

ATHLETIC PARTICIPATION PACKET

1. Students must have an Annual Physical Examination on file at the school *prior to participating in any athletic try-outs, practices or games* that indicate the students are physically approved for participation.
 - (a) Physical examinations will be good for *twelve (12) months from the date of the exam*. EXCEPTION: Any physical examination taken on or after April 1 in the preceding year will be accepted for the following school year.
 - (b) The physical exam must be conducted by a licensed medical physician, doctor of Osteopathic medicine, nurse practitioner or a physician's assistant.
2. The student must provide insurance coverage information school *prior to participating in any athletic try-outs, practices or games*. If a family wishes to purchase student accident insurance for their child, a form can be obtained from the Athletic Office.
3. The student must have on file, with the school Athletic Office, the provided Consent form signed by his/her parents certifying that the student has permission to participate in the school athletic programs.
4. All forms in this packet will adhere to the same expiration policy.

All forms must be completed & signed by the parent and student prior to any sport participation.

Content:

- (1) Physical Evaluation History Form
- (2) Physical Examination Form
- (3) Medical Eligibility Form
- (4) Parental Consent/Medical Release/Risk Acknowledgement
- (5) Student/Parent Concussion Awareness Form
- (6) Heat Policy Awareness Form
- (7) Student/Parent Sudden Cardiac Arrest Awareness Form
- (8) Insurance Information Form for Athletic Participation
 - a. All PCA Sports (including Literary) Except High School Football
 - b. High School Football Only



■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of Examination: _____ Sport(s): _____

Sex at Time of Birth (Male or Female): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box next to appropriate number)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Not being able to stop or control worrying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Little interest or pleasure in doing things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Feeling down, depressed, or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?	<input type="checkbox"/>	<input type="checkbox"/>
2. Has a provider ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have any ongoing medical issues or recent illness?	<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
7. Has a doctor ever told you that you have any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.	<input type="checkbox"/>	<input type="checkbox"/>

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?	<input type="checkbox"/>	<input type="checkbox"/>
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)?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	<input type="checkbox"/>	<input type="checkbox"/>

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

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?
 - Have you ever tried cigarettes, e-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-enhancing 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?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (_____ / _____)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	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) 	<input type="checkbox"/>	
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 	<input type="checkbox"/>	
Lymph nodes	<input type="checkbox"/>	
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck	<input type="checkbox"/>	
Back	<input type="checkbox"/>	
Shoulder and arm	<input type="checkbox"/>	
Elbow and forearm	<input type="checkbox"/>	
Wrist, hand, and fingers	<input type="checkbox"/>	
Hip and thigh	<input type="checkbox"/>	
Knee	<input type="checkbox"/>	
Leg and ankle	<input type="checkbox"/>	
Foot and toes	<input type="checkbox"/>	
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 	<input type="checkbox"/>	

^a Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

☐ Medically eligible for all sports without restriction

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

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are 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 medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____

PARENTAL CONSENT

The undersigned grants Pinewood Christian Academy and its employees and school system approved healthcare providers parental consent for your child's sports physical, and assessment and treatment of any sports injuries he/she suffers during the 2025-2026 school year.

MEDICAL RELEASE

I give permission for the school official, chaperon or representative of Pinewood Christian Academy involved in the activity with my child to seek medical aid, render first aid if such attention is necessary in the sole discretion of said person involved. In case of emergency and when I cannot be immediately reached by telephone or otherwise, I give permission to the physician selected by school officials to hospitalize, secure proper treatment, order injections, anesthesia or surgery for my child.

ACKNOWLEDGEMENT OF RISK

Both the student and the parent/guardian should read this statement carefully. You should be aware that playing or practicing to play or helping to play or helping with or participating in any manner in any sport can be a dangerous activity involving risks or injury. The dangers and risks of playing, practicing to play, helping or participating in sports include but are not limited to death, serious neck, head and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, and ligaments, tendons and other aspects of Musculoskeletal system and serious impairment to other aspects of the body, general health and wellbeing. Because of the dangers of participating in sports, the student should recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules and obey such instruction.

