



R&L FUSION

ATHLETE'S HANDBOOK

(ADOPTED 7/2020)

Revised July, 2026—changes/updates are highlighted in yellow

Welcome to the R&L Fusion Student-Athlete's Handbook. It is our hope that you are excited to be part of our extra-curricular school experience and believe you have much to offer those involved in your program, as well as much to gain by being a part of Fusion Athletics. This handbook offers guidelines to assist and direct you in your experience. Directly below this introduction, you will find our schools' mission statements, along with our athletic mission statement. With those driving forces in mind, policies have come into effect. Please read this carefully, following the policies in place and encouraging your teammates and classmates to do so, as well.

Best wishes for a great season and becoming involved or continuing to be involved in the tradition of Fusion Athletics! Remember, **"Winning isn't everything, but playing and competing and striving and going through things can be a lot of fun and really important. As long as you're doing it in a way that's healthy, sports can be an incredible opportunity!"** Andrew Shue

****The R&L Fusion co-op (Richey and Lambert Public Schools) will make equal educational opportunities available for all students without regard to race, color, national origin, ancestry, sex, ethnicity, language barrier, religious belief, physical or mental handicap or disability, economic or social condition, or actual or potential marital or parental status. [Richey Policy 3210](#) [Lambert Policy 3210](#)**

Lambert High School Mission Statement

Lambert Public Schools will provide a safe nurturing environment in which teachers challenge students to reach their potential. Teachers expect students to become competent readers able to conduct research to acquire the skills necessary to contribute to society. Students will be challenged academically and socially in order to learn those skills necessary to lead a productive life.

Richey High School Mission Statement

The mission of Richey Public Schools is "Challenging students today to succeed in a changing world tomorrow."

Fusion Athletic Mission Statement:

Success is facilitated by

- 1) being well-prepared. 2) maintaining a positive attitude.
- 3) developing a dedication to a cause 4) establishing high standards of conduct and attitude

Furthermore, the fundamental purpose of athletic programs are to facilitate development of

- 1) sportsmanship 2) pride of accomplishment of a job done to the best of one's ability
- 3) a sense of belonging to a group 4) social values derived from contact with students and adults from other communities
- 5) healthy behaviors of participants

Athletics prepare young people for the challenges of adult life, but a great tradition for excellence in athletics is not built overnight. It takes the hard work of many people over a period of time. To participate in such a way that honor and respect come to our athletes, our schools, and our communities is a tradition. As a member of an interscholastic team, a student has responsibilities, as do the administration, coaches, parents, and community. The role of contributing to our athletic tradition will be a source of satisfaction to the students and to the school.

A. STUDENT PARTICIPATION: Before students are allowed to practice/compete, all will have completed and turned in the following forms:

1. A properly completed and signed MHSA **Pre-participation** Physical Form or **MHSA Interim Medical Form** (ELEM/JH/HS athletics)

****A physical examination is required for each student in order to be considered eligible to participate in an association contest. This exam must be certified by a medical doctor for the current school year. The cost of the physical exam is the responsibility of the student-athlete and his/her parents.**

****Beginning with the 2025-26 school year, MHSA transitioned from annual to biennial (every-other-year) pre-participation physical examination requirements. Validity depends on exam date:**

When Completed	Valid Through
On or after May 1	Current year + following two school years
Before May 1	Current year + following school year only
Incoming 9th graders	New physical required regardless of 8th-grade exam status

****The R&L Co-op adopted this MHSA policy, but parents/athletes are also free to take physicals annually.**

****During the “off year” when a full physical is not required by the MHSA and R&L Co-op, student-athletes must submit a completed MHSA Interim Medical Form (found at back on Handbook) to their coach or the Co-op secretary prior to their first practice. The form confirms that no new medical issues have arisen since the student’s last physical. All student athletes entering their 9th grade year must have a new pre-participation physical, however.**

2. Student-Athlete & Parent/Legal Guardian **Sudden Cardiac Arrest/Concussion** Statement

BEFORE STUDENTS ARE ALLOWED TO PARTICIPATE IN SANCTIONED ACTIVITIES, ALL STUDENT-ATHLETES/PARTICIPANTS WILL

1. If participating in a HS sport, be eligible under all MHSA rules:

A student must be enrolled and have received a passing grade in at least twenty (20) periods of prepared classwork or its equivalent in the last previous semester in which the student was in attendance. Failure to meet this requirement will result in one (1) semester of ineligibility. Middle school students will be required to receive a passing grade in ten (10) periods of prepared work per week. A homeschool student is eligible to participate in an MHSA member school. (Article II, Section (2) Eligibility, MHSA handbook)

No student who is enrolled in a grade below the ninth shall be eligible to participate in an MHSA Association Contest, except as established in Section (5) of the MHSA handbook.

MHSA Age Rule – MHSA Section (7.1) No student is eligible to participate in an Association contest who has become nineteen (19) years old on or before midnight, August 31, of a given year. Therefore, a student who becomes nineteen (19) years old after midnight, August 31, of a given year, will be permitted to compete in all Association contests throughout that school year, under the provisions of this section.

2. If an 8th Grader is considering participation at the HS level:

The MHSA allows full 8th grade participation in all sanctioned Montana HS sports, with the exception of football, and 8th graders are allowed to participate in JH and HS sports concurrently. Individual schools are allowed local control, in order to adapt this rule to best meet the philosophies and needs of each District/Team.

The R&L Co-op believes in supporting healthy programs at all levels. For this reason, the co-op believes in the importance of 8th grade participation first at the normal junior high level, and then to assist in supporting the high school program, should it be needed and approved by the Head HS Coach.

As a result,

A. For the team sports of volleyball and basketball, Fusion 8th graders may fully participate at the high school level, as long as the following criteria are met:

1. 8th graders participate in their full JH season of their sport of choice first and then may participate in a high school sport. The JH sport must take precedence over any HS sport while the JH season is in session. Concurrent JH and HS play is allowed, however.
2. The Head High School Coach is supportive of the 8th grader playing on the HS team.
3. They follow all MHSA and R&L Fusion Co-op rules and regulations.
4. In an extreme situation and to not penalize an 8th grader who has an advanced sport-specific skill set and maturity, as well as a high academic standing, the Co-op will allow participation immediately at the HS level, should the 8th grader make an informed decision with their parents/guardians and the HS coaches involved to apply for a waiver, with the intention of foregoing their JH season and potentially competing at the HS level only.

