

JV & VARSITY SPORTS

Girls Basketball (Grades 7-12) – November 16th through February 13th Boys Basketball (Grades 7-12) – November 16th through February 20th Girls Volleyball (Grades 9-12) – February 15th through May 1st Boys Soccer (Grades 7-12) – February 15th through May 1st Girls Soccer (Grades 7-12) – May 3rd through June 26th Baseball (Grades 7-12) – May 3rd through June 26

Arthur Christian School students: \$100 fee due at registration.

Homeschool students: \$250 fee with \$100 due at registration.

The remaining \$150 is due by January 1, 2021.

• All students participating in JV and Varsity athletics are expected to participate in both the fall and spring fundraisers. Each athlete is expected to raise \$400 or if family has multiple athletes \$600 between both fundraisers.

- Any overnight stays require a lodging fee from all participants involved in that particular tournament.
- Parents and athletes are expected to volunteer at home contests (including all ACS hosted tournaments) to help cover admissions and concessions.

ACS ATHLETIC LEAGUES

Co-ed Soccer (Grades 3-8) – September 14th through October 17th

Co-ed Basketball (Grades 3-5) – November 7th through January 16th

Girls Basketball (Grades 5-7) – November 7th through January 16th

Boys Basketball (Grades 5-7) – November 7th through January 16th

Girls Volleyball (Grades 3-8) – February 23rd through April 24th

\$40 fee due Nov. 7th

\$40 fee due Nov. 7th

\$40 fee due Nov. 7th

- All students participating in ACS Athletic Leagues are expected to participate in the fall fundraiser. Each athlete is expected to raise \$50 for the fall fundraiser.
- Athletic league fee will be waived if athlete is also playing that sport for JV/Varsity.

2020-21 School Year Revised: 8/13/20 Athletic Guidelines



Arthur Christian School Athletic Guidelines

MISSION STATEMENT

The goal of Arthur Christian School and the Athletic Program is to draw the utmost of a student's God-given abilities and to inspire outstanding sportsmanship and Godly character.

APPLICABILITY OF GUIDELINES AND PENALTIES

NOTE: Athletic activities in the Arthur Christian School athletic program are voluntary activities. Since student athletes and their parents, or guardians therefore seek participation, it is important to note that these guidelines apply not only to the student athletes, but to their parents, or guardians, as well.

SPORTSMANSHIP / CHARACTER

ACS expects the athletes and parents to exemplify the highest standard of integrity during any athletic contest. Because they are representatives of Arthur Christian School, we feel it is necessary to set down guidelines whereby an athlete and parent will be a good testimony. An athlete of ACS is to uphold the school's standards and refrain from cheating, swearing, smoking, drinking alcoholic beverages, using or talking favorably about narcotics, using indecent language, and other areas of conduct which might be a detriment to his or her Christian testimony. A parent will never boo a player or an official and appreciates a good play, no matter who makes it. He or she knows the school gets the blame or the praise for his or her conduct, and he or she recognizes the need to Sport a Winning Attitude. Athletes and parents should not talk disparagingly about other players, fans or coaches of any team or sport.

GENERAL INFORMATION

Student participation in athletics within ACS is contingent upon the following:

- 1. The student must attain the academic standards set forth in this Athletic Guidelines.
- 2. The student/parent/guardian must pay all applicable fees as outlined in the ACS registration form.
- 3. The student must have on file in the school office a certificate of physical fitness by a licensed physician not more than one year preceding tryouts in any interscholastic game or activity.
- 4. The student must show proof of accident insurance coverage by a written statement from the parent/guardian that the student is covered under a family insurance plan, or parent/guardian must sign that the school is not liable for any injuries incurred during sporting events. The Principal or Athletic Director shall maintain the necessary records to ensure student compliance with this policy.
- 5. The student and parent/guardian must sign the ACS Code of Conduct.
- 6. The student and parent/guardian are required to participate in all ACS fundraisers.
- 7. The student and parent/guardian are expected to help staff all home games in all sports by running admissions and concessions as scheduled by the ACS Athletic Director and the ACS Booster Board.

