Student’s Name: __________________________________ Grade ____________

Our family’s primary address is __________________________________

This address is in the Taos Municipal Schools’ attendance area, and the student athlete lives with the parents or legal guardian.

Last School Attended __________________________ Address __________________________ Phone ________________

Athletics are an integral part of the education process, providing students with opportunities to further develop their unique qualities, interests, and needs beyond the classroom. **Participation in athletics is a privilege afforded and earned by students, not a right.** Students wishing to take advantage of the opportunities presented to them by the Taos Municipal Schools must show a commitment to the athletic program by regular attendance at practices and contests; as well as, follow the rules established by the District and the Coach. It is the responsibility of the student-athlete and his/her parent(s) or court appointed legal guardian(s) to be familiar with the standards and consequences for the athlete participation agreement.

**Eligibility:**

1. **Enrollment Requirements:**
   - Student must be enrolled in at least 51% of the school’s regular class schedule in courses that will be counted towards his/her graduation (Minimum of 5 classes).

2. **Attendance Requirements:**
   - Athletes are to attend all classes for the day to be eligible to participate in practice or competition on that day.
   - Athletes are expected to be punctual daily for all of their classes. Failure to do so will result in suspension from practice or competition.
   - Athletes placed on a school suspension will not be allowed to practice, participate, or compete in contests/events during the suspension period.

3. **Academic Requirements:**
   - A student shall have a minimum of a 2.0 grade point average with no F’s for the semester grading period immediately preceding participation. For students not eligible at semester, the next 9 weeks grading period can be used to regain eligibility.

4. **Physical Form:**
   - Before a student may participate in any sport, he/she must have a completed sports physical. The physical form must be dated April 1st or later to be valid for the following school year.

5. **Other:**
   - Comply with the Taos Municipal Schools rules and regulations; as well as the eligibility requirements of the New Mexico Activities Association (NMAA) ([www.nmact.org](http://www.nmact.org)).

**Conduct of an Athlete:**
The conduct of an athlete is closely observed in many areas of life. It is important that behavior be above reproach. Being a Student-Athlete requires high standards of responsibility and personal conduct. I therefore agree to:

- Act as a positive role model, both on and off the field, for both the school community and community youth in general.
- Act according to the principles embodied in “Compete With Class” and the standards of the NMAA.
- Follow all rules of the Taos Municipal Schools.
- Demonstrate responsibility and self-discipline.
- Maintain a high level of conduct at school, including proper dress and etiquette.
- Contribute to team morale.
- Remain physically, sexually, and verbally non-violent.

Insurance: Yes _____ No _____
Emergency Contacts: Yes _____ No _____
Date of Physical: ____________________
• Remain from any form of fighting, hazing, trash-talking, obscene language, or sexual harassment.
• Maintain a healthy lifestyle free of alcohol, tobacco, performance-enhancing drugs, and controlled substances.
• Maintain academic eligibility and immediately notify my head coach if I need help.
• Respect the rules of the game and the officials who apply them.
• Be responsible for all issued equipment.
• In the event of an ejection from a contest, complete the NMAA ejection requirements at https://www.nmact.org/file/EJECTION_POLICY-z.pdf
• If under indictment for a crime, the student-athlete will be ineligible until adjudicated.

**Conduct Violations:**
Student Athletes may be suspended or removed from the team for inappropriate conduct. **Possible Conduct Violations include, but not limited to, conduct or behavior in which the student:**

1. Possesses, uses, consumes, or distributes any tobacco products, electronic cigarettes, alcoholic beverages, or other controlled substances (prohibited substances).
2. Is Present at a party where there is underage drinking or illegal activity (This does not apply to a student’s mere attendance at family gatherings or social events where the student is under direct supervision of his or her parent or legal guardian.)
3. Possesses a firearm or weapon.
4. Participates in vandalism of school or community property.
5. Participates in Bullying, Cyberbullying, Harassment, and/or Hazing.

“**Bullying**” is defined as any repeated and pervasive written, verbal, or electronic expression, physical act or gesture, or a pattern thereof that is intended to cause physical or emotional distress upon one or more students in the school, on school grounds, in school vehicles, or at school activities or sanctioned events. Bullying includes, but is not limited to, hazing, harassment, intimidation, or menacing acts of a student upon another which may, but need not be based on the student’s race, color, sex, ethnicity, national origin, religion, disability, age, sexual orientation, or gender identity.