This application is available from the R&L AD, must be completed by the 8th grader, and then turned back into the AD one week prior to the first day of practice of the HS sport first impacted. The AD and the HS coaches involved will convene, consider the application, and make a decision as to if the waiver will be granted, prior to the first day of the first HS practice. The applicant and their parents/guardians will be notified as such.

B. For the more individual sports of cross country, golf, and track, 8th graders may fully participate at the high school level, as long as they apply for the HS season (applications available from the AD) and have been approved by the 1st day of HS practice. Once again, the applicant's advanced sport-specific skill set and maturity, as well as their high academic standing will be considered when granting a waiver for an 8th grader forgoing their JH season and moving up to compete at the HS level only.

C. 8th grade participation in a sport or activity which is co-oped with another school other than Richey or Lambert is not allowed at this point, unless granted by the R&L Co-op Board.

3. If participating in any R&L sport, be academically eligible under our co-op rules:

5th-12th grade students participating in extra-curricular activities must be passing all subjects. Eligibility will be determined on Monday of each week by 12:00 Noon. Eligibility will run from Wednesday through Tuesday at midnight. Students placed on the ineligible list are not allowed to participate in extracurricular activities until the next Wednesday regardless if they brought their grade up to a passing level. Students remain ineligible until they are passing all classes. Ineligible students

are still expected to practice as usual. Ineligible students will not be allowed to travel to competitive events. Students will be given a 1 week grace period one time per year.

At the end of each quarter students will use their quarter grade to determine eligibility for the first two weeks of the new quarter. All students with D's and F's will be reported to administration and parents. Students will be placed on the ineligible list if

1. they have an F grade in any class.
 2. they have 3 or more D's in any classes.
 3. they have 1 or 2 D's in a class. At that time they will be placed on the "warning" list.
- They will still be eligible to participate in extracurricular activities,

B. ATHLETE'S CODE OF CONDUCT AND EXPECTATIONS:

Any student who wants to participate in any extra/intercurricular activities and who will not abide by the rules should not plan on participating.

1. All student-athletes are required to follow the discipline policy 3310 [Richey Policy](#) [Lambert Policy](#)

2. Discrimination and Title IX: no student will be denied equal access to programs, activities, services, or benefits or be limited in the exercise of any right, privilege, or advantage, or denied equal access to educational and extracurricular programs and activities. Inquiries regarding discrimination on the basis of sex should be directed to the District's Title IX Coordinator, located in the Richey or Lambert School District Administration Office.

3. Attendance:

- a. PRACTICE/GAMES: All members of the Co-op athletic program are required to attend all practices and games as determined by the Coach. Athletes who miss practice and/or games for unexcused reasons may also be subject to consequences at the Head Coach's discretion.
- b. If you are absent from school for a school-sponsored event you can practice, play in a game, or take part in a performance that day.
- c. If you are absent from school for a limited number of periods for a medical, dental, optometrist, etc. appointment you can participate with approval from the Superintendent/Principal. A written excuse from the doctor is required
- d. You may attend practice, play in games, or participate in performances with administrative approval if absent for a court appearance, bereavement, a family emergency, or some other reason deemed acceptable by the administration.
- e. If you are home sick and do not come to school for all or part of the day or are absent from any class (excused or unexcused) you cannot practice, play, or participate in performances. It is not in the best interest of our participants to be practicing when sick.
- f. If you are in school but are absent from class for reasons deemed unexcused, you may not participate in games, practices, or performances that day.
- g. School suspension means the exclusion of a student from attending individual classes or school and participating in school activities for an initial period not to exceed ten (10) school days. This will be treated as an unexcused absence from the practice and/or games

4. Accidents/Injuries: All injuries are to be reported immediately to the coach/advisor/activity director regardless of the nature of the injury. The coach/advisor/director will fill out an accident report form and file it with the Administration within one (1) school day of the incident.

5. Assumption of Risk Statement Liability: The coach/advisor/director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by R&L Co-op or the Richey Public Schools or the Lambert Public Schools. Athletes and parents/guardians of athletes understand the inherent risks are the nature of participation in sports, and they assume responsibility for those risks. Our coaches do the best to promote safety and make that a priority in their programs. The coach/advisor/director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by Lambert and/or Richey Public Schools. A school activities informed consent form located at the back of the handbook must be signed.

[Richey Policy](#) [Lambert Policy](#)

C. CELL PHONE/OTHER ELECTRONIC EQUIPMENT USE BY STUDENTS:

Student possession and use of cellular phones and other electronic mobile devices on school grounds, at school-sponsored activities, and while under the supervision and control of District employees is a privilege which will be permitted only under the circumstances described herein.

At no time, will any student operate a cell phone or other electronic mobile devices with video capabilities in a locker room, bathroom, or other location where such operation may violate the privacy rights of another person. A reminder that phones are to be turned off and not in use AT ALL in the locker rooms.

Please be supportive of your teammates while watching games, and keep cell phone use to a minimum. Coaches have the authority to ask athletes to put phones away, or in the case that phones are being used in a disruptive or harmful way, to take away completely. At that point, further disciplinary action may be necessary, as determined by the AD's and Administration. Students are encouraged to use their cell phones to arrange for transportation home after the bus has come back to the school(s).

D. SUDDEN CARDIAC ARREST (SCA) AND CONCUSSION EDUCATION FACT SHEETS AND COMPLIANCE SCA/CONCUSSION FORM:

All participants and their parent/guardian read the following information, then also must initial all the required information found on the SCA/Concussion Statement (see the back of this Handbook), and turn the Statement into the coach or Co-op Secretary before the student may begin practice.



SUDDEN CARDIAC ARREST (SCA) FACT SHEET For Parents & Student-Athletes

WHAT IS SUDDEN CARDIAC ARREST?

Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure, but their heart has stopped. SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR, and using an automated external defibrillator (AED) as soon as possible.

HOW COMMON IS SCA IN YOUNG ATHLETES?

As a leading cause of death in the U.S., most people are surprised to learn that SCA is also the #1 killer of student-athletes and the leading cause of death on school campuses. Studies show that 1 in 300 youth has an undetected heart condition that puts them at risk.

WARNING SIGNS – NEVER IGNORE

Report any of the following symptoms immediately to a coach, parent, or medical professional. Do not hide symptoms or play through them.