THE UNDERSIGNED CERTIFIES THAT HE/SHE HAS READ AND UNDERSTANDS THE ABOVE.

Parent/Guardian

Date

Student

Date



GEORGIA INDEPENDENT ATHLETIC ASSOCIATION
STUDENT / PARENT CONCUSSION AWARENESS FORM

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a State Law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GIAA Athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level / tiredness.
- Nausea or vomiting.
- Blurred vision, sensitivity to light and sounds.
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments.
- Unexplained changes in behavior and personality.
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

GIAA Concussion Policy: If a Coach observes a Student-Athlete exhibit any sign, symptom, or behavior consistent with a concussion or head injury, the Coach must immediately remove that Student-Athlete from practice, conditioning, or game. The Student-Athlete may not return to practice, conditioning, or game until a Health Care Provider has determined that the Student-Athlete has not suffered a concussion. In the case where a Health Care Provider has determined that the Student-Athlete has suffered a concussion, the Student-Athlete may not resume practice, conditioning, or participation in games until medically determined capable of doing so for full or graduated return. In no circumstance may a Student-Athlete return to practice, conditioning, or a game on the same day that a concussion has been diagnosed by a Health Care Provider or cannot be ruled out

By signing this Concussion Awareness Form, we give permission to the school to transfer this Form to all sports that this child may play. We are aware of the dangers of concussions and this signed Form will represent myself and this child during the current school year 2025-2026. This form will be stored with the Athlete's Physical Form and any other accompanying forms required by the Georgia Independent Athletic Association (GIAA).

WE HAVE READ THIS FORM AND UNDERSTAND THE FACTS REPRESENTED IN IT.

SCHOOL NAME: Pinewood Christian Academy

STUDENT'S NAME: _____ STUDENT'S SIGNATURE: _____
(PRINTED)

PARENT'S NAME: _____ PARENT'S SIGNATURE: _____
(PRINTED)

DATE SIGNED: _____



GEORGIA INDEPENDENT ATHLETIC ASSOCIATION

HEAT POLICY AWARENESS FORM

Definitions:

- A. **"Practice"** means the period of time that a student engages in coach-supervised, school-approved preparation for sport whether indoors or outdoors, including Acclimation Activities, conditioning, weight training, distance running, and scrimmages, but not including a Walk Through.
- B. **"Walk Through"** means the period of time, not exceeding one hour per day, that a student engages in coach-supervised, school-approved sessions, whether indoors or outdoors, to work on formations, schemes, and techniques without physical contact. No protective equipment is worn during a Walk Through. No conditioning activities are held during a Walk Through. A Walk Through may not be held on a day when two practices are being held.
- C. **"Acclimation Activities"** in football means practicing in shorts, shoulder pads, and helmets for five consecutive weekdays prior to practicing in full pads. No contact will be allowed during this period. Starting Date for Acclimation is July 25.
- D. **"WBGT"** stands for the Wet Bulb Globe Temperature reading, which is a composite temperature used to estimate the effect of air temperature, humidity, and solar radiation on the human body, expressed in degrees. It is not equated with the "Heat Index."

Policy: All Member Schools will utilize at each Practice a scientifically approved instrument that measures WBGT. At the following WBGT readings the corresponding activity, hydration, and rest break guidelines apply:

Under 82.0

Normal activities. Provide at least three separate rest breaks each hour of a minimum duration of 3 minutes each during Practice.

82.0 - 86.9

Use discretion for intense or prolonged exercise. Watch at-risk students carefully. Provide at least three separate rest breaks each hour of a minimum of four-minute duration each during Practice.

