

# ATHLETIC CLEARANCE INFORMATION SHEET

## TEAR OUT AND TURN IN THIS PAGE

The following checklist is provided for students to assist them in meeting the requirements to participate on any athletic team:

1. Have on file in the Athletic Coordinator's office evidence of the following:
  - \_\_\_\_\_ a. **Signed Athletic Participation Card**  
Signatures indicate informed consent of the possibility of endangerment, and authorization for the Tahoma School District's Coaching Staff to obtain medical treatment in the event of an emergency.
  - \_\_\_\_\_ b. **Medical Evaluation Report**  
Signature by a medical authority provides clearance for athletic participation.
  - \_\_\_\_\_ c. **ASB Card**
  - \_\_\_\_\_ d. **Insurance**  
The name of the insurance carrier must be listed on the Athletic Participation Card or a completed insurance application form must accompany the Athletic Participation Card at the time of clearance.
  - \_\_\_\_\_ e. **Signed Athletic Clearance Information Sheet**  
Signatures indicate parental and student acknowledgement of the Co-Curricular Activity Code guidelines. This sheet must be signed below, **detached from this booklet**, and returned with the above items to the Athletic Coordinator at the time of athletic clearance.
  - \_\_\_\_\_ f. **Participation Fee**  
All athletes must pay a participation fee of \$75 for grades 9-12 or \$50 for grades 7 & 8 per sport. This fee will be refunded if the student is cut from the squad by the coach
2. Maintain all academic and attendance eligibility requirements.
3. Accept the responsibility for all school equipment issued. It is understood that school equipment can be used or worn only while participating on the team. The cost of replacement of missing equipment will be charged the student to whom it was issued. Outstanding fines must be cleared before participation in any co-curricular activity.
4. Realize the decisions relating to capacities or abilities of athletes, assignments to positions, and attitudes and actions which directly affect team morale and performance are made by the coach in charge.
5. Student resides with parent(s) or **legal** guardian in this school district service area or has met WIAA residential requirements.

I have read the **Co-Curricular Activity Code** and **Concussion Information Sheet** contained either in this booklet or on line and understand and agree to abide by its contents. I also understand that forging a signature in any part of the clearance process may result in automatic suspension for the season.

**Information (including emergency contact) on the Athletic Participation Form is correct. Yes  No**

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

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Tahoma School District

## Concussion Information Sheet

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, seek medical attention right away.

### 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

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**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 of 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 athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for 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.

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/>