✓ Fainting, seizure, or convulsions during physical activity	✓ Pain or discomfort in arms, back, neck, jaw or stomach
✓ Fainting repeatedly or with excitement or startle	✓ Dizziness or lightheadedness during exertion
✓ Chest pain, tightness, or unusual pressure	✓ Feeling "not right" after physical activity
✓ Unexplained shortness of breath during activity	✓ Racing, fluttering, or irregular heartbeat
✓ Unusual or extreme fatigue with exercise	

RISK FACTORS – FAMILY HISTORY THAT MATTERS

Most heart conditions that cause SCA are inherited. Share any of the following with your health care provider and accurately complete your Pre-Participation Physical Evaluation form:

- ✓ Family history of known heart abnormalities or sudden death before age 50
- ✓ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy (HCM), Arrhythmogenic Right Ventricular Dysplasia (ARVD), Wolff-Parkinson-White (WPW) Syndrome, Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT), Marfan Syndrome
- ✓ Family members with known unexplained fainting, seizures, drowning or near-drowning, or car accidents
- ✓ Family members with a known structural heart abnormality, repaired or unrepaired
- ✓ Personal or family history of high blood pressure
- ✓ Use of cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

WHAT CAUSES SCA?

SCA occurs because of a malfunction in the heart's electrical system or structure. The malfunction is caused by an abnormality the person is born with, and may have inherited, or a condition that develops as young hearts grow. A virus in the heart or a hard blow to the chest can also cause a malfunction that can lead to SCA.

WHAT SHOULD I DO?

FOR STUDENT-ATHLETES

- ✓ Tell a coach, parent, or athletic trainer immediately if you have symptoms
- ✓ Do not hide symptoms or continue to practice/play
- ✓ When in doubt, speak up and sit out
- ✓ If a teammate collapses: get help, call 911, bring the AED

FOR PARENTS / GUARDIANS

- ✓ Report concerning symptoms or family history to the school
- ✓ Do not allow participation without medical follow-up if symptoms are present
- ✓ Know your school's AED location and Emergency Action Plan
- ✓ Know the cardiac chain of survival — you may need it on the sidelines

CARDIAC CHAIN OF SURVIVAL – ACT IMMEDIATELY

1 RECOGNIZE Athlete unresponsive?	2 CALL 911 Activate EMS immediately	3 START CPR Hard & fast compressions, center of chest	4 USE AED As soon as available
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REMOVAL & RETURN TO PLAY

Under Montana HB 869 (2025), a student-athlete who exhibits signs or symptoms of sudden cardiac arrest may be removed from participation by a coach, athletic trainer, or official. The student-athlete may not return until evaluated and cleared in writing by a licensed physician, physician assistant, or nurse practitioner.

MORE INFORMATION

American Heart Association: www.heart.org

Sudden Cardiac Arrest Foundation: www.sca-aware.org

MHSA Sports Medicine: mhsa.org/resources/sports-medicine



CONCUSSION FACT SHEET For Parents & Student-Athletes

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head, or by a hit to the body that causes the head and brain to move rapidly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes and sometimes damaging brain cells. You cannot see a concussion. Even a mild bump or "getting your bell rung" can be serious. Signs and symptoms can appear immediately or may not show up for hours or days after the injury.

SIGNS & SYMPTOMS

Signs Observed by Teammates, Parents and Coaches:

✓ Appears dazed or stunned, vacant facial expression	✓ Shows behavior or personality changes
✓ Moves clumsily or loses balance	✓ Confused about assignment or position or forgets plays
✓ Answers questions slowly	✓ Can't recall events before and/or after hit
✓ Loses consciousness (even briefly)	✓ Repeats questions or forgets instructions
✓ Seizures or convulsions	✓ Unsure of game, score or opponent
✓ Slurred speech	

Symptoms Reported by the Athlete:

✓ Headache or "pressure" in head	✓ Difficulty concentrating or remembering
✓ Nausea or vomiting	✓ Confusion
✓ Balance problems or dizziness	✓ Nervous, anxious, irritable, sad or more emotional
✓ Blurred, double or fuzzy vision	✓ Drowsiness or sleep disturbances
✓ Sensitivity to light or noise	✓ Numbness or tingling
✓ Feeling sluggish, hazy, foggy, or groggy	✓ Feeling mentally slowed down
✓ Not "feeling right"	✓ Fatigue or low energy

WHAT SHOULD I DO IF CONCUSSION SUSPECTED?

FOR STUDENT-ATHLETES

- ✓ Tell coaches and parents if you think you have a concussion — never ignore a bump or blow to the head
- ✓ Get medical evaluation before returning to play
- ✓ Give yourself time to get better — playing with a concussion risks a second, more serious injury and can cause permanent brain damage or death
- ✓ Wear properly fitted protective equipment every time you play
- ✓ Tell a coach if a teammate might have a concussion

FOR PARENTS / GUARDIANS

- ✓ Seek medical attention right away — only a health care professional should diagnose a concussion
- ✓ Do not allow return to play without medical clearance by an appropriate healthcare professional
- ✓ Inform the coach
- ✓ Inform the coach of any other recent concussions

REMOVAL & RETURN TO PLAY

A student-athlete must never return to play on the same day of a suspected concussion. Return must follow a gradual, stepwise protocol supervised by a health care professional. Written clearance from a licensed healthcare professional is required before returning to athletic participation under Montana law and MHSAA policy.

HOW TO PREVENT A CONCUSSION

- ✓ Follow the coach's safety instructions and the rules of the sport.
- ✓ Practice good sportsmanship at all times.
- ✓ Wear properly fitted and well-maintained protective equipment for every practice and competition.
- ✓ Support a team culture where athletes feel comfortable reporting symptoms and injuries without fear of losing playing time.

MORE INFORMATION

CDC Heads Up: www.cdc.gov/heads-up

NFHS Concussion in Sports Course: www.nfhslearn.com

MHSA Sports Medicine: mhsa.org/resources/sports-medicine

IMPORTANT: Any athlete with a suspected concussion must be removed from play immediately. Do not return the athlete to play on the same day.

WHEN IN DOUBT, SIT THEM OUT!

[Richey Policy 3415](#)

[Lambert Policy 3415](#)

E. CORPORAL PUNISHMENT: Policy 3310 [Richey](#) [Lambert](#)

No District employee or person engaged by the District may inflict or cause to be inflicted corporal punishment on a student. Corporal punishment does not include reasonable force District personnel are permitted to use as needed to maintain safety for other students, school personnel, or other persons or for the purpose of self-defense

F. DRESS CODE: While also following our School Handbook Dress Code Policies, all participants (coaches, managers, cheerleaders, players) need to dress appropriately for all day on game days: No blue jeans, T-shirts, sweatshirts, sweatpants, tank tops, etc., are allowed.