87.0 - 89.9

Maximum outdoor Practice time is two hours. For football, students are restricted to helmets, shoulder pads, and shorts during Practice. All protective equipment must be removed for conditioning activities. For all sports, provide at least four separate rest breaks each hour of a minimum of four minutes each during Practice.

90.0 - 92.0

Maximum outdoor Practice time is one hour. No protective equipment may be worn during outdoor Practice and there may be no outdoor conditioning activities. There must be twenty minutes of rest breaks provided during the hour of outdoor Practice.

Over 92

No outdoor activities or exercise. Delay outdoor Practice until a lower WBGT reading occurs.

The following guidelines apply to **hydration and rest breaks**:

- Rest time should involve both unlimited hydrations (water or electrolyte drinks) and rest without any activity involved.
- For football, helmets should be removed during rest time.
- The site of the rest time should be a cooling zone not in direct sunlight, such as indoors, under a tent, or under a shade tree.
- When the WBGT is over 86, ice towels and spray bottles filled with ice water should be available in the cooling zone and cold immersion tubs will be available for a student showing signs of heat illness. A cold immersion tub may be anything, including a shower or wading pool that can be adapted to immerse a student in cold water and ice which is available within two-minutes travel from an outdoor Practice facility.

The following guidelines apply to **Practice**:

- All Member Schools must hold Acclimation Activities.
- No two-a-day Practices may exceed four hours for both sessions; no single Practice during two-a-days may exceed two hours. A three-hour rest period must be observed between the two sessions.
- No single Practice may last more than three hours.

Restrictions based on outdoor WBGT readings do not apply to indoor Practice where indoor air temperature is 85 degrees or less.

Penalties

Member Schools violating this policy will be fined a minimum of \$500 and a maximum of \$1,000 for the first offense. A Member School may be removed from membership for repeat violations.

By signing this Heat Policy Form, we give permission to the school to transfer this Form to all sports that this child may play. We are aware of the dangers of heat and this signed Form will represent myself and this child during the current school year 2025-2026. This form will be stored with the Athlete's Physical Form and any other accompanying forms required by the Georgia Independent Athletic Association (GIAA).

SCHOOL: Pinewood Christian Academy

ATHLETIC DIRECTOR'S SIGNATURE: Keith L Wasson DATE: 5/1/25

STUDENT ATHLETE'S SIGNATURE: _____ DATE: _____

PARENT'S SIGNATURE: _____ DATE: _____



GEORGIA INDEPENDENT ATHLETIC ASSOCIATION
STUDENT / PARENT SUDDEN CARDIAC ARREST AWARENESS FORM

LEARN THE EARLY WARNING SIGNS

If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks, or ringing phones.
- Unusual chest pain or shortness of breath during exercise.
- Family members who had sudden, unexplained and unexpected death before age 50.
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome.
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks, or ringing phones.

LEARN TO RECOGNIZE SUDDEN CARDIAC ARREST

If you see someone collapse, assume they have experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (seizure-like activity). Call for help and start CPR. You cannot hurt them.

LEARN HANDS-ON CPR

Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it is easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED).
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

By signing this Sudden Cardiac Arrest Form, we give permission to the school to transfer this Form to all sports that this child may play. We are aware of the dangers of sudden cardiac arrest and this signed Sudden Cardiac Arrest Form will represent myself and this child during the current school year 2025-2026. This form will be stored with the Athlete's Physical Form and any other accompanying forms required by the Georgia Independent Athletic Association (GIAA).

WE HAVE READ THIS FORM AND UNDERSTAND THE FACTS REPRESENTED IN IT.

SCHOOL NAME: Pinewood Christian Academy

STUDENT'S NAME: _____ STUDENT'S SIGNATURE: _____
(PRINTED)

PARENT'S NAME: _____ PARENT'S SIGNATURE: _____
(PRINTED)

DATE SIGNED: _____



8th GRADE STUDENT ELIGIBILITY FORM

This form must be completed and returned for EACH student (one form per student) to be considered for eligibility.

