

Sports Information Packet

Prior to participation in athletics, students in grades 7 – 12 must have the following on file with the Activities Department:

- 1) **ATHLETIC PASSPORT.** The Athletic Passport is a form that students complete to update the Activities Office on their current biographical information. It also includes sport participation and emergency information. One may be completed in the summer for the entire year or prior to each sport. Athletic Passports may be downloaded at www.j-hawks.com/information/forms.
- 2) **ATHLETIC PHYSICAL.** State Law requires that participants in Athletic Competition have a current physical. Athletic Physicals are maintained in a computer database at the Activities Office along with a hard copy of the form. Physicals are valid for thirteen (13) months from the date of exam. This form may be downloaded at www.j-hawks.com/information/forms. For a listing of medical providers offering physicals at low/no cost, visit www.j-hawks.com under the Parents & Students tab.
- 3) **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." This form may be downloaded at www.j-hawks.com/information/forms.

STUDENTS WILL NOT PRACTICE / PARTICIPATE IF THESE ITEMS ARE INCOMPLETE

THESE MATERIALS NEED TO BE DELIVERED TO THE ACTIVITIES OFFICE AT URBANDALE HIGH SCHOOL. PLEASE DO NOT GIVE THEM TO YOUR COACH/SPONSOR OR LEAVE AT THE MAIN OFFICE AT THE HIGH SCHOOL.

THE ACTIVITIES OFFICE REMAINS OPEN ALL YEAR AROUND. FOR MORE INFORMATION CALL US AT (515) 457-6945.

HIGH SCHOOL STUDENTS ONLY:

- 4) **ImPACT TESTING.** New in the 2013-2014 school year, every high school athlete will receive a computerized neurocognitive assessment tools and services that are 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. Parents wishing to have their child exempted from this test may request a waiver from the Director of Activities.

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

Please keep your communication information up to date to include e-mail addresses and phone numbers by notifying either the High School or Middle School of any changes.

ACTIVITIES PASSPORT

Name: (last) _____ (first) _____ Grade: _____

Address: _____

City: _____ Zip: _____

Phone#: _____ Age: _____ Birth Date: _____

Parent(s) / Legal Guardian: _____

Father—Home#: _____ Work #: _____ Cell #: _____

Mother—Home#: _____ Work #: _____ Cell #: _____

Father Email: _____ Mother Email: _____

Hospital Preference: _____ Doctor Contact: _____

School Attended last year (if not Urbandale High School) _____

<p><u>High School Fall</u></p> <p><input type="checkbox"/> Volleyball</p> <p><input type="checkbox"/> Football</p> <p><input type="checkbox"/> Boys' Cross Country</p> <p><input type="checkbox"/> Girls' Cross Country</p> <p><input type="checkbox"/> Boys' Golf</p> <p><input type="checkbox"/> Girls' Swimming</p> <p><u>High School Winter</u></p> <p><input type="checkbox"/> Girls' Basketball</p> <p><input type="checkbox"/> Boys' Basketball</p> <p><input type="checkbox"/> Wrestling</p> <p><input type="checkbox"/> Boys' Swimming</p> <p><input type="checkbox"/> Girls Bowling</p> <p><input type="checkbox"/> Boys Bowling</p>	<p><u>High School Spirit</u></p> <p><input type="checkbox"/> Cheerleading</p> <p><input type="checkbox"/> Jaywalkers</p> <p><u>High School Spring</u></p> <p><input type="checkbox"/> Boys' Soccer</p> <p><input type="checkbox"/> Girls' Soccer</p> <p><input type="checkbox"/> Girls' Tennis</p> <p><input type="checkbox"/> Boys' Tennis</p> <p><input type="checkbox"/> Girls' Track</p> <p><input type="checkbox"/> Boys' Track</p> <p><input type="checkbox"/> Girls' Golf</p> <p><u>High School Summer</u></p> <p><input type="checkbox"/> Softball</p> <p><input type="checkbox"/> Baseball</p>	<p><u>High School Fine Arts</u></p> <p><input type="checkbox"/> High School Band</p> <p><input type="checkbox"/> High School Show Choir</p> <p><u>Middle School</u></p> <p><input type="checkbox"/> Football (Fall)</p> <p><input type="checkbox"/> X-Country (Fall)</p> <p><input type="checkbox"/> Volleyball (Fall)</p> <p><input type="checkbox"/> Cheerleading (Fall/Winter)</p> <p><input type="checkbox"/> Basketball (Winter)</p> <p><input type="checkbox"/> Swim (Winter)</p> <p><input type="checkbox"/> Wrestling (Winter)</p> <p><input type="checkbox"/> Track (Spring)</p>
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NO STUDENT WILL BE PERMITTED TO PRACTICE OR PARTICIPATE WITHOUT COMPLETING AND TURNING IN ALL MATERIALS AND HAVING THE ACTIVITIES DIRECTOR SIGN OFF ON THIS PASSPORT.

office use only

PHYSICAL:	EXPIRATION DATE _____	_____
CONCUSSION DOCUMENTATION:	DATE _____	_____
ACTIVITIES ADMINISTRATION APPROVAL		
SIGNATURE: _____	DATE: _____	

IOWA ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

ARTICLE VII 36.14(1) PHYSICAL EXAMINATION. Every year each student (grades 7-12) shall present to the student's superintendent a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopath, advanced registered nurse practitioner (ARNP), physician's assistant or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in athletic competition.