Dressier attire is preferred.

After the competition for the day is complete, athletes are allowed to dress back in their travel gear.

Those athletes attending all-day tournaments/meets are allowed to wear their uniforms and travel gear.

Football Jerseys are allowed for football game day.

Clarification of acceptable dress may be obtained by contacting the Administration. Athletes who violate dress code on game days will need to change prior to getting on the bus to travel to away games, or prior to entering the competition area. If an athlete does not have a proper change of clothes at that time, they will change into their uniform/warmup until their competition is completed for the day/evening. Coaches will then further address this violation at the next practice, with possible reasonable consequences to follow. Continued violation of the dress code may result in loss of playing time and possible release from the team.

G. DUAL SPORTS: Dual participation is allowed for High School athletes who have seriously weighed the pros and cons of this type of commitment, not only for themselves as individual athletes, but for the two teams and coaching staff involved. Athletes must discuss this with their parents and then must meet with the Head Coaches of the two sports they are considering prior to the first day of practice. An agreement for the season (practice attendance, games/meets schedule, etc) must be agreed upon and arranged, with

a contract typed up by the Coaches, signed by the parties, and presented to the AD PRIOR to practices beginning. As the season unfolds, it may be important to revisit the contract (schedule, games/meets, etc) as necessary. All changes must be documented on the original contract and initiated by participants, coaches, and parents. Copies of the contract and additional changes throughout the season should be given to the participant, parent, and coaches, with the original filed with the AD.

H. HAZING, BULLYING, HARASSMENT & INTIMIDATION: The Co-op will strive to provide a positive and productive learning and working environment. Bullying, harassment, intimidation, or hazing, by students, staff, or third parties, is strictly prohibited and shall not be tolerated. (School Board Policy #3226)

1. "Hazing" includes but is not limited to any act that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or as a condition or precondition of attaining membership in or affiliation with any District-sponsored activity or grade-level attainment, including but not limited to forced consumption of any drink, alcoholic beverage, drug, or controlled substance, forced exposure to the elements, forced prolonged exclusion from social contact, sleep deprivation, or any other forced activity that could adversely affect the mental or physical health or safety of a student; requires, encourages, authorizes, or permits another to be subject to wearing or carrying any obscene or physically burdensome article, assignment of pranks to be performed, or other such activities intended to degrade or humiliate.

2. "Bullying" means any harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication ("cyberbullying") or threat directed against a student that is persistent, severe, or repeated, and that substantially interferes with a student's educational benefits, opportunities, or performance, that takes place on or immediately adjacent to school grounds, at any school-sponsored activity, on school-provided transportation, at any official school bus stop, or anywhere conduct may reasonably be considered to be a threat or attempted intimidation of a student or staff member or interference with school purposes or an educational function, and that has the effect of:

- a. Physically harming a student or damaging a student's property;
- b. Knowingly placing a student in reasonable fear of physical harm to the student or damage to the student's property;
- c. Creating a hostile educational environment, or;
- d. Substantially and materially disrupts the orderly operation of a school.

3. "Electronic communication device" means any mode of electronic communication, including but not limited to computers, cell phones, PDA, social media, or the internet.

Reporting: All complaints about behavior that may violate this policy shall be promptly investigated. Any student, employee, or third party who has knowledge of conduct in violation of this policy or feels he/she has been a victim of hazing, harassment, intimidation, or bullying in violation of this policy is encouraged to immediately report his/her concerns to the building principal or the District Administrator, who have overall responsibility for such investigations. A student may also report concerns to a teacher or counselor, who will be responsible for notifying the appropriate District official. Complaints against the building principal shall be filed with the Superintendent. Complaints against the Superintendent or District Administrator shall be filed with the Board.

Exhaustion of Administrative Remedies: A person alleging violation of any form of harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication, as stated above, may seek redress under any available law, either civil or criminal, after exhausting all administrative remedies.

Retaliation: Retaliation against any employee or student because he/she has made a report of alleged sexual harassment or against any employee or student who has testified, assisted, or participated in the investigation of a report is prohibited. Retaliation is itself a

violation of federal and state regulations prohibiting discrimination and will lead to disciplinary action against the offender. This policy applies to individuals attending any events on district property, whether or not district-sponsored, and to any school-sponsored events regardless of locations.

Definitions:

- Sexual harassment is generally defined as unwelcome sexual advances, requests for favors and other verbal, physical, and/or visual contact of a sexual nature when:
 - Submission is made either explicitly or implicitly a term or condition of an individual's employment or education;
 - Submission to or rejection of that conduct or communication by an individual is used as a factor in decisions affecting that individual's employment or education
 - That conduct or communication has the purpose or effect of substantially or unreasonably interfering with an individual's employment or education
- Creating an intimidating, hostile, or offensive employment or educational environment:
 - unwelcome sexually-oriented jokes, innuendoes, obscenities, pictures/posters or any action with sexual connotation makes a student or employee feel uncomfortable; or
- An aggressive, harassing behavior in the workplace or school that affects working or learning, whether or not sexual in connotation, is directed toward an individual based on their sex.

Student and parent/legal guardian due process: If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Co-op Committee.

Any parent or legal guardian and student who are aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal, for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the principal and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and student will be notified of the date and time the Committee and Boards will consider the recommendation. Only the Boards can exclude a high school student from participation in extra- and/or co-curricular activities.

I. INSURANCE AND INJURY: The School District requires that the parent, guardian, caretaker relative of students participating in school-sponsored activities (co-curricular, extra-curricular, etc.) provide verification of their child's health insurance coverage status. (Policy 2151) [Richey Lambert](#)

The school district does not provide health insurance to pay for injuries of students while participating in school-sponsored activities (extra-curricular, co-curricular, etc.).

If the parent, guardian, caretaker relative elects not to provide private health insurance coverage for their child, they are accepting responsibility for any medical expenses incurred by their child in the event they are injured while participating in the school-sponsored activities (extracurricular, co-curricular, etc.) that is not the result of fraud, willful injury to a person or property or the willful or negligent violation of a law by a trustee, employee, or agent of the Co-op. Also, the Co-op does not provide student accident insurance coverage for students. Student accident insurance coverage may be purchased by parents through a private company for a fee. Student accident insurance information is distributed at the beginning of the school year and available throughout the year. Please review the information carefully, consider the benefits of such coverage, and complete the application as per instructions. This is an opportunity to provide student accident insurance coverage while your child is at school or participating in activities. A parent seeking

coverage must make sure the student accident insurance coverage is in place prior to the first day of practice and/or school. Please contact the coach or athletic director for additional information.