PRACTICE / GAME ATTIRE

Each sport is different in nature and may require different practice attire and different attire before and after games. Each athlete is responsible for knowing the requirements for each sport, as set by the administration and coaches, in which he or she participates.

LEADERSHIP

As an athlete for ACS, each student is in a place of leadership by default. Because each athlete is given the privilege and additional responsibility when participating in their respective sport, we adhere to the Biblical principle that states, "to whom much is given, much is required."

COMMITMENT

Each athlete is required to be at each practice and game unless an emergency or illness causes an absence. If an athlete misses three practices and/or games for any other reason during an athletic season, the athlete's eligibility will be evaluated by the coaches and administration. If any athlete does not finish the season, for reasons such as, but not limited to, quitting, being released from the team, starting a job, etc., the athlete will not be included in any post-season pictures, activities or awards. This includes the annual sports awards banquet scheduled each May.



BEHAVIOR / DISCIPLINE

The administration, athletic director, and coaches have the right to review each behavioral / discipline situation and within that right can discipline the athlete as deemed appropriate. This may include such things as practice or game suspensions or dismissal from the team. In the case of an athlete receiving an in-school suspension, the athlete will serve a full-game suspension during the next scheduled game. In the case of a second in-school suspension, the athlete will serve a weeklong suspension from any scheduled games and the athlete's eligibility will be reviewed by the administration / athletic director. Athletes and parents / guardians are expected to conduct themselves according to the ACS Athletic Guidelines.

PARENTS

Parent(s) / guardian(s) must read and sign this agreement and attached affidavit BEFORE their son or daughter will be allowed to participate in athletics for ACS.

Parent(s) / guardian(s) need to make sure their son or daughter is on time for practices and games and picked up promptly after. Parent(s) / guardian(s) are encouraged to attend all athletic events and support the teams in a positive manner.

Due to season limitation restrictions imposed by the Illinois High School Association, parents may not organize open gyms, scrimmages or the like.

PARENT / COACH CONFERENCES

If you would like to have a parent / coach conference, please call to request a time with the appropriate person. Parent(s) / guardian(s) with concerns should proceed to resolve them in the following order. If the concern is not resolved, precede in the chain of command:

- 1. Athletes should speak privately with their Coach.
- 2. Athletes should next speak privately with the Athletic Director.
- 3. Athletes and their parents should next speak privately with the Coach and Athletic Director.

If any issue or concern remains unresolved following step #3, then,

5. Athletes and their parents should in writing, request a meeting with the ACS Headmaster, Athletic Director, and coach. Addressing concerns with a coach before, during or after a practice or a game is not appropriate and should not occur. Please do not put a coach on the spot by asking permission to speak to him / her to address concerns at this time. However, we encourage positive dialogue between coaches and parents at any time outside of while a game or practice is in session. Also, parents must understand that it is not their place to approach any coach or player from another team before, during, or after a game to talk, discuss or confront an issue concerning the behavior of the other team, coach, or fans. Any concerns about another team, coach or fans should be directed to the ACS Athletic Director.

DEPARTURE / ARRIVAL TIMES FOR AWAY GAMES

To the best of our ability, for away games, we will inform parents / guardians of estimated times of departure from the school and arrival back to the school. Athletes are free to ride to games with their parents if a coach is notified. Because of such unforeseen things as weather, vehicle trouble, and the nature of athletics, these times may change. Your athlete will be free to update you with correct arrival time after the game using a cellular phone.

RIDING HOME FROM GAMES

An athlete may ride home from an away game with their parents with written/verbal confirmation to the coach. If an athlete wishes to ride home from an away game with *any* individual that is not their parent or guardian, the coach *must* receive written/verbal permission from the athlete's parents in advance of the occasion.

