

**Burlington High School Activities Department  
Emergency/Concussion Information and Consent Form**

(This form needs to be completed, signed and returned to the BHS Activities Office **BEFORE** starting practice.)

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ Home Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

**EMERGENCY CONTACT IF PARENT/GUARDIAN CANNOT BE REACHED:**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Special Medical Problems/Medications to make health care provider aware of: \_\_\_\_\_

Student's Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Student's Dentist \_\_\_\_\_ Phone \_\_\_\_\_

Contact Lenses YES NO HARD SOFT

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

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**PARENT/GUARDIAN CONSENT FOR ACTIVITY PARTICIPATION AT BURLINGTON HIGH SCHOOL AND CONSENT FOR TREATMENT:**

I realize that participation in activities can be dangerous and result in serious, possibly permanent crippling injuries, including paralysis. I realize that it is against the rules to use the head for spearing, illegal blocking and tackling.

*The Iowa Legislature passed a new law, effective July 1, 2011, regarding students who participate in extracurricular interscholastic activities regarding concussions. Students participating in interscholastic athletics, cheerleading and dance and their parents/guardians; must sign the acknowledgement below and return it to their school before they practice or compete in those activities. Please read and keep the attached.*

I give permission for my child to participate in activities for Burlington High School.

In case of emergency, school authorities (Activities Director, Sports Trainer, Coach, etc.) have permission to seek treatment for our child.

I understand that I am responsible to make payment for all medical treatments for my child, including emergency treatments.

**ACKNOWLEDGMENT**

**WE HEREBY ACKNOWLEDGE THAT WE HAVE READ THE BHS ACTIVITY GOOD CONDUCT RULES, THE ELIGIBILITY CODE AND UNDERSTAND THE RULES AND REGULATIONS THAT ARE LOCATED ON THE BCSD WEBSITE BCSDS.ORG OR HAVE PICKED UP A COPY FROM THE ACTIVITIES OFFICE. WE HAVE RECEIVED THE INFORMATION PROVIDED ON THE CONCUSSION FACT SHEET TITLED "HEAD UP: CONCUSSION IN HIGH SCHOOL SPORTS".**

Date \_\_\_\_\_ STUDENT SIGNATURE \_\_\_\_\_

Date \_\_\_\_\_ PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

NAME OF ACTIVITY \_\_\_\_\_

If you have any questions, please contact the BHS Activities Director.

# PLEASE KEEP THIS PORTION FOR FUTURE REFERENCE

## A FACT SHEET FOR PARENTS AND STUDENTS

# 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](http://www.cdc.gov/Concussion)