A coach/sponsor may elect to have additional rules/regulations beyond those addressed in the handbook. The coach/sponsor must provide a copy to administration, parents and student-athletes prior to the first practice. It is encouraged that all coaches/sponsors develop a list of team rules and non-compliance consequences, and distribute to all team members to be reviewed by the participants and parents at the first meeting of the team/group. This will include all common Activity Handbook rules and any additional rules/regulations the coach/sponsor deems appropriate. The parents and participants will sign the rules and return to the coach/sponsor. A copy of the rules must be on file in the activities office.

J. MEDICATION/ADMINISTERING MEDICINES TO ATHLETES:

[Richey 3416](#) [Lambert 3416](#) The R&L Co-op and the Lambert and Richey School Districts recommend that medication be given at home whenever possible. Students requiring medication shall be identified by parents and/or physician and will be encouraged to notify the coach/sponsor or Activities Director. Under no circumstances will school personnel provide aspirin or other patient's medication to students. [Richey 3416NF](#)

K. SCHOOLS SPONSORED TRIPS:

Student participation in intra and extracurricular trips is subject to eligibility requirements. (See Activity Eligibility.) Students participating in school-sponsored trips, whether for the day or overnight, are regarded by Richey and Lambert Schools and the public as representatives of the school system. As representatives of the school system, public image is projected by the conduct, the attitudes, and the reputations of those students who take a leading role in intra- and extra-curricular activities. Therefore, student participants must comply with the rules of the school system, Policy 3310, the rules of their coaches or advisors, and the laws of governing jurisdiction. [Richey Policy 3310](#) [Lambert Policy 3310](#)

Student conduct on any school-sponsored trip that does not adhere to the reasonable standards established will be dealt with in a timely manner by the coach/advisor and administration. Student misbehavior on school-sponsored trips may lead to student suspension from participating in school-sponsored trips. Parents will be notified of any incident concerning their child on a school-sponsored trip by the coach/advisor and/or administration.

Opportunities may occur for junior high students to attend high school co-curricular, intracurricular and/or extracurricular overnight events. Consideration for approval will be made on a case by case basis by the administration at the request of the advisor or coach. An additional chaperone may be required in the event that junior high and high school students are traveling together overnight.

L. SIGN OUT SHEET (PROTOCOL WHEN STUDENTS REQUEST TO LEAVE SITE OR TRAVEL HOME WITH THEIR PARENT OR ANOTHER RESPONSIBLE ADULT):

Student-athletes must ride the school-arranged transportation to the event and/or practice unless arrangements have been made among the parents, coaches, and Administration prior to the transportation departing. Students are not permitted to leave the facility in which their coach/sponsor is present without specific permission from their coach/sponsor in advance of the student's departure. When permission is granted to leave the facility by the coach/sponsor, the student(s) must sign out with the coach/sponsor when leaving and sign back in upon their return. After the event, athletes may ride home with their parents or another responsible adult, but athletes must sign out with their coach, and their parents must sign them out, as well.

M. STUDENT AND PARENT/LEGAL GUARDIAN DUE PROCESS:

If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Board.

Any parent or legal guardian and student who is aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal/Administration for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the Administration and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and student will be notified of the date and time the Board will consider the recommendation. Only the Board can exclude a high school student from participation in extra- and/or co-curricular activities. Legal Reference: § 20-5-201, MCA Duties and sanctions

N. SUSPENSION OR EXCLUSION FROM TEAM - WHO MAKES THE CALL:

Dismissal of any student from an extra or co-curricular activity needs to be brought to the attention of the Activities Director in a timely fashion. Removal from a team for a period of 20 days is considered an expulsion from activities which has to be completed by the Board under Section 20-5-202, MCA. The board of the school where the student attends would make the decision.

O. TRAINING RULES:

Application of Eligibility/Training Rules - The application of the Chemical Use Eligibility Rules shall be in effect from the start of the first practice of the school-sponsored activity until the final contest of that school-sponsored activity is completed.

Eligibility shall be enforced on the following grade terms:

1. Grades 4-8
2. Grades 9-12

Students/Athletes should be aware that administration can and will conduct bag checks, locker checks, and breathalyzer tests based on reasonable suspicion that the bag or personal item contains items or substances that are not permitted by district or cooperative policy. Persons found in violation of Chemical Use Rules will be subject to the following penalties:

Chemical Use Ineligibility

Prohibited activities include, but are not limited to the following. Use, attempting to use, possessing, purchasing, selling, distributing, or assisting another person in the use, attempted use, possession, purchase, sale, or distribution of tobacco, tobacco products, electronic cigarettes, and/or look-alike drugs, alcohol, controlled substances, other illegal mood-altering and/or performance-enhancing drugs or chemicals or any other substance use to obtain an altered mental state or "high". If it is determined by an Administrator/Coach that an athlete is in possession or is/has been using any illegal chemical at a school event or on school property this behavior may invoke a penalty of immediate suspension from the activity for the remainder of the season, as determined by Administration. Ineligibility will be

1. 1st confirmed violation- no participation in competition or performances for twenty calendar days.
2. 2nd and 3rd confirmed violations-no participation in competition or performances for sixty calendar days.

3. 4th confirmed violation- termination of eligibility in any/all extra-curricular activities for the remainder of junior high or high school, whichever grade term the violations occur in.

The suspended athlete will attend practice (and will ride the practice bus) during the suspension but will not play or ride the activity bus to games or events, nor will the student letter when postseason awards are determined.

Self-Reporting/Honesty Clause:

1st Violation: if the Administration is notified by the student within 3 days of the infraction or if the student admits to the infraction during questioning, the student will serve half the suspension as listed above, so the suspension will be 10 days. The student will offer a formal apology to their team and coach at the next practice.

2nd and 3rd Violation: if the Administration is notified by the student within 3 days of the infraction or if the student admits to the infraction during questioning, the student will serve half the suspension as listed above, so the suspension will be 30 days. The student will offer a formal apology to their team and coach at the next practice.

4th Violation: Termination of eligibility in all co-curricular activities for 1 calendar year.

Penalties for Chemical Use Violations will carry over from year to year. E.g.: A violation during the freshman year is a first violation. During sophomore year another violation is the second offense regardless of whether the athlete self-reports or not, and so on.

If the penalty of a Chemical Use Violation is not fully administered during his/her sports season, the remaining amount of the penalty will be applied to the next interscholastic sports season in which the athlete participates. This implies that the athlete will compete in the next sport for the entire season - no late starts or early completion unless there is a season-ending injury.

