledge and represent that they have read and understand Board Policy JLCD, Administering Medicines to Students/Asthma, Food Allergy and Anaphylaxis Health Management, which is included in the Poudre School District Student Rights & Code of Conduct and is also available at <https://www.psdschools.org/sites/default/files/PSD/policies/JLCD.pdf>. Student and Parent(s) understand and acknowledge that the District's consequences for controlled substances, alcohol, and tobacco violations are separate and in addition to any consequences imposed by state or local law enforcement.

The District provides transportation for students to and from many practices and competitions. However, the District is unable to provide transportation in all circumstances and to all events. The nature of some sports requires practices and competitions to be held off-campus, limiting the District's ability to provide transportation on every occasion. Student and Parent(s) hereby acknowledge and understand that the District does not assume any responsibility for the Student's transportation when District transportation is not used and the Student and/or Parent(s) are solely responsible for making appropriate arrangements to and/or from the athletic practice or competition.

Student and Parent(s) understand that the District is protected from liability under the Colorado Governmental Immunity Act for injuries and damages that may arise out of or in connection with participation in the Sport(s), and understand that any injuries and damages that may arise out of or in connection with participation in the Sport(s) may not be covered by District insurance. For these reasons, it is recommended that Student or Parent(s) obtain appropriate insurance from qualified sources to cover medical expenses and other costs that could result from injury to the Student, and damage to or destruction of property belonging to the Student or Parent(s), which may arise out of or in connection with the Student's participation in the Sport(s). The District makes voluntary student accident insurance available through an outside provider. Student or Parent(s) may obtain more information from the Student's school or at <https://www.psdschools.org/schools/safety-and-emergencies/student-accident-insurance>.

Parent(s) hereby acknowledge and represent (**one of the following must be marked**):

_____ I have purchased the voluntary student accident insurance made available through the District.

_____ I have not purchased the voluntary student accident insurance made available through the District and understand I am responsible for payment of expenses incurred in the event of injury to my child.

I/We, the undersigned Student and Parent(s) have read this *High School Athletic Participation Permission and Release* and understand all of the terms thereof, the nature of the Sport(s) to which they apply, and the risks and dangers that may exist in allowing the Student to participate in the Sport(s) including possible exposure to COVID-19 and other communicable diseases. We execute this document voluntarily and with full knowledge of the rights we are giving up and the obligations we are assuming, effective as of the date first above written.

Parent/Legal Guardian Signature Date

Student Signature Date

Parent/Legal Guardian Signature Date

Nondiscrimination Statement

Poudre School District does not unlawfully discriminate on the basis of race, color, religion, national origin, ancestry, sex, sexual orientation, marital status, or disability in access or admission to, or treatment with respect to participation in District athletics.



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2025-2026 PSD Social Media Policy

Social Media refers to internet-based applications designed to create and share user generated content. All forms of digital magazines, internet forums, web-blogs, podcasts, photographs, video, rating and social bookmarking found on websites or applications such as Twitter, Facebook, Instagram or Tumblr that are open to public viewing are considered to be social media. This is a rapidly changing network and many more not mentioned will arise, which are also included in this policy. Violations of this policy outlined below are subject to investigation and sanctions described in the Poudre School District Code of Conduct and are also subject to review by state and federal law enforcement. These fall under the Poudre School District Code of Conduct. Any and all disciplinary measures may apply, depending on the severity of the infraction.

Poudre School District student-athletes are expected to conduct themselves in a respectable manner as a member of their teams and our Athletic Program. As a student-athlete you are responsible for your social media use. Any malicious use of social media platforms shall not be tolerated. Malicious use may include, but not be limited to:

- 1) Derogatory language or remarks regarding fellow athletes, students, coaches, administrators, faculty and staff of Poudre School District or other high schools.
- 2) Demeaning statements or threats that endanger the safety of another person.
- 3) Incriminating photos or statements regarding illegal criminal behavior, underage drinking, use of illegal drugs, sexual harassment or violence.

As a student-athlete, I have reviewed and carefully read, with my parent(s)/legal guardian(s), the Social Media Policy and agree to abide by all provisions contained within. Furthermore, I understand that violation of said rules may result in loss of athletic privileges and/or suspension from participation.

Print Student Name

Student Signature

Parent/Legal Guardian Signature

Parent/Legal Guardian Signature



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2025-2026 Student Athlete Medical Information

Student Information

Parents are specifically reminded that all medications require a completed PSD authorization form which must be on file in the school office.

Student's Name (Last, First, M.I.) PSD Student ID _____
(Leave blank if not a current PSD student)

Student's Date of Birth Age Male Female

Parent(s)/Legal Guardian(s): _____

Telephone Number(s): _____

Other Emergency Contact(s): _____

Telephone Number(s): _____

Sport(s): _____

Please list any health and/or medical conditions, including any allergies:

Please list all medications the student athlete takes:

Date of Student Athlete's last tetanus booster shot (month/year): _____

Parent/Legal Guardian Signature

Date

Parent/Legal Guardian Signature

Date