"**Cyberbullying**" would mean bullying that is done through the use of electronic communication, including any cellular or other type of telephone, a computer, a pager, a camera, electronic mail, instant messaging, text messaging, a social media account, or an internet website.

“**Harassment**” means knowingly pursuing a pattern of conduct, communications, or electronic expression that are intended to annoy, seriously alarm, or terrorize another person. The conduct must be such that it would cause a reasonable person to suffer substantial emotional distress. Harassment includes, but is not limited to, any act which subjects an individual or group to unwanted, degrading, humiliating, or abusive behavior of a nonverbal, verbal, written, or physical nature, and may, but need not be based on the student’s race, color, sex, ethnicity, national origin, religion, disability, age, sexual orientation, or gender identity. Verbal and nonverbal harassment include speech or gestures which are lewd, indecent, profane, or obscene and libel.

“**Hazing**” A person is guilty of hazing when, in the course of another student’s entry into or affiliation with any team or club, he/she intentionally or recklessly engages in conduct which creates a risk of physical injury, emotional harm, or a feeling of intimidation toward another student or students. This includes, but is not limited to:

- Any activity involving any risk of physical harm, including paddling, beating, whipping, branding, electrical shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to any level of embarrassment, shame, or humiliation, or which creates a hostile, abusive, and intimidating environment for the student.
- Any activity involving any violation of federal, state, or local law, or any violations of the Taos Municipal Schools’ policies and regulations.
Athletes who participate in improper behavior as described above are subject to suspension or removal from participation, and may be subject to criminal action.

6. Engages or participates in conduct or behavior which may result in the arrest or conviction of a misdemeanor or felony.
7. Engages in any other conduct or behavior which the student’s Coach, Athletic Director, Principal, or Superintendent deems to be in violation of this Code or the spirit of interscholastic Competition.

**Conduct Violation Consequences:**
All conduct violations will have consequences.
Possible Consequences for Violations depending on the violation may result in:

1. Community Service
2. Suspension from Athletic Participation up to, but not limited to:
   - 1st Offense – 30 Calendar Days Suspension from Participation
   - 2nd Offense – 90 Calendar Days Suspension from Participation
   - 3rd Offense – 180 Calendar Days Suspension from Participation
3. Counseling and/or Classes
4. Other consequences may be imposed by the Athletic Director based on the severity of the student’s violation.

*If there is not a sufficient amount of time remaining in the scheduled season to fulfill the terms of the disciplinary consequence imposed, the penalty carries over to the next sport in which the student would otherwise participate.

**Disciplinary Appeal:**
Once an investigation is completed written notification will be given to the student and his/her parent/legal guardian. The student, or student’s parent/legal guardian, may appeal the suspension to the Athletic Disciplinary Committee (comprised of Coaches and THS Faculty) by submitting a written request within five (5) calendar days of the infraction to the athletic director. Once a ruling has been determined by the committee, the student, or student’s parent/legal guardian, may appeal the suspension to the Principal by submitting a written request within five (5) calendar days to the Principal. The student will remain suspended from his/her sport pending the appeal.

**Conduct of Parent(s)/Legal Guardian:**
As parent(s) or legal guardian of a student-athlete I/we understand that I/we may be ejected from a game and prohibited from attending future contests if my/our behavior violates the standards of the Taos Municipal Schools and the NMAA, and I/we pledge to:

A. Positively support my/our student-athlete:
   - Provide positive support, win or lose.
   - Emphasize effort, skill development, teamwork, and love of the game.
   - Be sure my/our student-athlete attends all practices and athletic events.
   - Attend all required meetings and attend as many games as possible.
   - Actively support my/our student-athlete in maintaining all eligibility requirements.
   - Actively support my/our student-athlete in abiding by the Student-Athlete Code of Conduct and the rules and regulations of the Taos Municipal Schools and the NMAA.
   - Actively support my/our student-athlete in maintaining a healthy lifestyle free of alcohol, tobacco, and controlled substances.

