

Requirements for Athletic Participation

Important: For the latest information throughout the year on schedule changes and information, visit www.j-hawks.com.

Prior to participation, students must do the following:

COMPLETE REGISTRATION ON [BOUND](#)

Starting in the 2025-26 school year, athletics and activities registration will be done through Bound. UCSD is no longer doing the Athletic Passport or Final Forms as a way to register for sports. By registering in Bound, students will complete the following requirements needed to participate in athletics at Urbandale CSD:

ATHLETIC PHYSICAL

State Law requires that participants in Athletic Competition have a current physical. All Athletic Physicals should be uploaded to Bound and no hard copies will be accepted in the Activities Office. Physicals are valid for thirteen (13) months from the date of exam. This form may be downloaded at www.j-hawks.com/information/forms or you may get a copy at your medical provider. For a listing of medical providers offering physicals at low/no cost, visit www.j-hawks.com under the Parents & Students tab.

CONCUSSION IN HIGH SCHOOL SPORTS

Annually, every student (grades 7-12) and their parent/guardian must receive and sign a concussion and brain injury information sheet provided by the Iowa High School Athletic Association, and Iowa Girls High School Athletic Union before the student is able to participate in interscholastic sports, cheerleading, and dance in any way (practice or competition). This information sheet is titled, "Heads Up: Concussion in High School Sports." There is a section in the Bound registration process where this form can be found and acknowledged electronically. This form may also be downloaded at www.j-hawks.com/information/forms and signed by the student-athlete and parent/guardian and uploaded to Bound.

ImPACT TESTING

Every high school athlete will receive a computerized neurocognitive assessment that is used by medical doctors, psychologists, athletic trainers, and other licensed healthcare professionals to assist them in determining an athlete's ability to return to play after suffering a concussion. A link to this test can be found in Bound during the registration process and the completion certificate at the end of the assessment should be downloaded from the ImPACT site and uploaded to Bound. Parents/Guardians wishing to have their child exempted from this test may complete the waiver in Bound.

ADDITIONAL BOUND REGISTRATION INFORMATION

During the Bound registration process, students will sign up for athletics and activities, confirm any changes to biographical information, update parent/guardian contact information, and provide medical information and emergency contacts. This process must be completed annually.

Important: Students will not practice / participate if these items are incomplete. All parts of this process must be done in Bound. Please **DO NOT bring physical copies** of this paperwork to the Activities Office, the High School Office, the Middle School Office, or your Coach/Director.

The Activities Office remains open all summer. For more information, call the Activities Office at 515-457-6945.

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