School Name: _____

Student Name: _____

Student Gender: Male / Female

As the parent(s)/legal guardian of this student, I understand that GIAA Students are allowed only one year of varsity eligibility as an 8th-grade student. (Students are not allowed to repeat the 8th grade and retain varsity eligibility during the second year as an 8th-grade student.)

YES / NO

As the parent(s)/legal guardian of this student, I understand that if this student participates on the Varsity level as an 8th-grade student, the transfer rules apply. If this student transfers from one GIAA member school to another GIAA member school without a bonafide move, the student will be ineligible for one calendar year.

YES / NO

Parent/Legal Guardian Signature:

Date: _____

Pinewood Christian Academy
Insurance Information for Athletic Participation
(All Athletics & Literary - excluding High School Football)

Board policy states that each student who participates in athletics must be covered by a health insurance plan prior to his/her participation.

Primary insurance coverage for your child is a parental responsibility. If your child is covered by a home health insurance plan, it is not necessary to purchase additional insurance coverage. If you would like additional (secondary) insurance or if your child is not covered by a health insurance plan, you may purchase it through our student insurance plan underwritten by The Young Group Insurance Company. There are several levels of participation with increasing benefits and premiums for each level. Enrollment instructions and forms are available from the Athletic Office and the PCA website.

Please complete the following:

Name of Insurance Company _____
Mailing Address _____
City _____ State _____ Zip _____
Name of Subscriber _____ Policy# _____
Relationship to participant _____

****Please read and sign the medical authority statement below.**

Medical Treatment Authority Statement

I, the undersigned parent/guardian, do hereby grant permission for my son/daughter/ward to attend athletic events sponsored and conducted by PCA. In order for my son/daughter/ward to receive the necessary medical treatment in the event of an injury or illness, I hereby authorize the PCA staff members to obtain medical treatment for my son/daughter/ward for such injury or illness during any event, and hereby hold PCA and their representatives harmless in the exercise of this authority. I further acknowledge, understand, and agree that in participating in these events there is a possibility of physical injury or illness and that my son/daughter/ward is assuming the risk of such injury or illness by his/her participation. I assume full financial responsibility for such treatment.

Signature of parent/guardian Date

Printed name of student participant

Pinewood Christian Academy
Insurance Information for Athletic Participation
(High School Football Only)

Board policy states that each student who participates in athletics must be covered by a health insurance plan prior to his/her participation.

Primary insurance coverage for your child is a parental responsibility. If your child is covered by a home health insurance plan, it is not necessary to purchase additional insurance coverage. If you would like additional (secondary) insurance or if your child is not covered by a health insurance plan, you may purchase it through our student insurance plan underwritten by The Young Group Insurance Company. There are several levels of participation with increasing benefits and premiums for each level. The Football Option Plan will be sufficient to allow your son to participate in football only. Enrollment instructions are available from the Athletic office and the PCA website.

****Please supply the following insurance information.**

Name of Insurance Company _____
Mailing Address _____
City _____ State _____ Zip _____
Name of Subscriber _____ Policy# _____
Relationship to participant _____

****Please read and sign the medical authority statement below.**

Medical Treatment Authority Statement

I, the undersigned parent/guardian, do hereby grant permission for my son/daughter/ward to attend athletic events sponsored and conducted by the PCA. In order for my son/daughter/ward to receive the necessary medical treatment in the event of an injury or illness, I hereby authorize the PCA staff members to obtain medical treatment for my son/daughter/ward for such injury or illness during any event, and hereby hold PCA and their representatives harmless in the exercise of this authority. I further acknowledge, understand, and agree that in participating in these events there is a possibility of physical injury or illness and that my son/daughter/ward is assuming the risk of such injury or illness by his/her participation. I assume full financial responsibility for such treatment.

X _____
Signature of parent/guardian _____ Date _____

Printed name of student participant _____