

Questions about your Family:

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## Physical Examination (To be filled out by medical provider)

Consider additional questions as below:

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Do you fee stressed out or under a lot of pressure?

Do you ever fee 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?

Do you drink alcohol or use any other drugs?

Have you taken prescriptions medications that were not yours or outside of their intended use?

## East Mills Community School District *Activities Code of Conduct Agreement*

Participation in school activities is a privilege. School activities provide the benefits of promoting additional interests and abilities in the students during their school years and for their lifetimes.

Students who participate in extracurricular activities serve as ambassadors of the school district throughout the calendar year, whether away from school or at school. Students who wish to have the privilege of participating in extracurricular activities must conduct themselves in accordance with board policy and must refrain from activities, which are illegal, immoral or unhealthy. Student participation in these activities and organizations is considered by the Board to be a privileged honor since the student represents and depicts the character and integrity of the school and the community. For this reason, a high standard of normal and social behavior is expected. Students who fail to abide bythe had Las Mazstaministiantificilities like at Lanna had mazuppor Lang III a

for two weeks.

- ! Additions
  - O Additional requirements and regulations may be issued by the coach/sponsor of each individual activity.

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Thank you for taking the time to go through the policy and rules with your family
Again, please feel free to contact the school with any questions. Your signatures below
represent your understanding and agreement with the conditions imposed upon students
participating in extracurricular activities at East Mills Community School.

DWW <b>R</b> M
<b>Activities Director</b>

Activity Code of Conduct Agreement					
My student has permission to participate in activities at East upcoming school year. I have read the activity code of cond student is about to make.	<u> </u>				
Parent/Guardian Signature	Date				
I, the undersigned, have read and fully understand the rules as an athlete representing East Mills Community Schools. I fur curricular activity, and that attendance to all practices and gaparticipant. I agree to follow the code of conduct, not only days months.	rther understand that this is an extra- ames is a requirement of me as a				
Student Signature	Date				



A concission is a Impe of Irrai maltic brain inji rmthah changes the k amthe brain normallmk orks. A concission is caised bm a bimp, blok, or jolh to the head or bodmthah caises the head and brain to moje qi icklmback and forth. Ejen a  $\hat{l}$  ding,  $\hat{l}$   $\hat{l}$  getting noir bell ring,  $\hat{l}$  or k hah seems to be a mild bimp or blok to the head can be seriois.



Signs and snmphoms of concission can shok ip righhafter the injirmor mamnohappear or be noticed in this dans or keeks after the injirm

If an althlete reports one or more samphoms of concission after a bimp, blok, or jolk to the head or bodm s/he shoild be kephoihof plamthe damof the injirm The althlete shoild onlm retirn to plamk ith permission from a health care professional el perienced in ejaliahing for concission.



- Moshconci ssions occi r k ithoi hloss of conscioi sness.
- ¡ Athlehes k ho haj e, ahanmpoinhin their lij es, had a conci ssion haj e an increased risk for another conci ssion.
- ¡ Yoi ng children and heens are more likelmho geha conci ssion and hake longer ho recoj er than adi lhs.











