

# NEW LENOX SCHOOL DISTRICT 122



# ATHLETIC HANDBOOK

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## **INTERSCHOLASTIC ATHLETICS**

Any play between organized teams or individuals from different schools is defined as an "interscholastic athletic contest" and shall be subject to all regulations pertaining to such contests. Interscholastic athletics have a vital place in the total educational program. Through school athletics, many of the interests and needs of young people can be served better than through any other channel.

During these events emphasis is placed upon progressing levels of maturity both physical and emotional, upon integrity both personal and social, and upon responsibility, both for one's self and to all involved in the athletic program.

### **PHILOSOPHY**

To encourage interest and participation, further sports skills, and provide experience in the development of good sportsmanship. The program will permit individuals to participate in competition with other individuals of approximately the same skill level. The existence of the interscholastic program is essential for a well-rounded education program.

### **OBJECTIVES**

In accordance with our philosophy, the primary general objectives of the athletic program are:

1. To increase enjoyment of the sport through extended participation in an activity.
2. To encourage the development of good sportsmanship, fair play and emotional control through competitive and cooperative experiences with other participants.
3. To increase social growth through competitive experiences with participants.
4. To further develop individual knowledge and skill competence through additional practice with teammates and competition with equally skilled competitors.
5. To develop an awareness of the responsibilities of each player to self and team.
6. To emphasize instruction in all sports.
7. To increase excellence through the competitive experiences and gain the maximum recognition for both the individual and team.
8. To maximize the number of participants in all programs and at all levels.

### **ACADEMIC ELIGIBILITY PROCEDURE**

1. Passing work shall be checked on a weekly basis, by all teachers for all athletes to govern eligibility for the following Monday through Saturday.
2. Eligibility will be checked by the office at noon on Friday of each week. Students will be informed of their status each week.
3. a. Any student who is receiving a failing grade in any subject will not be allowed to compete in any game, match, etc. until he/she raises the grade to a passing one. During the first week of ineligibility, the student will be allowed to practice as usual. However, it is recommended that the student be allowed some time to complete his/her homework.

b. During the second consecutive week of ineligibility, the student must show the coach his/her homework assignment sheet, signed by the teacher, for the failing subject(s). The student must also complete the homework before being allowed to practice.

c. For the third consecutive week of ineligibility, the student will be suspended from the team until he/she is passing the subject(s).

4. Grades shall be cumulative for the school's grading period.
5. If a student has a failing/passing grade at the end of a trimester, that student will still be considered as failing/passing during the next trimester until the teacher has at least three evaluative (or an equivalent of three) instruments to use in assessing the student's grade.
6. All coaches will be expected to work closely with the classroom teacher in order to help the student raise his/her grade to a passing one.
7. Once a student raises his/her grade to a passing one, he/she will be eligible to participate in all team events.

#### **ACTIVITY FEE**

All student-athletes who participate in New Lenox School District 122 athletics will be required to pay an activity fee per sport.

#### **AED/CPR**

In an effort to promote players' safety, all coaches are AED/CPR certified.

#### **AGREEMENT TO PARTICIPATE**

##### **Student**

In consideration of the New Lenox School District 122 permitting me to participate in the above sport or activity, I agree as follows:

1. I will abide by all conduct rules and will behave in a sportsmanlike manner.
2. I will follow the coach/sponsor's instructions, playing techniques, training schedule and safety rules for the above sport or activity.
3. I acknowledge that I am aware that participation in the above sport or activity may involve **many risks of injury**. A serious injury may result in physical impairment or even death. I hereby assume all the risks associated with participation and agree to hold the New Lenox School District 122, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by and or in connection with my participation in the above activity or sport. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

##### **Parent/Guardian**

As the parent(s)/guardian(s) of the student-participant, I have read the attached Agreement to Participate and understand its terms. I understand that all sports can involve many risks of injury. In consideration of the School District permitting my child/ward to participate in the above sport or activity, I agree to hold the New Lenox School District 122, its employees, agents, coaches, School Board members and volunteers harmless from any and all liability, actions, causes of action, debts, claims

or demands of any kind and nature whatsoever which may arise by or in connection with the participation of my child/ward in the above sport or activity. I assume all responsibility and certify that my child is in good physical health and is capable of participation in the above mentioned sport/activity.