If an athlete finds themselves in this situation by misfortune, they must leave the situation immediately and when safe to do so. At that time, they must also let their parents/guardians know. Next, they must contact their coach and/or AD immediately by phone or email, explaining the situation. If the Administration determines it necessary, a meeting may be held to gather and document further information.

Curfew

During the activity season, regular hours will be kept: 10:00 P.M. Sunday through Friday, 12:00 midnight on Saturday. Exceptions to this rule will be made for church or school functions or other activities excused by the coach.

Violation of Curfew and/or Attendance Rules:

First offense: Cannot compete in the next scheduled activity.

Second offense: Cannot compete in the next 3 scheduled activities.

Coaches' Rules

Coaches/supervisors of extra-curricular activities may establish, publish, and enforce additional activity participation guidelines and training rules that must be followed by a student if he/she wishes to participate in that activity. In such cases, the guidelines/contracts must be approved by the Athletic Director and Administration prior to the first day of practice and must be presented to the team and the parents by the Parent's meeting. These rules may not conflict with any district policy, handbook provision, or law.

Due Process

If a determination is made that a student has violated any training rule policy, the Athletic Director and Administration will make a determination of the consequences according to the policy listed in this handbook. If the consequence involves a suspension of more

than 19 days, the AD will notify either the Lambert or Richey School Board Chairperson or in the event of an athletic suspension, the Co-op Board Chairpersons, who will then recommend the discipline to be administered according to the policy listed in this handbook. Also at this time, the student and parent or guardian shall be notified of discipline that will be administered to the athlete, and a Training Rule Report Form will be completed and filed.

A training rule violation is verified when the cooperative, after an investigation into the allegation, can substantiate the allegation based on the evidence collected. This can be a combination of

1. Admission by the student in question
2. Physical evidence such as surveillance footage or contraband
3. Witness statements

When all of the evidence is considered and the cooperative believes the allegation occurred, it will be considered a verified violation. The student in question will be given the opportunity to provide their account.

P. UNIFORM RETURN AFTER SEASON ENDS:

Upon conclusion of the sports season, athletes will return all school-issued uniforms, warm-ups, reversibles, etc at the season wrap-up meeting. If garments are not returned at that meeting, the athlete will have 3 weeks from the date the season ended to turn in garments to the athlete's school AD. If not returned by the deadline, the AD will contact the parent/guardian to let them know of the situation. The athlete will be given an additional 3 days past the 3 week deadline to turn in garments, or the athlete/family will be charged a replacement cost for garments not turned in as determined and billed by the AD.

Q. VIDEO SURVEILLANCE:

The Board authorizes the use of video cameras on District property to ensure the health, welfare, and safety of all staff, students, and visitors to District property and to safeguard District buildings, grounds, and equipment. The Superintendent will approve appropriate locations for video cameras.

The Superintendent will notify staff and students, through staff and student handbooks or by other means, which video surveillance may occur on District property. A notice will also be posted at the main entrance of all District buildings, and on all buses, indicating the use of video surveillance. The District may choose to make video recordings a part of a student's educational record or of a staff member's personnel record. The District will comply with all applicable state and federal laws related to record maintenance and retention.

GOOD LUCK, AND LET'S GO, FUSION!

R&L ATHLETES AND PARENTS:

THE FOLLOWING PAGES ARE FORMS WHICH MUST BE COMPLETED FOR ANY STUDENT WHO PARTICIPATES IN FUSION ATHLETICS. PLEASE MAKE AS MANY COPIES AS YOU NEED PER FAMILY (ONE FOR EACH ATHLETE WHO IS COMPETING), COMPLETE, AND RETURN AS INSTRUCTED BELOW BY THE SET DEADLINE. Once turned in, these forms will stay on file for the remainder of the sports year.

- PRE-PARTICIPATION PHYSICALS OR INTERIM MEDICAL FORM must be presented to the coach or turned into the co-op secretary **ON OR BY THE FIRST DAY OF PRACTICE** in order for an athlete to begin practice.
- CONCUSSION STATEMENT to coach or or the co-op secretary **ON OR BY THE FIRST DAY OF PRACTICE**
- DESIGNATION & ACCEPTANCE TO ADMINISTER MEDICATION (ONLY IF YOUR ATHLETE HAS MEDICATION WHICH MUST BE TAKEN during practice or competition) to coach or to the co-op secretary **ON OR BY THE FIRST DAY OF PRACTICE.**
- ACKNOWLEDGMENT OF THE 2026-27 ATHLETE HANDBOOK AND ASSUMPTION OF RISK STATEMENT AGREEMENT to coach or to Deb **ON OR BY the FIRST DAY OF PRACTICE**

Computer uses - click here for the Pre-participation physical:

PDF CONFIDENTIAL ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION
OR - PRINT, COMPLETE, AND BRING THIS WITH YOU TO YOUR PHYSICAL Also,
 Cleaner physical copies found at mhsa.org under “resources” and then “sports medicine”



MHSA CONFIDENTIAL ATHLETIC PREPARTICIPATION PHYSICAL EXAMINATION

Students must have a preparticipation physical examination to participate in any sport. The examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. Physical examinations conducted May 1 and thereafter are valid for the following two school years; Physical examinations conducted prior to May 1 are valid only for the remainder of that school year and the following school year. An interim history form is required during the off years when no physical examination is conducted and must be submitted to the school prior to the first practice. All information is to remain confidential.

HISTORY FORM

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

Athlete Name: _____ Gender: _____ Grade: _____ Date of Birth: _____
 Home Address: _____ Phone Number: _____
 Parent/Guardian's Name: _____ Family Physician: _____
 Date of examination: _____ Current school: _____

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 (i.e. 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? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	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 the form. Circle questions if you don't know the answer.)		YES	NO	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		YES	NO
1. Do you have any concerns that you would like to discuss with your provider?				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)?			
2. Has a provider ever denied or restricted your participation in sports for any reason?				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)?			
3. Do you have any ongoing medical issues or recent illness?				13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?			
HEART HEALTH QUESTIONS ABOUT YOU		YES	NO	BONE AND JOINT QUESTIONS		YES	NO
4. Have you ever passed out or nearly passed out during or after exercise?				14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				15. Do you have a bone, muscle, ligament, or joint injury that currently bothers you?			
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?				16. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?			
7. Has a doctor ever told you that you have any heart problems?				MEDICAL QUESTIONS		YES	NO
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.				17. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
9. Do you get light-headed or feel shorter of breath than your friends during exercise?				18. Have you ever used an inhaler or taken asthma medicine?			
10. Have you ever had a seizure?				19. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			

MEDICAL QUESTIONS (CONTINUED)	YES	NO	ADDITIONAL INFORMATION
20. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			Explain any "Yes" responses to questions in the history sections below. _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
21. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			
22. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?			
23. Have you ever become ill while exercising in the heat?			
24. Do you or does someone in your family have sickle cell trait or disease?			
25. Have you had or do you have any problems with your eyes or vision?			
26. Have you ever had an eating disorder?			
27. Have you had infectious mononucleosis (mono) within the last Month?			
FEMALES ONLY	YES	NO	
28. Have you ever had a menstrual period?			
29. How old were you when you had your first menstrual period?			
30. When was your most recent menstrual period?			
31. How many periods have you had in the past 12 months?			

