

Watertown City School District

SUPERINTENDENT'S REGULATION

STUDENTS

7601.1

ATHLETIC CONSENT FORM

We do hereby acknowledge that we have been fully advised, cautioned, and warned by the proper administrative and coaching personnel of the Watertown City School District that serious injury, including but not limited to, sprains, fractures, brain damage, paralysis, or even death may occur by participating in the sport of _____. Notwithstanding such warnings and with full knowledge and understanding of the risk of serious injury which may result, we give our consent to participate.

Concussion Management and Awareness Act Adherence Policy:

A concussion is a mild traumatic brain injury. Concussions occur when normal brain functioning is disrupted by a blow or jolt to the head. Signs and symptoms include, but are not limited to: *amnesia, confusion, dizziness, headache, loss of consciousness, nausea, poor attention, poor coordination, slurred speech, visual disturbance, vomiting*. Recovery from a concussion will vary.

The Watertown City School District has established the following protocol to guide the return of students to school and activities following a suspected concussion, regardless of whether such injury occurred outside of school. The District reserves the right to develop more stringent protections at any time, and to act in a manner that is more cautious in protecting the health and well-being of its students.

When an athlete shows ANY signs or symptoms of a concussion:

1. The athlete will not be allowed to return to play in the current game or practice.
2. The student's general cognitive status should be determined by the School Nurse, an Athletic Trainer or, if appropriate medical personnel are not available, the coach or District personnel responsible for supervising the student.
3. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
4. Following the injury, the student shall be instructed to see his/her primary care physician or an emergency department physician within 24 hours.
5. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until resolution of all symptoms, clearance by the student's treating physician, and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day. The six steps involve the following:

1. No exertional activity until asymptomatic for 24 hours and has received written authorization from his or her treating physician to resume activity.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.

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4. Non-contact training/skill drills.
5. Full contact training in practice setting (if a contact/collision sport as defined in 8 N.Y.C.R.R. § 135.4).
6. Return to competition.

If any symptoms recur, the student shall submit to an examination by his or her treating physician, receive written authorization from such physician to resume activity, rest for 24 hours, drop back to the previous step, and then resume the protocol. In addition, the student-athlete should be monitored for recurrence of symptoms due to physical activity and/or mental exertion, such as reading, working on a computer, or taking a test. Return to participation shall be permitted upon completion of protocol.

Additional information on concussions is available at the websites of the New York State Education Department and the New York State Department of Health:

www.nysed.gov; http://www.health.ny.gov/prevention/injury_prevention/concussion.htm

***IMPORTANT** Parents/Guardians should understand that immediate return to play may not occur and their patience and understanding of the medical importance, adherence to New York State Law, and significance of head injury, is the district's number one priority.

Student Signature

Date

Parent Signature

Date

Approved by the Superintendent: 07/07/15, 11/29/16