



Middle School Student-Athlete Team Participation Form 2019-2020

This form must be completed in order for your child to participate in any team sports. **Your child must have a physical exam within the last year on file in the health office.** Please submit this completed form to the school health office. It will be forwarded to the team coach.

TO BE COMPLETED BY HEALTH OFFICE:

Date of last physical exam: _____

Date of last Tetanus booster: _____

It is important for parents to be alert for signs and symptoms of a concussion. A fact sheet is attached.

TO BE COMPLETED BY PARENT OR GUARDIAN:

Student's Name: _____ Grade: _____

Address: _____

Mother's Name: _____ Home #: _____ Bus. #: _____ Cell #: _____

Father's Name: _____ Home #: _____ Bus. #: _____ Cell #: _____

Please provide emergency contact person other than parent:

Name: _____ Phone #: _____

Relationship to child: _____

Sports Team: _____

HISTORY SINCE LAST PHYSICAL EXAM:

(CHECK)

1. Any injuries requiring medical attention?	Yes	No
2. Any surgical operation?	Yes	No
3. Any illness lasting more than a week, e.g., Mononucleosis?	Yes	No
4. Any skin infections?	Yes	No
5. Any chronic disease, e.g., asthma, diabetes?	Yes	No
6. Any allergies to medication/food/other?	Yes	No
7. Taking medication at this time?	Yes	No
8. Wears glasses for sports?	Yes	No
9. Wears contacts for sports?	Yes	No

Explain "Yes" answers here: _____

Please inform the school nurse of any changes in your child's medical condition.

CONSENT FOR EMERGENCY MEDICAL TREATMENT AND TRIP AUTHORIZATION:

In the event of an emergency, if either parent cannot be reached, I give permission to the physician or hospital selected by the Ramaz School to hospitalize, and/or secure proper treatment as necessary, including but not limited to anesthesia, surgery, or injection, for my child as named above, with the understanding that the family will be notified as soon as possible. I give permission for the school nurse to release medical information as appropriate to school staff/faculty, to outside health care personnel, and as otherwise required by law.

I consent that my child may go or be taken by public or private transportation, vehicle or otherwise, on outings or any other trips arranged by the Ramaz School.

Signature of parent/guardian: _____ Date: _____



CONCUSSION IN YOUTH SPORTS



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY.

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.