Name of Athlete (typed or printed): _____

Signature of Athlete: _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I certify that the information provided by the student/parent(s) is accurate to the best of my knowledge. I hereby give my consent for the above student to engage in approved athletic activities as a representative of his/her school, except those indicated above by the licensed professional. I also give my permission for the team physician, athletic trainer, or other qualified personnel to have access to information provided here as well as to give first aid treatment to this student at an athletic event in case of injury. If emergency service involving medical action or treatment is required and the parents(s) or guardian(s) cannot be contacted, I hereby consent for the student named above to be given medical care by the doctor or hospital selected by the school.

Name of Parent/Guardian (typed or printed): _____

Signature of Parent/Guardian: _____

Date: _____ Address: _____ Insurance Company: _____

Parent's Home Phone: _____ Parent's Cell Phone: _____ Parent's Work Phone: _____

ALL INFORMATION IS TO REMAIN CONFIDENTIAL

Pre-participation physical (PPE) exams contain sensitive health information. It is highly recommended the following precautions are taken to protect this information:

- Securely store physicals and additional medical information in locked cabinets or secure digital systems with password protection to protect student privacy.
- Access should be limited to authorized personnel only (i.e. team physician, athletic trainer, school nurse, principal or athletic director).
- Adhere to relevant privacy laws and regulations, such as FERPA (Family Educational Rights and Privacy Act) and HIPAA (Health Insurance Portability and Accountability Act), to ensure that student data is handled appropriately.
- Follow the school district's policies and legal requirements regarding the retention period for sports physicals. Typically, records should be kept for 7 years post-graduation. Make sure that records are disposed of securely, shredding is recommended, when they are no longer needed.

While security is paramount, it is also important to ensure that authorized staff can access these records promptly when needed, such as in an emergency situation. The following strategies can help to achieve this while still maintaining privacy:

- Implement a system for quick retrieval while maintaining confidentiality.
- When collecting physicals, ideally a healthcare professional such as an athletic trainer or school nurse should review each form for pertinent medical history.
- Red flags should then be relayed to the athlete's head coach such as past or current medical conditions, allergies and medications. However, the coach should not have access to the entire physical form.
- If the physician listed any recommendations for further evaluation or treatment on the clearance form, ensure and document that these have been followed.
- The best practices in managing mental health information do not differ from the practices listed above when handling the PPE form. It is the responsibility of the physician administering the physical exam to review the answers, discuss and refer when necessary.

By implementing these measures, we can ensure that student sports physicals are managed in a manner that protects their privacy and meets compliance obligations.



PROVIDER'S PHYSICAL EXAMINATION FORM

Athlete Name: _____ Date of Birth: _____

EXAMINATION: TO BE FILLED OUT BY MEDICAL PROVIDER ONLY		
Height: _____ Weight: _____		
Pulse: _____ BP: _____ / _____ Vision: R 20/____ L 20/____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal		
MEDICAL (Please Initial)	NORMAL	ABNORMAL FINDINGS
Appearance (Marfan stigmata)		
Eyes/Ears/Nose/Throat (pupils equal, hearing)		
Lymph Nodes		
Heart (murmurs)		
Pulses (simultaneous femoral and radial)		
Lungs		
Abdomen		
Skin (HSV, MRSA, tinea corporis)		
Neurological		
Genitourinary (males only)		
MUSCULOSKELETAL (Please Initial)	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hands/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		
Functional (double-leg squat test, single-leg squat test, box drop or step drop test)		

Notes: _____

CLEARANCE

☐ Cleared without restriction
☐ Cleared with recommendations for further evaluation or treatment for: _____

☐ Not cleared for ☐ All sports ☐ Certain sports _____ Reason: _____
 Recommendations: _____

Name of Physician/Medical Provider [print or type]: _____ Date: _____

Address: _____ Phone: _____

Signature of Physician/Medical Provider: _____

(Updated 4/26)

COMPUTER USERS - Click here for MHSA Interim Med Form interim-medical-form.pdf
OR PRINT AND COMPLETE THE FORM BELOW:



INTERIM MEDICAL FORM

Students are required to have a preparticipation physical examination completed every two years prior to the first practice of any sport. The examination must be certified by a licensed medical professional acting within the scope and limitations of their practice. Physical exams conducted after May 1st are valid for the **following two years**. Physical exams conducted prior to May 1st are valid only for the remainder of that school year and the following year. An interim history form is required during the off years and must be submitted to the school prior to first practice.

Athlete Name: _____ Gender: _____ Grade: _____ Date of Birth: _____
 Home Address: _____ Phone Number: _____
 Parent/Guardian Name: _____ Current School: _____

MEDICAL HISTORY

Since last physical exam has this student?

	Yes	No
1. Had surgery?	☐	☐
2. Been hospitalized?	☐	☐
3. Had a serious illness?	☐	☐
4. Had an injury requiring a physician's care?	☐	☐
5. Been diagnosed with a concussion?	☐	☐
6. Started taking any new medications?	☐	☐
7. Developed any new allergies?	☐	☐
8. Developed any health problems?	☐	☐

Explain YES answers: _____

CONSENT FORM

- I certify that the information provided above is accurate to the best of my knowledge. I also attest that the above student has been evaluated, treated and/or received clearance by an appropriate medical provider for any questions answered yes above and does not have any medical conditions that would restrict them from participating in athletics this school year.
- I hereby give my consent for the above student to engage in approved athletic activities as a representative of their school. I also give my permission for the team physician, athletic trainer or other qualified personnel to have access to information provided here and may be disclosed to other school personnel involved in the medical care of this student.
- I give my consent to necessary medical services, first aid and emergency medical care that may be required in the event of injury while at a school-sanctioned activity. If emergency medical treatment is required and the parent(s) or guardian cannot be contacted, I hereby consent for the above-named student to be given medical care by the doctor or hospital selected by the school.

