

**INSURANCE INFORMATION**  
**Parent Please Complete**

For the 2020-21 school year, all LCS secondary student-athletes who compete on an LCS athletic team and are listed on the school's eligibility form (the VHSL Master Eligibility Form for the high schools) are covered by a blanket policy which LCS has purchased. This policy is through Hartford Life and Accident Insurance Company. The policy number is 14-SR-152329. However, we also need to know if you have any other type of medical insurance coverage on your son or daughter. Please complete the information below as it applies to health insurance coverage for your student-athlete.

Please check the appropriate box. If you checked box number 2, then complete all requested information.

1. Other than the blanket policy which LCS is providing, my son/daughter is not covered by any other form of health insurance.  
 2. Private Insurance

Name of Company \_\_\_\_\_  
Policy number \_\_\_\_\_  
Phone number of Insurance Co. \_\_\_\_\_

(The phone number of the insurance company must be supplied so that the health provider can verify insurance coverage.)

**EMERGENCY AND MEDICAL INFORMATION**

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_ Parent/Guardian \_\_\_\_\_  
Address \_\_\_\_\_  
Phone (H) \_\_\_\_\_ (Work-Mother) \_\_\_\_\_ (Work-Father) \_\_\_\_\_ (Other) \_\_\_\_\_

Two persons we can call in the event you cannot be reached: 1. \_\_\_\_\_ Phone: \_\_\_\_\_  
2. \_\_\_\_\_ Phone: \_\_\_\_\_

Major Illness? \_\_\_\_\_ Medication? \_\_\_\_\_  
Allergies? \_\_\_\_\_ Previous head or neck injury? \_\_\_\_\_  
Prior head-related problems? \_\_\_\_\_ Wears contact lenses while playing \_\_\_\_\_  
Braces or retainers? \_\_\_\_\_ Last Tetanus shot? \_\_\_\_\_  
Are pupils unequal in size \_\_\_\_\_ If unequal, which is larger? \_\_\_\_\_ L \_\_\_\_\_ R  
Preference of Physicians: 1. \_\_\_\_\_ Phone \_\_\_\_\_  
2. \_\_\_\_\_ Phone \_\_\_\_\_

If neither physician is available, do we have your permission to take your child to a hospital or available physician? \_\_\_\_\_  
I hereby give my permission to the team physician(s) to provide medical services to my child.

Parent/Guardian Signature \_\_\_\_\_  
(Required)

-----  
**ATHLETIC TRAINER**  
**(School Use Only)**

Date of valid physical \_\_\_\_\_ Comments \_\_\_\_\_

-----  
**TIME LOSS INJURY RECORD**  
TIME LOSS

DATE	DIAGNOSIS	TIME LOSS
_____	_____	_____
_____	_____	_____

## **HIGH SCHOOL ELIGIBILITY REQUIREMENTS AND CODE OF CONDUCT FOR ATHLETES OF LYNCHBURG CITY SCHOOLS**

The athletic programs at E. C. Glass High School and Heritage High School are designed to produce well-rounded citizens who can take their places in a community and democratic society. The programs are intended to develop athletic talent, the value of teamwork, leadership skills, a sense of accountability and responsibility, and sportsmanship attitudes.

### **ELIGIBILITY REQUIREMENTS**

- 1. Student in Good Standing:** In order to participate on an interscholastic team, the student must be a full-time student in good standing at the school he/she represents. A student is considered a full-time student in good standing if he/she
  - a. is enrolled in grades 9-12;
  - b. enrolled not later than the 15<sup>th</sup> school day of the semester (VHSL Handbook, 28-3-1);
  - c. has not reached his/her 19<sup>th</sup> birthday on or before August 1 of the current school year (VHSL Handbook, 28-5-1);
  - d. must not, after entering 9<sup>th</sup> grade for the first time, have been enrolled in or been eligible for enrollment in high school more than 8 consecutive semesters (VHSL Handbook, 28-7-1);
  - e. is not in violation of Lynchburg City Schools attendance policy;
- 2. Academic Eligibility:** Students must pass 5 subjects the preceding semester. Students must carry a schedule of subjects which, if successfully completed, will render him/her scholastically eligible for VHSL participation in the ensuing semester;
- 3. Up-to-Date Physical:** In order to be eligible to try out for or to participate in any school-sponsored interscholastic athletic program, the student must submit the Virginia High School League's Athletic Participation/Parental Consent/Physical Examination Form. The physical exam must be conducted after May 1 for participation in athletics for the subsequent school year and must be completed before the student will be allowed to participate in any manner.
- 4. Attendance Zone:** A student must legally reside in the school's attendance zone with a parent or legal guardian. Any student obtaining a new guardian within the past 12 months must see the athletic director prior to trying out for the team. All students must be in compliance with the VHSL's attendance zone eligibility requirements. Any questions about residency must be referred to the school's athletic director. (See VHSL 28A-6, and Lynchburg City Schools Regulation 7-45.)
- 5. Nonresidents:** Nonresident students whose parents/guardians are full-time contracted staff members of the Lynchburg City Schools may be accepted for enrollment tuition free in the Lynchburg City Schools upon authorization by the superintendent or his/her designee (Lynchburg City Schools Policy JEC-R). However, such students must still meet VHSL residency requirements.
- 6. Obligations:** No student will be allowed to try out for a team until outstanding obligations/delinquent debts are met and required athletic forms are completed (code of conduct and medical examination/physical).
- 7. Falsifying Information:** If a student or his parent(s) or guardian gives false information, written or verbal, that affects his eligibility upon entering and/or during his eight semesters of eligibility, the student shall become ineligible at any VHSL school for a period of one year from the date the information is certified as being false. This policy includes the falsifying of any information on physical examination forms.