B. Personally model the highest standards of sportsmanship at games:
   - Let the coach do his/her job: refrain from yelling criticism and advice.
   - Let the players play: refrain from shouting instructions or criticisms at my student-athlete or at others.
   - Let the officials do their job: accept their decisions and refrain from negative comments and boos.
   - Cheer for the positive: good effort, good plays, good teamwork, and good sportsmanship.
   - Respect the opposing team: refrain from derogatory comments.
   - Refrain from catcalls, insults, foul language, or violent behavior.
   - Maintain an environment free of alcohol and drugs.

C. Resolve issues with coaches, athletic personnel, or teammates appropriately:
   - Do not present grievances during or after an athletic contest.
• Request a meeting at school with the coach to discuss problems or issues.
• If the issue remains unresolved, request a meeting with the Athletic Director.

**Concussion In Sports:**
Each student is required to take the online concussion course prior to participation. The course can be found at: [https://nfhslearn.com/courses/61059/concussion-for-students](https://nfhslearn.com/courses/61059/concussion-for-students) Once the student completes the course, he/she should give the certificate of completion to his/her coach.

If a student has been diagnosed with a concussion, he/she must follow return to play guidelines and must be released by a medical professional or the athletic trainer.

**Transportation:**
All participants will ride to and from athletic events on the Taos Municipal Schools’ team bus under the supervision of a coaching staff member. Proper conduct is expected at all times while riding school transportation. There may be times when it becomes necessary for a parent or legal guardian to pick up an athlete from or transport an athlete to an athletic event. This must be cleared with the coach and an administrator in writing in advance (prior to the day of the contest). Transportation forms are available in the Athletic Office or from the Coach.

• Bus Form – Each athlete must sign a bus form even if the student does not ride a school bus for transportation to and from school.

**Equipment:**
The care of team equipment is each athlete’s responsibility. Each piece of equipment issued to an athlete must be returned. Any athlete who “owes” the return of a piece of equipment or payment for a piece of equipment may not participate on any athletic team until the equipment is returned or restitution is made. Seniors that do not return equipment will not receive their diploma and all transcripts will be held until equipment is returned or restitution is provided.

**Injuries:**
All injuries should be reported to the coach as soon as possible. We do have an athletic trainer that can assess the injury of the athlete prior to seeking doctor care. If necessary the athletic trainer will refer athlete to a doctor. Any athlete out under doctor’s care will not be allowed to participate until released from the doctor.

**STUDENT-ATHLETE AGREEMENT:**
I, the student-athlete, acknowledge that I have read the terms of this Athletic Participation Agreement. I understand and agree that if I CHOOSE to violate any of the terms of the Athletic Participation Agreement, my CURRENT or FUTURE participation in interscholastic athletics my be limited or terminated in addition to penalties or consequences that may result or be imposed for the violation under the Taos Municipal Schools’ rules and policies or under civil or criminal laws.

Student-Athlete Signature ___________________________ Date ___________________

**PARENT AGREEMENT:**
I/we, the parent(s) or legal guardian(s) of the student-athlete, acknowledge that I/we have read the terms of this Athletic Participation Agreement. I/we understand and agree that if my/our son/daughter CHOoses to violate any of the terms of the Athletic Participation Agreement, his/her CURRENT or FUTURE participation in interscholastic athletics my be limited or terminated in addition to penalties or consequences that may result or be imposed for the violation under the Taos Municipal Schools’ rules and policies or under civil or criminal laws.

Parent/Legal Guardian Signature ___________________________ Date ___________________

Parent/Legal Guardian Signature ___________________________ Date ___________________
ATHLETIC SAFETY AND WELFARE STATEMENT
Safety and Welfare of the Student-Athlete

The Taos Municipal Schools’ (TMS) Athletic Department has a deep concern for the safety and welfare of its athletes. We feel the reading and understanding of this form is essential for providing assurances to the student-athletes, parents, and the school district that each individual participant is physically capable of participating in the TMS athletic program. **Therefore, it is of utmost importance that this form is read and completed by both the student-athlete and the parent or legal guardian and returned to the school’s Athletic Office.**

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**Permission to Participate in the TMS Athletic Program**

[Name of Student-Athlete] has my permission to participate in the TMS Athletic Program under the supervision and responsibility of licensed coaches. Any and all information, when needed to determine athletic eligibility, shall be released and submitted to the New Mexico Activities Association (NMAA) in a timely manner.

