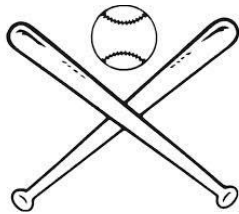


# HOME OF THE PANTHERS



## REED-CUSTER MIDDLE SCHOOL ATHLETICS PARENT FORMS



Parents that have Adobe Acrobat Pro have the option of filling form out and emailing form to Mr. Klover at [chad.klover@rc255.net](mailto:chad.klover@rc255.net). Open form, click on “open with different viewer”, open in Adobe Acrobat Reader. Once form is filled out click on the envelope on top.

## CONCUSSION INFORMATION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, see medical attention right away.

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document created 7/1/2012

### **Symptoms may include one or more of the following:**

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

### **Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

**CONCUSSION INFORMATION-CONTINUED**

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk or significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

**If you think your child has suffered a concussion.**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-To-Play Policy of the IESA and IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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Parent/Guardian Printed

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Parent/Guardian Signature

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Date



**STUDENT INFORMATION**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

Parent/Guardian Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Other Emergency phone numbers (*if parent/guardian is unavailable*)

| <b>Name</b> | <b>Phone Number</b> |
|-------------|---------------------|
| _____       | _____               |
| _____       | _____               |
| _____       | _____               |
| _____       | _____               |

**MEDICAL INFORMATION**

Reed-Custer Community Unit School district 255 WILL NOT be held responsible for injuries or accidents incurred while participating in any school sponsored activities.

If the Parent/Guardian cannot be reached in any emergency, and if the judgment of the school authorities is immediate medical and/or hospital attention is indicated, please indicate which hospital should your child be transported to:

\_\_\_\_\_

Please list any minor ailments, physical conditions or allergies of which a coach or attending physician should be made aware when treating your student:



**EXTRA-CURRICULAR ACTIVITY**

**TRANSPORTATION CHANGE REQUEST**

Reed-Custer District 255U Board of Education Policy #6412 requires that all students transported to extra-curricular events on school vehicles must return to school on the school vehicle unless other arrangements are made by the parent/guardian and Administrative Team, prior to the event.

\_\_\_\_\_ will not be riding (*to the event from RCMS/back to RCMS from the event*) on a Reed-Custer District 255U vehicle because:

Going Home With:

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



\_\_\_\_\_ Approved

\_\_\_\_\_ Not Approved

Administrator Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**REED-CUSTER MIDDLE SCHOOL**



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**ATHLETIC PARTICIPATION INFORMATION**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Please check sports that apply:

- |                                    |                                     |  |   |
|------------------------------------|-------------------------------------|--|---|
| <input type="checkbox"/> Baseball  | <input type="checkbox"/> Softball   | <input type="checkbox"/> Girls' Basketball | <input type="checkbox"/> Boys' Basketball |
| <input type="checkbox"/> Wrestling | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Track             | <input type="checkbox"/> Cheerleading     |

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**ATHLETIC HANDBOOK INFORMATION**

This is to acknowledge that we have received a copy of the Reed-Custer Middle School Athletics participation guidelines. We have read them and we understand the conditions and rules that must be followed by all students participating in athletics at Reed-Custer Middle School.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date