Name of Athlete (Printed) _____ Athlete Signature _____

Name of Parent/Guardian (printed) _____

Parent or Guardian Signature _____ Date _____

The original copy of this form MUST be returned to the school.

COMPUTER USERS - Click here for MHSA SCA/CONCUSSION FACT SHEET AND STATEMENT

[PDF MHSA-Concussion-and-SCA-packet-draft.pdf](#)

OR PRINT AND COMPLETE THIS ONE :



SUDDEN CARDIAC ARREST & CONCUSSION STATEMENT For Parents & Student-athletes

Sudden Cardiac Arrest (HB 869): Schools are required to provide information regarding sudden cardiac arrest symptoms and warning signs to youth athletes and parents/legal guardians. A student removed from participation because of symptoms or warning signs of sudden cardiac arrest may not return until evaluated and provided written clearance by a licensed physician, physician assistant, or nurse practitioner. **Concussion (Dylan Steigers' Protection of Youth Athletes Act):** Schools are required to distribute information sheets informing and educating student-athletes and their parents of the nature and risk of concussion and head injury, including the risks of continuing to play after concussion or head injury. A student-athlete suspected of sustaining a concussion or head injury shall be removed from play at the time of injury and may not return until receiving written clearance from a licensed healthcare professional.

Both the student-athlete AND parent or legal guardian must initial each row and sign on next page. Return this completed form to the school before athletic participation begins.

Student-Athlete Name _____

School _____

Sport / Season _____

After reading the information sheets, I am aware of the following:	Student-Athlete Initials	Parent/Guardian Initials
Sudden cardiac arrest (SCA) is a life-threatening emergency that requires immediate action, including 911 activation and use of an AED when available.		
Warning signs that must be reported right away include collapse or fainting during or after exercise, chest pain with activity, unusual shortness of breath, racing or irregular heartbeat, or seizure-like activity after collapse.		
Important family history, including early cardiac death or known inherited heart conditions, should be shared by parents/guardians and discussed with an appropriate medical professional.		
I will report any warning sign, symptom, or episode that may be heart-related to a parent/guardian, coach, athletic trainer, or another responsible adult.		N/A
I understand that immediate action (Call 911, start CPR, use AED) can save a life.		
I understand an athlete may be removed from play if warning signs or symptoms of SCA are present.		
I understand that a student removed from participation because of symptoms or warning signs of SCA may not return until evaluated and provided written clearance by a licensed physician, physician assistant, or nurse practitioner.		
A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and perform in the classroom.		
A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.		
I will report symptoms (my own or a teammate's) to a coach, parent, or athletic trainer immediately and will not hide or play through them.		N/A
I understand that a concussion is a serious brain injury requiring removal from play and medical evaluation and clearance before return to participation.		
I (or my child) will not return to play in a game or practice if a hit to the head or body causes any concussion-related symptoms.		
After a concussion, the brain needs time to heal. I understand that athletes are much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away. Repeat concussions can cause serious and long-lasting problems.		

■ Blue rows = Sudden Cardiac Arrest (SCA) items

■ Red rows = Concussion items

N/A = Not applicable for that category

SIGNATURES

STUDENT-ATHLETE

I acknowledge that I have received, read, and understood the Sudden Cardiac Arrest and Concussion information contained in this packet.

Print Name

Student-Athlete Signature

Date

PARENT / LEGAL GUARDIAN

I acknowledge that I have received, read, and understood the Sudden Cardiac Arrest and Concussion information in this packet, and have reviewed it with my student-athlete.

Print Name

Parent / Legal Guardian Signature

Date

LAMBERT/RICHEY SCHOOLS' DESIGNATION & ACCEPTANCE TO ADMIN MEDICATION:

**Board P
Richey P**

Notice Form 3416-NF(1): Administering Medicines to Students - Consent Form

St

Original Adopted Date: 04/16/2024 | **Last Reviewed Date:** 04/16/2024

DESIGNATION AND ACCEPTANCE TO ADMINISTER MEDICATION

As a parent of a student _____ currently taking prescribed medication, I _____ have design: authorized _____ to assist the student administering the medication in accordance with Policy 3416. This designation and authorization include possessing the medication, providing it to the stu appointed times, and confirming the student has ingested the medication.

I agree to accept responsibility for my student's receiving assistance from _____. This designation is st voluntary. Any negligence arising out of my designation shall be attributed to me as comparative neglige the meaning of Section 27-1-702, MCA. I agree that my student will abide by any directives issued by __ and failure to honor these directives may result in acceptance of this designation and authorization to be and my being contacted to administer medication my student.

This designation is in effect for the period of _____.

Signature of Parent/Guardian

Date

Signature of Health Care Provider

Date

As the parent-designated adult, I agree to assist the student in administering the identified medication at appointed times. I agree to possess the medication until it is needed. I understand the medication must l by the parent of the student. I confirm that I understand the method of possessing, ingesting, and timing documented on this form. If a student refuses to comply with my directive as specified on this form, I w the parent or emergency contact immediately.

Signature of Employee

Date

Medication: _____

Method of Possession: _____

Dosage Provided to Student: _____

Time and Frequency Provided to Student: _____

Method of Ingestion: _____

Additional Instructions: _____

In case of emergency, contact, and take following steps: _____

Acknowledgment of the 2026-27 Athlete Handbook

I have received a copy of the R&L FUSION ATHLETE Handbook for the 2026-27 School Year. I understand that the handbook contains information that my child and I may need during the school year. I understand that all students will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in the handbook.

Print name of student: _____

Signature of student: _____

Signature of parent: _____

Date: _____

Assumption of Risk Statement Agreement

I, the parent/guardian of _____, am aware of and in understanding of the following Assumption of Risk Statement.

The coach/advisor/director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by R&L Co-op and the Richey and Lambert Public Schools. Athletes and parents/guardians of athletes understand the inherent risks are the nature of participation in sports, and they assume responsibility for those risks. Our coaches do the best to promote safety and make that a priority in their programs. The coach/advisor/director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by Lambert and/or Richey Public Schools.

Print name of student: _____

Signature of student: _____

Signature of parent: _____

Date: _____

Please return to YOUR COACH OR the Co-op Secretary at Richey by the 1st day of practice