This certificate of physical examination is valid for the purposes of this rule for one (1) calendar year. A grace period, not to exceed thirty (30) days, is allowed for expired certifications of physical examination.

QUESTIONNAIRE FOR ATHLETIC PARTICIPATION *(Please type or neatly print this information)*

Student's Name _____ Male ___ Female ___ Date of Birth _____ Grade _____

Home Address _____ Phone # _____

Parent's/Guardian's Name _____ Date _____

Family Physician _____ Phone # _____

HEALTH HISTORY *(The following questions should be completed by the student-athlete with the assistance of a parent or guardian. A parent or guardian is required to sign on the other side of this form after the examination.)*

- | <table border="0" style="width: 100%;"> <tr> <th style="text-align: left;">Yes</th> <th style="text-align: left;">No</th> <th style="text-align: left;">Has this student ever had?</th> </tr> <tr> <td>1. _____</td> <td>_____</td> <td>Chronic or recurrent illness or injury?</td> </tr> <tr> <td>2. _____</td> <td>_____</td> <td>Any illness lasting more than one (1) week?</td> </tr> <tr> <td>3. _____</td> <td>_____</td> <td>Mononucleosis or Rheumatic fever?</td> </tr> <tr> <td>4. _____</td> <td>_____</td> <td>Hospitalizations (Overnight or longer)?</td> </tr> <tr> <td>5. _____</td> <td>_____</td> <td>Surgery, other than tonsillectomy?</td> </tr> <tr> <td>7. _____</td> <td>_____</td> <td>Allergies to pollen, stinging insects, food, etc.?</td> </tr> <tr> <td>8. _____</td> <td>_____</td> <td>High blood pressure or high cholesterol?</td> </tr> <tr> <td>9. _____</td> <td>_____</td> <td>Heart problems (Racing, murmur, skipped beats, infection, etc.?)</td> </tr> <tr> <td>10. _____</td> <td>_____</td> <td>Chest pressure or pain with exercise?</td> </tr> <tr> <td>11. _____</td> <td>_____</td> <td>Dizziness or fainting with exercise?</td> </tr> <tr> <td>12. _____</td> <td>_____</td> <td>Excessive shortness of breath with exercise?</td> </tr> <tr> <td>13. _____</td> <td>_____</td> <td>Seizures or frequent headaches?</td> </tr> <tr> <td>14. _____</td> <td>_____</td> <td>Head injury, concussion, unconsciousness?</td> </tr> <tr> <td>15. _____</td> <td>_____</td> <td>Numbness, tingling or weakness in arms or legs with contact?</td> </tr> <tr> <td>16. _____</td> <td>_____</td> <td>Headache, memory loss, or confusion with contact?</td> </tr> <tr> <td>17. _____</td> <td>_____</td> <td>Severe muscle cramps or become ill when exercising in the heat?</td> </tr> </table>
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<p>*****</p> <table border="0" style="width: 100%;"> <tr> <td>29. _____</td> <td>_____</td> <td>Has a doctor ever denied or restricted your participation in sports for any reason?</td> </tr> <tr> <td>30. _____</td> <td>_____</td> <td>Do you have any concerns that you would like to discuss with your doctor?</td> </tr> </table> | Yes | No | Has this student ever had? | 18. _____ | _____ | Asthma? | 19. _____ | _____ | Epilepsy, or other seizures? | 20. _____ | _____ | Diabetes? | 21. _____ | _____ | Herpes infection? | 22. _____ | _____ | Marfan Syndrome? | 23. _____ | _____ | Eyeglasses or contact lenses? | Yes | No | Is there a history of? | 24. _____ | _____ | Injuries requiring medical treatment? | 25. _____ | _____ | Neck injury? | 26. _____ | _____ | Knee injury or surgery? | 27. _____ | _____ | Other serious joint injuries? | 28. _____ | _____ | Use of protective equipment or braces? | 29. _____ | _____ | Has a doctor ever denied or restricted your participation in sports for any reason? | 30. _____ | _____ | Do you have any concerns that you would like to discuss with your doctor? |
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| Yes | No | Has this student ever had? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. _____ | _____ | Chronic or recurrent illness or injury? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2. _____ | _____ | Any illness lasting more than one (1) week? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3. _____ | _____ | Mononucleosis or Rheumatic fever? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4. _____ | _____ | Hospitalizations (Overnight or longer)? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5. _____ | _____ | Surgery, other than tonsillectomy? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7. _____ | _____ | Allergies to pollen, stinging insects, food, etc.? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8. _____ | _____ | High blood pressure or high cholesterol? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9. _____ | _____ | Heart problems (Racing, murmur, skipped beats, infection, etc.?) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10. _____ | _____ | Chest pressure or pain with exercise? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11. _____ | _____ | Dizziness or fainting with exercise? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12. _____ | _____ | Excessive shortness of breath with exercise? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13. _____ | _____ | Seizures or frequent headaches? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14. _____ | _____ | Head injury, concussion, unconsciousness? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15. _____ | _____ | Numbness, tingling or weakness in arms or legs with contact? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16. _____ | _____ | Headache, memory loss, or confusion with contact? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17. _____ | _____ | Severe muscle cramps or become ill when exercising in the heat? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yes | No | Family History: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31. _____ | _____ | Does anyone in your family have Marfan syndrome? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 32. _____ | _____ | Has anyone in your family died suddenly for no apparent reason? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 33. _____ | _____ | Has anyone in your family had a heart attack at less than 55 years of age? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yes | No | Has this student ever had? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18. _____ | _____ | Asthma? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19. _____ | _____ | Epilepsy, or other seizures? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20. _____ | _____ | Diabetes? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21. _____ | _____ | Herpes infection? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22. _____ | _____ | Marfan Syndrome? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23. _____ | _____ | Eyeglasses or contact lenses? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yes | No | Is there a history of? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24. _____ | _____ | Injuries requiring medical treatment? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25. _____ | _____ | Neck injury? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26. _____ | _____ | Knee injury or surgery? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27. _____ | _____ | Other serious joint injuries? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28. _____ | _____ | Use of protective equipment or braces? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29. _____ | _____ | Has a doctor ever denied or restricted your participation in sports for any reason? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30. _____ | _____ | Do you have any concerns that you would like to discuss with your doctor? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Use this space to explain any "YES" answers from above (questions #1-33) or to provide any additional information:

34. _____ Are you allergic to any prescription or over-the-counter medications? If yes, list: _____

35. List all medications you are presently taking (including asthma inhalers & EpiPens) and the condition the medication is for:
 A. _____ B. _____ C. _____

36. Year of last known: Tetanus (lockjaw) vaccination: _____ Meningitis vaccination: _____

37. What is the most and least you have weighed in the past year? **Most** _____ **Least** _____

38. Are you happy with your current weight? **Yes** _____ **No** _____

FOR FEMALES ONLY:

1. How old were you when you had your first menstrual period? _____

2. In the past 12 months, what is the longest time you have gone between menstrual periods? _____

PHYSICAL EXAMINATION RECORD (To be completed by a licensed medical professional as designated in Article VII 36.14(1). *This evaluation is only to determine readiness for sports participation. It should NOT be used as a substitute for regular health maintenance examinations.*)

Athlete's Name _____ Height _____ Weight _____

Pulse _____ Blood Pressure _____ / _____ (Repeat, if abnormal _____ / _____) Vision R 20/ _____ L 20/ _____

	NORMAL	ABNORMAL FINDINGS	INITIALS
1. Appearance (esp. Marfan's)			
2. Eyes/Ears/Nose/Throat			
3. Pupil Size (Equal/Unequal)			
4. Mouth & Teeth			
5. Neck			
6. Lymph Nodes			
7. Heart (Standing & Lying)			
8. Pulses (esp. femoral)			
9. Chest & Lungs			
10. Abdomen			
11. Skin			
12. Genitals - Hernia			
13. Musculoskeletal - ROM, strength, etc. (See questions 26-30)			
14. Neurological			

Comments regarding abnormal findings: _____

LICENSED MEDICAL PROFESSIONAL'S ATHLETIC PARTICIPATION RECOMMENDATIONS

_____ **FULL & UNLIMITED PARTICIPATION**

_____ **LIMITED PARTICIPATION** - May **NOT** participate in the following (checked):

_____ Baseball _____ Basketball _____ Bowling _____ Cross Country _____ Football _____ Golf _____ Soccer
 _____ Softball _____ Swimming _____ Tennis _____ Track _____ Volleyball _____ Wrestling

_____ **CLEARANCE PENDING DOCUMENTED FOLLOW UP OF** _____

_____ **NOT CLEARED FOR ATHLETIC PARTICIPATION DUE TO** _____

Licensed Medical Professional's Name (Printed) _____ **Date** _____

Licensed Medical Professional's Signature _____ **Phone** _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I hereby **verify** the accuracy of the information on the opposite side of this form and **give my consent** for the above named student to engage in approved athletic activities as a representative of his/her school, except those activities indicated above by the licensed professional. I also **give my permission** for the team's physician, certified athletic trainer, or other qualified personnel to give first aid treatment to my son or daughter at an athletic event in case of injury.

 Name of Parent or Guardian (Printed) _____ Signature of Parent of Guardian _____

 Address (Street/PO Box, City, State, Zip) _____ Phone Number _____

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
“Licensed health care provider” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
“Extracurricular interscholastic activity” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

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

What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it’s not smart to play with a concussion.
3. Tell all of your child’s coaches and the student’s school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

IT’S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

Signs Reported by Students:

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

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- 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
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

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

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, “HEADS UP: Concussion in High School Sports.”

Student’s Signature

Date

Student’s Printed Name

Parent’s/Guardian’s Signature

Date

Student’s School

Grade