MISSING SCHOOL

If an athlete has an unexcused absence on the day of a game or practice, he or she may not participate in the game or practice that day. Also, he or she may not come to the game as a spectator that day. If an athlete leaves school with an illness, he or she may not participate in the game or practice that day, unless they have attended school for half of the day. If an athlete arrives at school after 12:00 p.m., he or she may not participate in the game or practice that day. Also, he or she may not come to the game as a spectator that day. If a student must miss school for such things as a funeral, doctor's or dentist's appointments, or other approved school events, he or she must make previous arrangements with the coach and the school office. If the administration / athletic director sees a pattern of tardiness or missing school on the day after a game developing, the administration / athletic director reserves the right to discipline the athlete as follows:

- On the third tardy and / or absence on the day after a game, the athlete will serve a full-game suspension during the next scheduled game.
- On each successive tardy or absence, the athlete will serve a full-game suspension during the next scheduled game.



ELIGIBILITY

Eligibility requirements are as follows:

- All athletes must be enrolled in ACS no later than 10 days after the first day of school.
- All athletes must be enrolled in and passing twenty-five credit hours (5 courses) of high school work per week.
- All athletes must maintain a GPA of 2.0.
- After enrollment in ninth grade, the athlete will not be eligible for more than eight semesters.
- After enrollment in ninth grade, the athlete will not be eligible for more than four school years of competition in any sport.
- The athlete shall, unless entering high school for the first time, have credit for twenty-five credit hours (five courses) of high school work for the previous semester.
- All athletes shall not have graduated from any four-year high school or equivalent.
- The athlete will be eligible through age nineteen, unless he or she will turn twenty during that sport season, in which case the student will be considered ineligible for that season.

Grades will be checked throughout the semester, with eligibility checks quarterly. Any student considered ineligible will adhere to the following policies:

- They will report to practices with the team even if they are ineligible to play in games.
- The athlete is required to attend all home games. They will be expected to perform any duties assigned to them by their coach and sit in direct proximity to the team. The athlete is not required to attend away games. However, they may ride with the team to this event. One exception is tournaments, in which case the coaches will decide based on funding and transportation.
- If the athlete does attend an away game, they will be required to perform the same duties as a home game.
- If a pattern of ineligibility occurs for a particular student, the administration reserves the right to remove that player from their team for their overall academic good.
- We understand the parents have the right to make final decisions concerning their child's participation in any sport. However, because of the impact that losing a team member has on a team, we ask that you as parents become familiar with the eligibility requirements as outlined in this document. We ask that you accept these rules as the standard to follow. For consistency's sake, we ask that parents not withdraw a child from a team for academic purposes if the child has met the standards as outlined in this document. If a parent does exercise their right to remove their child from a team for academic or other reasons, the child will not be allowed to return to the team for that season. Also the athlete will not be included in any post-season pictures, activities or awards. This includes the annual sports awards banquet scheduled each May.

MAKE-UP WORK

At times, an athletic team will need to leave school early, or miss a day of classes to go to a game or tournament. Before leaving, the students will be responsible to turn in any homework that will be due while they are away. The students will also be responsible before leaving to get any assignments that will be assigned while they are gone and will turn those assignments in upon returning to class after the game or tournament. In other words, the student will return as if he/she had not missed any classes.

CONTEST LIMITATIONS

- ACS athletics seeks to limit each boys' and girls' soccer season to no more than 25 games exclusive of post-season play.
- ACS athletics seeks to limit each boys' and girls' basketball season to no more than 31 games exclusive of post-season play.
- ACS athletics seeks to limit each girls' volleyball season to no more than 35 matches exclusive of post-season play.
- ACS athletics seeks to limit each baseball season to no more than 35 games exclusive of post-season play.

CONFERENCE

Arthur Christian School is a member of the East Central Illinois Conference in all Varsity sports ECIC offers as conference sports.

POST SEASON PLAY

ACS athletics competes in the Association of Christian Schools International Regional Tournaments for all sports in which ACSI offers post-season tournaments. Also, for those exceptional years when our teams are competing at a high level, the coaches along with the ACS Headmaster and athletic director may choose for a team to participate in the NACA national tournaments in Dayton, TN.