**Assumption of Liability and Risk**

We, the student-athlete and parent(s)/legal guardian(s) will not hold the Taos Municipal Schools or the TMS Athletic Department responsible for liability if an accident or injury should occur. We assume all risks and hazards incidental to the conduct of the activities, and transportation to and from such activities. We do hereby release, absolve, indemnify, and hold harmless the Taos Municipal Schools and the TMS Athletic Department, the event organizers, supervisory personnel, sponsors, coaches, athletic trainers, and supervisors, and or all of them, individually or as a group. In case of an injury to our son or daughter, we hereby waive all claims against the event organizers, sponsors, coaches, athletic trainers, and supervisors, and or all of them, the Taos Municipal Schools, and the TMS Athletic Department, individually or as a group.

**Acknowledgement Of Injury Risks**

We, the student-athlete and parent(s)/legal guardian(s), are aware that participation in the TMS Athletic Program involves risks of serious and permanent injury to the athlete. We understand and acknowledge the danger and risk of these severe injuries as inherent to participation in the TMS Athletic Program.

**Personal Medication Notification**

For protection of the student-athlete, we the student-athlete and parent(s)/legal guardian(s), will inform the athletic trainer, coaches, and/or medical doctors if the student-athlete is taking any medication or using ointment, liniment, balm, or has a metal implant in his/her body BEFORE receiving therapy or treatment of any kind from the athletic trainer or medical doctor.

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**Insurance Information Must Be Completed Before Tryouts**

Name of Insurance Company ____________________________ Policy Number ____________________________

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Student-Athlete ____________________________ Date ____________________________

Parent/Legal Guardian ____________________________ Date ____________________________

Parent/Legal Guardian ____________________________ Date ____________________________

DATE OF PHYSICAL ____________________________

SCHOOL ATTENDING ____________________________

NAME OF SPORT(S) ____________________________
ATHLETE EMERGENCY INFORMATION (PLEASE PRINT)

ATHLETE’S NAME: ___________________ BIRTHDAY: ______________ GRADE: ______

MOTHER/LEGAL GUARDIAN NAME: ____________________________________________

HOME PHONE: __________ WORK PHONE: __________ CELL PHONE: __________

ADDRESS: ____________________________ CITY: __________ ZIP: __________

FATHER NAME/LEGAL GUARDIAN: ____________________________________________

HOME PHONE: __________ WORK PHONE: __________ CELL PHONE: __________

ADDRESS: ____________________________ CITY: __________ ZIP: __________

IN CASE OF AN EMERGENCY AND PARENTS/LEGAL GUARDIAN CANNOT BE CONTACTED:

EMERGENCY CONTACT NAME ________________________________________________

HOME PHONE: __________ WORK PHONE: __________ CELL PHONE: __________

FAMILY DOCTOR: __________________________ PHONE: __________

FAMILY DENTIST: __________________________ PHONE: __________

The team trainer and/or coach may apply first aid treatment until the family doctor can be contacted:

Yes ________ No ________

I/we, the parent(s)/legal guardian(s), give my/our consent for coaches and/or team trainer to use their own judgment in securing medical aid and/or ambulance service in case the parent(s)/legal guardian(s) cannot be reached: Yes ________ No ________

Parent/Legal Guardian Signature __________________________ Date __________

Parent/Legal Guardian Signature __________________________ Date __________
Medical History – Parent/Guardian please fill out prior to examination.

Student Athlete Name (Last, First, M.I.):

Home Address: Grade:

DOB: AGE:

Name of Parent/Guardian

Home Address: Phone: Work:

Street City State Zip Cell:

Emergency Contact

Home Address: Phone: Work:

Street City State Zip Cell:

Address:

SPORT/ACTIVITY STUDENT WILL PARTICIPATE IN (CHECK ALL THAT APPLY)

Sports/Activities

☐ Baseball ☐ Cheer ☐ Football ☐ Softball ☐ Volleyball

☐ Basketball ☐ Cross Country ☐ Golf ☐ Tennis ☐ Wrestling

☐ Bowling ☐ Dance ☐ Soccer ☐ Track/Field ☐ Other

Please answer all health history questions on the following page PRIOR to your visit to the doctor. Please fill in the student athlete’s personal information (name, gender and birth date) on each page of the form and return the entire packet to the school’s athletic department.

