

GILFORD MIDDLE SCHOOL
ATHLETIC PERMISSION SLIP

Dear Parent(s) or Guardian(s):

Your son/daughter is a candidate for the _____ team and may be representing Gilford Middle School in regularly scheduled games or meets during this season.

It is important that you read the GMS Student Handbook. If you have any questions, please contact the individual coach or GMS Athletic Director, Dave Pinkham. Be sure that both you and your son/daughter have signed the permission slip below and that it is promptly returned to the coach.

Accident Insurance:

Inasmuch as the possibility of injury exists in athletics, your athlete MUST be covered by accident insurance before he/she may participate. Listed below are a few types of insurance that have provided adequate coverage in the instance of injury in the past. Please obtain coverage for your son/daughter from one of the following:

- A. Blue Cross/Blue Shield
- B. Accident insurance with a major insurance company
- C. School insurance
- D. Parent's own insurance coverage

GILFORD MIDDLE SCHOOL
Permission for Athletic Participation

_____ has my permission to participate in _____
(name of athlete)

I have read the GMS Student Handbook carefully and understand the eligibility and training rules. My son/daughter is covered by _____ insurance.

IN THE EVENT OF AN ACCIDENT, PLEASE CONTACT:

Name	Telephone number	Relationship
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please supply any additional medical information of which the coach or school should be made aware in case of injury, i.e. allergies, etc. _____

Player's signature

Parent/Guardian's signature

Date: _____

Concussion Information for Athletes and Parents at Gilford Middle School

I. Recognition of concussion

- A. Concussions may be caused by a direct blow to the head or elsewhere on the body from an "impulsive" force transmitted to the head. You can have a concussion even if you are not knocked out.
- B. If you think you may have a concussion let your coach and parent know right away.

II. NHIAA Sports Medicine Concussion Management

NHIAA Sports Medicine Concussion Cards Concussion Management

RECOGNITION AND MANAGEMENT OF CONCUSSION

1. **Did a concussion take place?** Based on mechanism of injury, observation, history and unusual behavior and reactions of the athlete, even without loss of consciousness, assume a concussion has occurred if the head was jarred directly or indirectly and even the mildest of symptoms occur. (See reverse for signs and symptoms)
2. **Does the athlete need immediate referral for emergency care?** If confusion, unusual behavior or responsiveness, deteriorating condition, loss of consciousness, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.
3. **If no emergency is apparent, how should the athlete be monitored?** Every 5-10 minutes, mental status, attention, balance, behavior, speech and memory should be examined until stable over a few hours. If appropriate health care professional (which means a person who is licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment and is trained in the evaluation and management of concussions) is not available, an athlete even with mild symptoms must be sent for medical evaluation by an appropriate health care professional.
4. **No athlete suspected of having a concussion may return to the same practice or contest, even if symptoms clear in 15 minutes. WHEN IN DOUBT, SIT THEM OUT!**

"RETURN TO PLAY" DECISION-MAKING

1. Any athlete removed from play because of a suspected concussion will not return to play (RTP) on the same day.
2. This athlete must also have written medical clearance from an appropriate health care professional and from a parent/guardian before he or she can begin an approved, supervised RTP stepwise protocol with provisions for delayed RTP based on return of any signs or symptoms.

NHIAA adopted the NHFS "Suggested Guidelines for Management of Concussion in Sports" in 2010. - Updated Jan. 2011

SIGNS AND SYMPTOMS OF CONCUSSION

Concussions can appear in many different ways. Listed below are some of the signs and symptoms frequently associated with concussions. Most signs, symptoms and abnormalities after a concussion fall into the four categories listed below. A coach, parent or other person who knows the athlete well can often detect these problems by observing the athlete and/or by asking a few relevant questions of the athlete, official or a teammate who was on the field or court at the time of the concussion. Below are some suggested observations and questions a non-medical individual can use to help determine whether an athlete has suffered a concussion and how urgently he or she should be sent for appropriate medical care.

1. PROBLEMS IN BRAIN FUNCTION:

- a. Confused state - dazed look, vacant stare or confusion about what happened or is happening.
- b. Memory problems - can't remember assignment on play, opponent, score of game, or period of the game; can't remember how or with whom he or she traveled to the game, what he or she was wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by athlete - Headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
- d. Lack of sustained attention - difficulty sustaining focus adequately to complete a task, a coherent thought or a conversation.

2. SPEED OF BRAIN FUNCTION: Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.

3. UNUSUAL BEHAVIORS: Behaving in a combative, aggressive or very silly manner; atypical behavior for the individual; repeatedly asking the same question over and over; restless and irritable behavior with constant motion and attempts to return to play; reactions that seem out of proportion and inappropriate; and having trouble resting or "finding a comfortable position."

4. PROBLEMS WITH BALANCE AND COORDINATION: Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

NOTE: IF NO APPROPRIATE HEALTH CARE PROFESSIONAL IS ON HAND AND AN INJURED ATHLETE HAS ANY OF THE ABOVE SYMPTOMS, HE OR SHE MUST BE SENT TO AN APPROPRIATE HEALTH CARE PROFESSIONAL FOR CONCUSSION EVALUATION.