DISCLAIMER OF LIABILITY

The ACS Athletic Program and its staff do not assume any liability for any injuries incurred while an athlete is participating in athletics, or while in route to or from any athletic contest or practice. Students participating in the athletic program and using the equipment and facilities of Arthur Christian School do so at their own risk. Sports are physical in nature, and those who elect to participate must recognize that injuries may occur which could be crippling for life. Arthur Christian School and its staff shall not be liable for any damages arising from personal injury sustained by the participant. The participant and his / her parent(s) / guardian(s) assume full responsibility for any damages or injuries which may occur during practice, games, travel to and from athletic contests and practices, and so hereby fully and forever exonerate and discharge Arthur Christian School and the ACS Athletic Program, its staff, its Board of Education, employer and agents from any and all claims, demands, fights of action, causes of action present or future whether the same be known, anticipated, or unanticipated results from or arising out of participation in athletics and in the use of school facilities or while a member of an athletic team.

PARENTS SHOULD BE IN AGREEMENT WITH THE FOLLOWING PROVISIONS:

I agree to the following items listed:

- 1. I agree to support the school and its athletic programs in every way possible, to encourage my child to respect and obey school and athletic policies and officials. If my child should become involved in any difficulty during athletics, I will not complain to other parents but will with a correct Christian spirit register my complaint as outlined in the PARENT / COACH CONFERENCE section above.
- 2. I agree to have read thoroughly the Arthur Christian School Athletic Guidelines and to be especially aware of any new or revised policies.
- 3. I understand the standards of Arthur Christian School do not tolerate profanity, obscenity in word or action, dishonor to the Holy Trinity and the Word of God, or disrespect to the personnel of the school, opposing school, game officials, etc.

ANNUAL ATHLETIC BANQUET

An annual athletic banquet is held every May to honor boys and girls who have participated in Junior Varsity and Varsity sports. We encourage parents and students to be involved in this great event.

A FINAL NOTE FROM THE ATHLETIC DIRECTOR

We count it as a privilege and a blessing to coach your student. We see this as a great opportunity as well as a great responsibility. It is our desire, for the time that you have entrusted us with your child, to help mold them into a mature, responsible member of the Kingdom of God. At times we will push your student beyond what he or she believes they can handle. But our goal is for each athlete to draw the utmost of their ability from within themselves and to come together with their teammates to be the absolute best team they can be.

Family Info Parents / Guardian: _				
Address:		City:	Zip Code	
Mom's Cell Phone: (_		E-mail:		
Dad's Cell Phone: (E-mail:		
Emergency Contact:			Phone: ()	
Medical Insurance C	ompany:		Policy #:	
Student Athlete Inf	<u>'o</u>			
Student Name:		Jers	ey Size: Shorts	Size:
Birth date:/_	/ Grade:	Gender: 🗌 Ma	ile Female	
Cell Phone: ()	E-	mail:		
Allergies to medicine	e or other allergies:			
Currently taking the	following medication(s) f	for following condition	(s):	
JV & Varsity Sports	Girls Volleyball (Grades 9-12)	Girls Basketball (Grades 7-	Girls Soccer (Grades 7-12)	
	Boys Soccer (Grades 7-12)	Boys Basketball (Grades 9	-12) Baseball (Grades 7-12)	
Athletic Leagues:	Co-Ed Soccer (Grades 3-8)	Co-Ed Basketball (Grades	3-5) Girls Basketball (Grades 5-7	')
	Boys Basketball (Grades 5-7)	Girls Volleyball (Grades 3-8	;)	
each guideline. Having read th	ch page of the Arthur Christian Athleti e Athletic Guidelines, I give my son / do	aughter permission to participate i	t all participants and their parents are in athletics during the 2020 - 2021 scho n order to be permitted to practice for a	ool year. I also
been advised of the nature and understand that the sport does risk of any such injury, and hold is caused or contributed to by tinjury to participant. We also has a result of the liability arising as a result of suin the case of necessity, the Coas deemed necessary and advipermission to the participant to take such medications as the	d extent of the sport and represent to ye is present risk of injury, and we advised d you, your employees and representat the conduct of the participant, and agre old the athletic program and school, it e participant in this sport and agree to ch conduct. If we are not personally pr ach, the Athletic Director, and the Adm sable by a physician for the health and o carry over the counter medication (for e participant feels necessary while und	ou that the participant is physicall the participant of that possibility. tives harmless from any liability force to indemnify and defend you agts employees and representatives hadefend and indemnify the school, esent at these games/practices in inistrator are authorized on our bed well being of the participant. We or things such as headaches, crampler the supervision of the coach.	lent to participate in athletics for Arthuy and mentally able to participate in the pering to the participate of the pering to the participant while engaging ainst any claim or liability asserted against any claim or liability to any other pits employees and representatives agains the participant is to participate, which the participant is to participate, that for arrange for such medical and he parents / guardians of the above his ps, sore throat, etc.) and also give the p	his sport. We articipant assume the ed in this sport which gainst you for any such person or entity arising ninst any claim or so as to be consulted thospital treatment sted participant give
Signed Parent/Guard	dian:		Date:_	//
Having read the attached Athleti	ic Guidelines, I am willing to abide by the	se guidelines, and it is my desire to b	ecome a part of the athletic teams for the	2 2020 - 2021 school year.

