RHS ATHLETIC DEPARTMENT

STUDENT PLEDGE CARD AND ACKNOWLEDGEMENT OF INFORMATION RECEIPT – 2024-2025 School Year

A student must be in good standing with the school to participate in athletic competition. This participation is voluntary and a privilege extended to the athlete by the school. It is not a right.

The physical and mental health of each student/athlete is a vital element in the training and preparation for participation in high school athletics/activities. Each student/athlete must accept responsibility to maintain the proper fitness to participate at a high-level capacity.

Rocktown High School is extremely pleased to have your child participate in the athletic program. The athletic department needs the support and encouragement of parents/guardians to help the student-athletes reach the highest level of fitness during participation for the benefit of individual safety.

Please sign the pledge card, initial each section below, and return it to the head coach or the athletic trainer prior to the next practice session. This card must be in the possession of the athletic department before the athlete will be permitted to participate in further athletic activity. Many thanks for your cooperation in this very important matter.

I, (_____), please print, have read and understand the RHS Policies and Procedures Handbook. I will follow the guidelines and procedures stated in the policy manual. (____) **initial**

I further pledge that I shall avoid the unlawful purchase, possession, use, distribution, or intention to distribute alcohol, tobacco, over-the-counter medications, prescription, or illegal (controlled) drugs during the 2024-2025 school year. The substances in this policy also include steroids and look-alike drugs. If I break this pledge, I understand that I may be suspended or dismissed from the squad or team. Furthermore, I understand that, upon reasonable suspicion, I may be tested for the use of alcohol, tobacco or other illegal drugs by a physician. (_____) **initial**

I acknowledge that I have been made aware of the academic policies set by the Harrisonburg City School Division and RHS, understand my responsibilities and the requirements, and pledge to do my best to maintain a 2.0 GPA with no failing grades throughout the season and year. I understand if I fall short of this expectation that I may be held out from competitions at the Head Coach and/or School Administrators' discretion until grades improve. (_____) **initial**

I acknowledge that I have received concussion training materials and information on the policies and procedures of Rocktown High School. I understand the removal of play, Return to Learn, and Return to Sport processes set forth by the RHS Athletic Administration. I acknowledge that I have received information on Sudden Cardiac Arrest and understand it is a risk of playing sports at RHS. (_____) **initial**

By signing this acknowledgement form I am giving the RHS Athletic Department permission to use my full name, picture, and/or voice in press releases, on websites, or any other media outlet. I also understand that by participating in a public event, such as athletic competitions or fine arts performances, I understand that photographs and video may be used. (_____) **initial**

_____ _____

Date **Student's Signature**

I have read, understand and support the above pledge and receipt of information signed by my son/daughter and will help to uphold the pledge.

_____ _____

Date **Parent Signature**