Concussion Management

A concussion is a disturbance in the function of the brain that can be caused by a blow to the body or head and may occur in any sport or activity. Effects of a concussion may include a variety of symptoms (headache, nausea, dizziness, memory loss, balance problem) with or without a loss of consciousness. I/we understand there is a concussion management protocol established that includes care and return to play criteria.

Student-Athlete Signature Date

Parent or Court Appointed Legal Guardian Signature Date
HISTORY FORM
(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam __________________________ Date of birth __________________________
Name __________________________ Age ________ Grade ________ School __________________________ Sport(s) __________________________

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking.

Do you have any allergies? □ Yes □ No If yes, please identify specific allergy below: □ Medicines □ Pollens □ Food □ Stinging Insects

Explain “Yes” answers below. Circle questions you don’t know the answers to.

GENERAL QUESTIONS

1. Has a doctor ever denied or restricted your participation in sports for any reason?

2. Do you have any ongoing medical conditions? If so, please identify below: □ Asthma □ Anemia □ Diabetes □ Infections Other: __________________________

3. Have you ever spent the night in the hospital?

4. Have you ever had surgery?

HEART HEALTH QUESTIONS ABOUT YOU

5. Have you ever passed out or nearly passed out during or after exercise?

6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?

7. Does your heart race or skip beats (irregular beats) during exercise?

8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: □ High blood pressure □ A heart murmur □ High cholesterol □ A heart infection □ Kawasaki disease □ Other: __________________________

9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)

10. Do you have a tight head or feel more short of breath than expected during exercise?

11. Have you ever had an unexplained seizure?

12. Do you get more tired or short of breath much quicker than your friends during exercise?

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY

13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 60 (including drowning, unexplained car accident, or sudden infant death syndrome)?

14. Does anyone in your family have hypertrrophic cardiomyopathy, Marfan syndrome, arhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?

15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?

16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?

BONE AND JOINT QUESTIONS

17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?

18. Have you ever had any broken or fractured bones or dislocated joints?

19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?

20. Have you ever had a stress fracture?

21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)

22. Do you regularly use a brace, orthotics, or other assistive device?

23. Do you have a bone, muscle, or joint injury that bothers you?

24. Do any of your joints become painful, swollen, feel warm, or lock?

25. Do you have any history of juvenile arthritis or connective tissue disease?

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete __________________________
Signature of parent/guardian __________________________

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.
**PHYSICIAN REMINDERS**

1. 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?
   - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

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### EXAMINATION

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP /</td>
<td>( / )</td>
<td>Pulse</td>
<td>Vision R 20/</td>
</tr>
</tbody>
</table>

#### MEDICAL

- **Appearance**
  - Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)

- **Eyes/ears/nose/throat**
  - Pupils equal
  - Hearing

- **Lymph nodes**

- **Heart**
  - Murmurs (auscultation standing, supine, +/- Valsalva)
  - Location of point of maximal impulse (PMI)

- **Pulses**
  - Simultaneous femoral and radial pulses

- **Lungs**

- **Abdomen**

- **Gastrointestinal (males only)**

- **Skin**
  - HSV, lesions suggestive of MRSA, tinea corporis

- **Neurologic**

### MUSCULOSKELETAL

- Neck
- Back
- Shoulder/arm
- Elbow/forearm
- Wrist/hand/fingers
- Hip/thigh
- Knee
- Leg/ankle
- Foot/toes
- Functional
  - Duck-walk, single leg hop

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*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
*Consider GU exam if in private setting. Having third party present is recommended.
*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

☐ Cleared for all sports without restriction
☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for

☐ Not cleared
  - Pending further evaluation
  - For any sports
  - For certain sports

Reason

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type):
Address:
Signature of physician, MD or DO

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A Fact Sheet for Athletes and Parents

WHAT IS A CONCUSSION?
A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

**Observed by the Athlete**
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”

**Observed by the Parent / Guardian**
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events after hit or fall
- Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE

**Athlete**
- TELL YOUR COACH IMMEDIATELY!
- Inform Parents
- Seek Medical Attention
- Give Yourself Time to Recover

**Parent / Guardian**
- Seek Medical Attention
- Keep Your Child Out of Play
- Discuss Plan to Return with the Coach

It’s better to miss one game than the whole season.