Date:___/___/

Signed Athlete:_____

CODE OF CONDUCT

Arthur Christian sports programs play an important role in promoting the physical, social, emotional and spiritual development of children. It is therefore essential for parents, coaches and fellow athletes to encourage athletes to embrace the values of good sportsmanship. Moreover, adults involved in sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

I therefore pledge to be responsible for my words and actions while attending, coaching or participating in a sports events with ACS Athletics and shall conform my behavior to the following code of conduct:

- 1. I will remember that above all, I represent Jesus at these events and will pledge to uphold high standards of conduct with that in mind.
- 2. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
- 3. I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, player, participant, official or any other attendee.
- 4. I will not engage in the use of profanity.
- 5. I will treat any coach, parent, player, participant, official or any other attendee with respect.
- 6. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
- 7. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
- 8. I will respond with tactfulness and grace to hold all ACS representatives accountable to this standard of conduct.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching or participating in a sports event with ACS Athletics I will be subject to disciplinary action, including but not following in any order or combination:

- 1. Verbal warning issued by organization or school official.
- 2. Written warning issued by organization or school official.
- 3. Suspension or immediate ejection from a sports event issued by organization or school official who is authorized to issue such suspension or ejection by a school board.
- 4. Suspension from multiple sports events issued by organization or school official who is authorized to issue such suspension by a school board.

5. Season suspension or r	multiple season suspension is	sued by a school board.
Participant's Name	Signature	Date
Parent/Guardian's Name	Signature	Date