### **CODE OF CONDUCT**

- 1. 24/7:** Participation on an interscholastic team is a privilege, not a right. This privilege can be revoked at any time as the result of the student's improper conduct at school or in the community. Students are accountable for their actions, 7 days per week, 24 hours per day while in their athletic season. In order to participate, students must obey all written rules and policies of the team, Lynchburg City Schools, and Virginia High School League, and they must not violate any local ordinances, or state or federal laws, at school or away from school.
- 2.** To appeal a coach's revocation of this privilege, the parents or guardians of the student must request in writing that the athletic director review the coach's decision. If the athletic director agrees with the coach's revocation of the privilege to participate, then the parents or guardians of the student may request in writing that the principal review the decision to revoke the privilege to participate. The principal will then decide whether the student will be permitted to participate.
- 3. Tobacco/Nicotine/Vape Products:** A student who is observed by a school official smoking, dipping, and/or chewing tobacco/nicotine products will be ineligible to compete in the next contest in that sport. This rule also applies to any form of e-cigarette or vape product. A second offense will result in suspension from competition for the two contests immediately after the infraction. A third offense will result in dismissal from the team for the remainder of the athletic season.
- 4. Theft:** On the student's first offense, a student who steals while on school grounds or at a school event will be dismissed from the team for the remainder of the athletic season and subject to further disciplinary action.

5. **Sale and/or Distribution of Drugs (including alcohol):** On the first offense, a student who is found to be selling or distributing drugs/alcohol, on school grounds or at a school event during the athletic season, will be ineligible for athletic participation of any kind until officially reinstated in school and academically eligible for athletic participation.
6. **Use/Possession of Drugs (including alcohol):** A student who is observed by a school official, or who is reported to a school official by law enforcement, or who self-reports possessing drugs/alcohol off school grounds during the athletic season will be suspended from participation on any athletic squad for a minimum of 14 calendar days. A second offense will result in suspension from competition for the remainder of the athletic season.
7. **Social Media:** A student whose image is recorded on social media while using or possessing drugs/alcohol, engaging in gang activity, or engaging in any illegal or criminal act during the athletic season will be suspended from participation on any athletic squad for a minimum of 14 calendar days.
8. **Hazing:** Hazing means to recklessly or intentionally endanger the health or safety of a student or students or to inflict bodily harm on a student or students in connection with or for the purpose of initiation, admission into or affiliation with or as a condition for continued membership on a team regardless of whether the student or students so endangered or injured participated voluntarily in the relevant activity. If a student engages in hazing that inflicts bodily injury, then the principal must report the incident to the Commonwealth Attorney. A student who initiates hazing or requires students to participate in such rituals will be subject to suspension from the team. Additionally, any student who knowingly and unreasonably fails to report hazing activity will be held responsible as well and will be subject to suspension from the team.
9. **Sportsmanship:** Students ejected by a game official from a contest, scrimmage, jamboree or Benefit Game for unsportsmanlike conduct are ineligible for the team's next scheduled contest, and a report must be submitted by the school to the VHSL. Engaging in fighting (including throwing punches as an instigator, in retaliation, or intentionally kicking or stomping an opponent), biting or aggressive physical contact shall result in a student being ineligible for the team's next three scheduled contests. Profanity directed at a game official will result in a two-game suspension. Students who leave the bench area and become actively involved in an altercation will receive a two-game suspension. Students who are assessed two technical fouls are considered to have committed a sportsmanship violation and must sit out the next contest.
10. The decision by a game official to eject and therefore suspend a student from the next scheduled contest(s) may be appealed by parents, guardians, or the team's coach through a written request to the principal to review the decision to eject. After review, the principal will decide whether to appeal the decision. The principal may terminate the appeal at this point if there is insufficient merit.
11. **School Suspension:** A suspension from school will result in the suspended student being declared ineligible for practice or participation in athletics or in any school function for the duration of the suspension.
  - A single suspension of 6-10 days or a second suspension of 3-5 days during one athletic season or activity season would require the suspended student to appear before a committee composed of the principal, athletic director, and coach or sponsor of that team or activity to show just cause as to why the student should be allowed to continue competition in that sport or activity. If sufficient cause is not presented, that student will be declared ineligible for the remainder of that season or activity season.

My signature verifies that the Eligibility Requirements and Code of Conduct for Lynchburg City Schools' student athletes, including any additional team rules for the sports listed below, have been explained to me by a coach of the team. I understand and accept the Eligibility Requirements and the Code of Conduct for Athletes of Lynchburg City Schools as prerequisites to being allowed to participate on an athletic squad. If I am unclear about any policies, it is my responsibility to contact my coach or athletic director.

SPORT	PARENT SIGNATURE	DATE	STUDENT SIGNATURE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____