

Requirements for Athletic Participation

For the latest information throughout the year on schedule changes and information, visit www.j-hawks.com.

Prior to participation, students must have:

- 1) **ATHLETIC PASSPORT.** The Athletic Passport is a form that students complete to update the Activities Office on their current biographical information. It also includes sport participation and emergency information. One may be completed in the summer for the entire year or prior to each sport. Athletic Passports may be downloaded at www.j-hawks.com/information/forms.
- 2) **ATHLETIC PHYSICAL.** State Law requires that participants in Athletic Competition have a current physical. Athletic Physicals are maintained in a computer database at the Activities Office along with a hard copy of the form. Physicals are valid for thirteen (13) months from the date of exam. This form may be downloaded at www.j-hawks.com/information/forms. For a listing of medical providers offering physicals at low/no cost, visit www.j-hawks.com under the Parents & Students tab.
- 3) **CONCUSSION IN HIGH SCHOOL SPORTS.** Annually, every student (grades 7-12) and their parent/guardian must receive and sign a concussion and brain injury information sheet provided by the Iowa High School Athletic Association, and Iowa Girls High School Athletic Union before the student is able to participate in interscholastic sports, cheerleading, and dance in any way (practice or competition). This information sheet is titled, "Heads Up: Concussion in High School Sports." This form may be downloaded at www.j-hawks.com/information/forms.

YOU WILL NOT PRACTICE / PARTICIPATE IF THESE ITEMS ARE INCOMPLETE

THESE MATERIALS NEED TO BE DELIVERED TO THE ACTIVITIES OFFICE AT URBANDALE HIGH SCHOOL. PLEASE DO NOT GIVE THEM TO YOUR COACH/SPONSOR OR LEAVE AT THE MAIN OFFICE AT THE HIGH SCHOOL.

THE ACTIVITIES OFFICE REMAINS OPEN ALL SUMMER. FOR MORE INFORMATION CALL US AT (515) 457-6945.

- 4) **ImPACT TESTING.** Every high school athlete will receive a computerized neurocognitive assessment tools and services that are used by medical doctors, psychologists, athletic trainers, and other licensed healthcare professionals to assist them in determining an athlete's ability to return to play after suffering a concussion. Parents wishing to have their child exempted from this test may request a waiver from the Director of Activities.