

**2020 - 2021 Northwest Junior High School PERMISSION TO PRACTICE FORM**

NOTE: This form must be filled out and signed by parents and students, physical exam forms on file, and all fees must be paid prior to an athlete attending any practice. **PLEASE TURN IN SIGNED FORM TO THE NORTHWEST JUNIOR HIGH ATHLETIC OFFICE.**

NAME OF ATHLETE \_\_\_\_\_ GRADE \_\_\_\_\_ MALE / FEMALE  
ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Basketball, Cross Country, Football, Swimming, Track, Volleyball, Wrestling

My son/daughter may participate in **ALL** sports during the 2020 - 2021 school year: \_\_\_\_\_ Yes \_\_\_\_\_ No

If no, please list sports your son/daughter may **NOT** participate: \_\_\_\_\_

1. **PHYSICAL EXAM FORM:** Iowa law dictates that all athletes must have a current physical examination form signed by a doctor on file at school prior to practice.

2. **AWARENESS OF POTENTIAL INJURY:** As the parent(s)/guardian of a Northwest School athlete, I/we are aware that participation in sports and/or practicing in sports may be a dangerous activity involving many risks or injury and may even result in death.

3. **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. A fact sheet for parents and students is provided on the Northwest Athletic website.

4. **EMERGENCY CONSENT:**  
"In the event I cannot be reached, I hereby give my consent to the attending physician, trainers, and coaches to secure and administer medical aid and ambulance service. This authorization does not cover major surgery unless the medical opinions of two other licensed physicians or dentists concur for the necessity for such surgery."

Yes                      No                      **IF NO Please give Name and Number to call**

5. **SUPPLEMENTAL ATHLETIC INSURANCE:      \*\* PLEASE CHECK ONE OPTION \*\***

A. We do not wish additional insurance. We feel we have adequate insurance coverage.

B. We will pick up an insurance form from Northwest Junior High School in order to purchase insurance.

THE SCHOOL DISTRICT **DOES NOT PURCHASE** ACCIDENT INSURANCE TO COVER INJURIES INCURRED BY YOUR CHILD AT SCHOOL. We encourage all families to have accident coverage on their children prior to participation in any sports or school sponsored activity. If you do not have insurance on your child, or if you have a plan with a high deductible or with limited benefits for Doctor, Hospital, or Dental bills, we encourage you to review the student insurance program. **Information needed to enroll in the insurance program may be obtained at the school.**

6. **STUDENT ACTIVITY CONDUCT CODE (Summary):**

Students participating in extra-curricular activities are prohibited from possessing, using or purchasing tobacco, alcoholic beverages, or controlled substances. Loss of eligibility may also occur for engaging in activities outside the school community that would be grounds for arrest or citation in the juvenile court system, excluding minor offenses, regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s). Violation of rules throughout the calendar year whether at or away from school will result in the following action:

- **First Offense within the Student's Athletic/Activity Career** – suspension from one-third of the season's contest or performance dates with professional evaluation prior to reinstatement where applicable.
- **Second Offense within the Student's Athletic/Activity Career** – suspension from one-half the season's contest or performance dates with professional evaluation prior to reinstatement where applicable.
- **Third Offense within the Student's Athletic/Activity Career** – suspension from athletic competition for twelve (12) calendar months with professional evaluation prior to reinstatement where applicable.

If there is not a sufficient number of contests or performances remaining in a scheduled season to fulfill the terms of suspension, the suspension balance will be carried over to the tournament series and to the next season in which the student participates

I have read and understand the information/rules as stated above and in the parent/athlete manual.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

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

Date \_\_\_\_\_

# HEADS UP: Concussion in High School Sports

Please note this important information based on Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A student participating in extracurricular interscholastic activities, in grades seven through twelve, must be immediately removed from participation if the coach, contest official, licensed healthcare provider or emergency medical care provide believe the student has a concussion based on observed signs, symptoms, or behaviors.
- (2) Once removed from participation for a suspected concussion, the student cannot return to participation until written medical clearance has been provided by a licensed health care provider.
- (3) A student cannot return to participation until s/he is free from concussion symptoms at home and at school.

(4) Definitions:

**"Contest official"** means a referee, umpire, judge, or other official in an athletic contest who is registered with the Iowa high school athletic association or the Iowa girls high school athletic union.

**"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 means any dance or cheerleading activity or extracurricular interscholastic activity, contest, or practice governed by the Iowa high school athletic association or the Iowa girls high school athletic union that is a contact or limited contact activity as identified by the American academy of pediatrics.

**"Medical clearance"** means written clearance from a licensed health care provider releasing the student following a concussion or other brain injury to return to or commence participation in any extracurricular interscholastic activity.

### What is a concussion?

Concussions are a type of brain injury that disrupt the way the brain normally works. Concussions can occur in any sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or obstacles. Concussions can occur with or without loss of consciousness, but most concussions occur without loss of consciousness.

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

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

### What are the signs and symptoms of concussion?

Signs and symptoms of concussion can show up right after the injury or may not be noticed until days after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be removed from play immediately. The athlete should only return to play with permission from a health care provider and after s/he is symptom free at home and at school.

### Signs Observed by Parents or Coaches:

- 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

### Symptoms Reported by Student-Athlete:

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

### 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.

### PARENTS/GUARDIANS, You can help your child prevent a concussion:

- 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.

For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

**IMPORTANT: Students (grades 7-12) participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must annually 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 Grade \_\_\_\_\_ Student's School \_\_\_\_\_