To be completed by athlete or parent prior to examination.					
Name		Mid	School Year		
			City/State		
			ge Class Student ID No		
			Phone No.		
			City/State		
HISTORY FORM Medicines and Allergies: Please list all of the prescription and over-th	ne-count	ter medic	ines and supplements (herbal and nutritional) that you are currently to	aking	
Do you have any allergies? ☐ Yes ☐ No ☐ If yes, plea ☐ Medicines ☐ Pollens		tify speci	ic allergy below. ☐ Food ☐ Stinging Ins	ects	
Explain "Yes" answers below. Circle questions you don't know the a	nswers	to.	MEDICAL QUESTIONS	Yes	No
Has a doctor ever denied or restricted your participation in sports	163	NO	26. Do you cough, wheeze, or have difficulty breathing during o		NO
for any reason?			exercise?		
2. Do you have any ongoing medical conditions? If so, please identify			27. Have you ever used an inhaler or taken asthma medicine?		+
below: ☐ Asthma ☐ Anemia ☐ Diabetes ☐ Infections Other:			28. Is there anyone in your family who has asthma?29. Were you born without or are you missing a kidney, an eye,	a	+-
Have you ever spent the night in the hospital?			testicle (males), your spleen, or any other organ?	u l	
4. Have you ever had surgery?			30. Do you have groin pain or a painful bulge or hernia in the gr	oin	
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	area?		+
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) within the lamonth?	ist	
6. Have you ever had discomfort, pain, tightness, or pressure in your			32. Do you have any rashes, pressure sores, or other skin proble	ms?	
chest during exercise?		\perp	33. Have you had a herpes or MRSA skin infection?		-
7. Does your heart ever race or skip beats (irregular beats) during exercise?			34. Have you ever had a head injury or concussion?35. Have you ever had a hit or blow to the head that caused	-+	+-
8. Has a doctor ever told you that you have any heart problems? If			confusion, prolonged headache, or memory problems?		
so, check all that apply: High blood pressure A heart murmur			36. Do you have a history of seizure disorder?		1
☐ High cholesterol ☐ A heart infection ☐ Kawasaki disease Other:			37. Do you have headaches with exercise?		+
Has a doctor ever ordered a test for your heart? (For example,			38. Have you ever had numbness, tingling, or weakness in your or legs after being hit or falling?	311115	
ECG/EKG, echocardiogram)			39. Have you ever been unable to move your arms or legs after	being	
Do you get lightheaded or feel more short of breath than expected during exercise?			hit or falling?		₩
11. Have you ever had an unexplained seizure?			40. Have you ever become ill while exercising in the heat? 41. Do you get frequent muscle cramps when exercising?	-+	+
12. Do you get more tired or short of breath more quickly than your			42. Do you or someone in your family have sickle cell trait or dis	ease?	+-
friends during exercise?	V	N-	43. Have you had any problems with your eyes or vision?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY 13. Has any family member or relative died of heart problems or had	Yes	No	44. Have you had any eye injuries?	-	+
an unexpected or unexplained sudden death before age 50			45. Do you wear glasses or contact lenses?46. Do you wear protective eyewear, such as goggles or a face s	hield?	+
(including drowning, unexplained car accident, or sudden infant			47. Do you worry about your weight?	c.u.	+
death syndrome)? 14. Does anyone in your family have hypertrophic cardiomyopathy,		+	48. Are you trying to or has anyone recommended that you gain	or	T
Marfan syndrome, arrhythmogenic right ventricular			lose weight? 49. Are you on a special diet or do you avoid certain types of for	ode3	+
cardiomyopathy, long QT syndrome, short QT syndrome, Brugada			50. Have you ever had an eating disorder?	Jus:	+
syndrome, or catecholaminergic polymorphic ventricular tachycardia?			51. Have you or any family member or relative been diagnosed	with	
15. Does anyone in your family have a heart problem, pacemaker, or	†	$\dagger \dagger$	cancer?	h a	+
implanted defibrillator?	1	$\perp \perp$	52. Do you have any concerns that you would like to discuss wit doctor?	II d	1
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			FEMALES ONLY	Yes	No
BONE AND JOINT QUESTIONS	Yes	No	53. Have you ever had a menstrual period?		
17. Have you ever had an injury to a bone, muscle, ligament, or			54. How old were you when you had your first menstrual period 55. How many periods have you had in the last 12 months?	?	+
tendon that caused you to miss a practice or a game? 18. Have you ever had any broken or fractured bones or dislocated		+	Explain "yes" answers here		
joints? 19. Have you ever had an injury that required x-rays, MRI, CT scan,		\perp	Explain yes answers here		
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?	L				
24. Do any of your joints become painful, swollen, feel warm, or look red?					
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	•			ate	_



Pre-participation Examination



PHYSICAL EXAMINATION FO	RM		Name				
				Last		First	Middle
EXAMINATION VA	loigh+			mala			
Height W	/eight \	Pulse	☐ Male ☐ Fer	naie	L 20/	Corrected 🗆 \	/ □N
MEDICAL /		Puise	VISIOII N 20/	N	ORMAL	ABNORMAL FINDINGS	
Appearance				14	ORIVIAL	ADNORWALTINDINGS	
Marfan stigmata (kyphoscol)	insis high	-arched nalate nectus e	vcavatum.				
arachnodactyly, arm span >			·				
Eyes/ears/nose/throat	neight, my	periaxity, myopia, ivivi,	dortic insumerency)				
Pupils equal							
Hearing							
Lymph nodes							
Heart ^a							
Murmurs (auscultation stand	dina cuni	ao II Valcalya)					
Location of point of maxima							
Pulses	i iiiipuise	(PIVII)					
Simultaneous femoral and r	عليم لجناد	05					
	auiai puis	es					
Lungs							
Abdomen							
Genitourinary (males only) ^b							
Skin	IDCA ±:						
HSV, lesions suggestive of M	iksa, tine	a corporis					
Neurologic ^c							
MUSCULOSKELETAL							
Neck							
Back							
Shoulder/arm							
Elbow/forearm							
Wrist/hand/fingers							
Hip/thigh							
Knee							
Leg/Ankle							
Foot/toes							
Functional							
Duck-walk, single leg hop							
aConsider ECG, echocardiogram, and refere bConsider GU exam if in private setting. Have cConsider cognitive evaluation or baseline references.	ing third par	ty present is recommended.					
On the basis of the examination	on this da	y, I approve this child's p	participation in inters	scholastic s	ports for 395	days from this date.	
			•				
Yes	No		Limited		_	Examination Date	
Additional Comments:							
Physician's Signature					Physician's	Name	
Physician's Assistant Signature*					PA's Name		
Advanced Nurse Practitioner's Si	ignature*				ANP's Nam	ne	