*Give yourself time to get better.* If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.
1. Remove immediately from activity when signs/symptoms are present.
2. Must not return to full activity prior to a minimum of 240 hours (10 days).
3. Release from medical professional required for return.
4. Follow school district’s return to play guidelines.
5. Coaches continue to monitor for signs/symptoms once athletes return to activity.

Students need cognitive rest from the classroom, texting, cell phones, etc.

REFERENCES ON SENATE BILL 38 AND BRAIN INJURIES

Senate Bill 38:

For more information on brain injuries check the following websites:
https://nfhslearn.com/courses/61059/concussion-for-students
http://www.nfhs.org/resources/sports-medicine
http://www.cdc.gov/concussion/HeadsUp/youth.html
http://www.stopsportsinjuries.org/concussion.aspx
http://www.ncaa.org/health-and-safety/medical-conditions/concussions

SIGNATURES

By signing below, parent/guardian and athlete acknowledge the following:

- Both have received and reviewed the attached NMAA’s *Concussion in Sports Fact Sheet for Athletes and Parents*.
- Both understand the risks of brain injuries associated with participation in school athletic activity, and are aware of the State of the New Mexico’s Senate Bill 38: Concussion Law.
- Athlete has received brain injury training pursuant to Senate Bill 38.

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Athlete’s Signature: ____________________________  Print Name: ____________________________  Date: ____________________________

Parent/Guardian’s Signature: ____________________________  Print Name: ____________________________  Date: ____________________________
Participating in sports for Taos Municipal Schools (TMS) is a privilege. Student Athletes are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to represent your team, your school, your family, and yourselves in a positive manner at all times. Occasionally this means doing things that may be an inconvenience to you and unpopular; however, modeling positive behavior and following the TMS social media guidelines will no doubt benefit your team. Facebook, Twitter, Instagram, Snapchat, and other social media sites have increased in popularity globally and are used by the majority of student-athletes here in one form or another. Student athletes should be aware that third parties; including the media, teachers, coaches, school officials, colleges (NCAA universities and Coaches), and future employers could easily access your profiles and view all personal information. This includes all pictures, videos, comments, and posts. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department, and Taos Municipal Schools. This can be detrimental to a student-athlete’s future college and employment options.

Examples of inappropriate and offensive behaviors concerning online communities may include depictions or presentations of the following:

- Photos, videos, comments, or posts showing the personal use of alcohol, drugs, and tobacco (e.g. no holding cups, cans, shot glasses, drug paraphernalia, etc.)
- Photos, videos, and comments that are of sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Photos, videos, comments, or posts that condone drug-related activity. This includes, but not limited to, images that portray the personal use of drugs and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual or entity (e.g. derogatory comments regarding your school and/or another school; taunting comments aimed at a student-athlete, coach, or team at another school; derogatory comments against race and/or gender; etc.)
- No posts should depict or encourage unacceptable, violent, or illegal activities (e.g. hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use.)
- Content online that would constitute a violation of the TMS Board Policy, TMS Athletic and Student Handbook and NMAA bylaws.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site. Many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all social media applications. If you are ever uncertain of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics; as well as, the Taos Athletic Department, and the Taos Municipal Schools. Remember to always present a positive image and don’t do anything to embarrass yourself, your family, the team, and the Taos Municipal Schools.

By signing below, you affirm that you understand the TMS Athletic Department Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as a TMS student-athlete. Also, you understand that failure to comply may result in suspension or removal from your athletic team, loss of athletic privileges, and you may be subject to additional penalties imposed by the school and/or law enforcement.

Student Printed Name _______________________________ Student Signature _______________ Date _______________

Parent/Guardian Printed Name _______________________________ Parent/Guardian Signature _______________ Date _______________