*effective January 2003, the IHSA Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's Assistants or Advanced Nurse Practitioners to sign off on physicals.



NOTICE AND RELEASE

Arthur Christian School (hereinafter referred to as ACS) is hereby providing notice to me/us that it currently intends to open its educational and school programs including extracurricular activities for the 2020-21 school year. I/we understand that ACS cannot protect my child/student and/or me from risks which may be encountered as a result of my child participating in extracurricular activities at ACS. I/we realize there are natural, mechanical, and environmental conditions and hazards which independently or in combination with any activities engaged in while participating in this program may result in the exposure to certain risks including exposure to coronavirus (COVID-19), or other biological agents, virus or similar bacteriological agents, and the risk of being quarantined, or illness that may result in medical care, hospitalization, or death.

I/we hereby state that I, on behalf of my child/student and myself, am an adult, over the age of 18, and legally competent to sign this form. I/we understand these inherent risks and dangers involved with participation in the school providing its educational and extracurricular programs and acknowledge the existence of risks which are not obvious or predictable, and hereby intend this release to extend to injury or loss which results from both obvious or predictable risks, as well as risks that are unpredictable and not obvious and to extend to myself and my child/student, as applicable.

In consideration of myself and my/our child/student participating in ACS's educational and extracurricular school programs, I/we, and any legal representatives, heirs and assigns, hereby release, waive, and discharge ACS, its officers, directors, employees, agents, and representatives from any and all liability for any and all loss or damage, and any claim or damages resulting therefrom, on account of any injury, illness or exposure to and/or contracting the corona virus (COVID-19) or other biological agents, virus or similar bacteriological agent by me or my/our child/student's attendance at and participation in ACS's educational and extracurricular programs, including any medical expenses, injury and/or death.

I/we agree to indemnify ACS, its officers, directors, employees, agents, and representatives from any loss, liability, damage, or cost that may be incurred due to my child/student's participation in the aforementioned program, whether caused by negligence of ACS, or otherwise. I fully understand, on my own behalf and on behalf of my child/student the risks associated with the aforementioned participation and assume any risk associated therewith.

This notice, release and indemnity agreement contains the entire agreement between and among the parties hereto, and the terms of this release are contractual and not a mere recital.

The parties to this agreement hereby agree that the interpretation and enforceability of this release shall be governed by the laws of the State of Illinois.

I/we expressly agree that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by applicable laws, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I/we understand that by signing this agreement I am giving up on behalf of my child/student and myself certain legal rights and remedies including the right for my child/student and/or myself to recover damages in the event of death, personal and/or bodily injury of any kind, property loss or damage, expenses of any nature whatsoever including attorney's fees, and other losses that my student(s) or that I may sustain in association with my child's participation in the ACS educational and extracurricular programs.

I/WE HAVE CAREFULLY READ THE FOREGOING RELEASE AND KNOW AND UNDERSTAND THE CONTENTS THEREOF. I/WE SIGN THIS RELEASE VOLUNTARILY AS MY OWN FREE ACT WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE, INTENDING TO BE LEGALLY BOUND THEREBY.

Parent/Guardian	Date		
Developed Constant	Data		
Parent/Guardian	Date		
Print Parent/Guardian Names			