## **ATHLETIC RULES AND CODE OF CONDUCT**

The Athletic Code applies to all students who want to participate in District 122 athletic program. This code applies in addition to other rules and regulations concerning student conduct and imposes additional requirements on student athletes. Participation in athletics is a privilege. Those who participate in athletics have a responsibility to favorably represent the school and community. Student athletes are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of the school and district. If a student fails to comply with the terms of this code, the privilege to participate in athletics may be lost in accordance with the terms of this Athletic Code. Students and parents will be required to sign a code of conduct agreement.

### **Athlete Code of Conduct**

#### **INTRODUCTION**

Recognizing that it is a privilege and honor to represent one's school and community while participating on an athletic team and that it is an athlete's responsibility to conform to those rules and regulations, the following Code of Conduct shall be in effect for the athletic teams.

#### **CONDUCT:**

1. Athletes shall conform to the school, Des Plaines Valley Conference (DPVC) and Illinois Elementary School Association (IESA) Eligibility Rules, including all medical and academic requirements.
2. Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regards to the rules and regulations established in the New Lenox School District 122 Student Hand Book.
3. Athletes shall, at all times, conduct themselves in a manner that exhibits sound moral character and exemplifies good sportsmanship. Such behavior shall consider the safety and wellbeing of team members, opponents, officials, spectators and the community in general.
4. Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team. Specifically, this includes uniforms, sweat suits and equipment related to the performance of their particular event.
5. Athletes shall always conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the New Lenox School District 122 community in general.
6. Athletes shall discuss any concerns or problems with the coach. If a concern remains, the athlete, coach and parent will schedule a meeting. Coaches will not be available to meet with parents or athletes immediately after a game/match/meet.
7. Athletes from New Lenox School District 122 will ***WIN WITH CHARACTER, AND LOSE WITH DIGNITY.***

### **Parent Code Of Conduct**

The following are guidelines and expectations for the behavior for parents regarding the participation of their child on a Junior High School athletic team. All parents of athletes must agree to honor the statements listed below prior to the approval to allow their child to participate in an athletic contest.

Parents will show agreement by signing the New Lenox School District 122 "Sports Contract". These expectations for behavior must be honored at any location of an athletic contest, not just home games.

1. I understand that participation on an athletic team in New Lenox School District 122 is a "privilege" and not a "right."
2. I pledge to use only positive encouragement and reinforcement while watching my child play in an athletic contest.
3. I pledge to show respect for all involved with the team and its activities. I understand that there is no place for vocal criticism of players, coaches, opposing players, opposing fans, or referees/officials during an athletic contest.
4. I pledge to refrain from yelling out instructions to my child, or other team members, as it can create a distraction. I understand that "coaching the team" is the coach's responsibility.
5. I pledge to refrain from making negative comments about my child's coach in my child's presence. I understand that this may negatively influence my child's motivation and hinder his/her enjoyment of the activity.
6. I pledge to pick up my child (or arrange for his/her pick up) from games and practices in a timely manner.
7. I understand that I assume the responsibility to ensure that all spectators who are in attendance to support my child (i.e. other spouse, other children, grandparents, friends, etc.) adhere to the guidelines listed above.

## **BEHAVIOR**

### **Student Behavior**

Students are encouraged to participate in extra-curricular activities sponsored by the school. Students should realize that all school rules are in effect while they are in attendance at a school sponsored extra-curricular activity. This applies to home and away situations.

While in attendance at such an activity, the students may not leave the building before the conclusion of the event unless they are accompanied by a parent or guardian. Parent/guardians are expected to provide transportation within 15 minutes after an extra-curricular activity ends. Failure to meet these expectations and requirements can result in a social suspension (Grade 7-8) or exclusion from future participation in the activity (Grade 4-6). Students must be in attendance during the day to attend an after school/evening function.

### **Parent/Spectator Behavior**

Any person, including adults, who behaves in an unsportsmanlike manner during an athletic or extracurricular event at our home school or away activities, may be ejected from the event they are attending and/or denied admission to school events for up to one year, at the discretion of the Superintendent or his/her designee. Examples of unsportsmanlike conduct include:

- \* using vulgar or obscene language;
- \* possessing or being under the influence of any alcoholic beverage or illegal substance;
- \* possessing a weapon;
- \* fighting or otherwise striking or threatening another person;
- \* failing to obey the instructions of a security officer or school district employee; and
- \* engaging in any activity which is illegal or disruptive.

The Superintendent may deny future admission to any person by delivering or mailing a notice, sent by certified mail. The notice will include;

1. A description of the unsportsmanlike conduct; which would include the time, date and place that it occurred; and
2. The proposed time period that admission to school events will be denied.

### **BULLYING (see also Harassment)**

Bullying is defined as intentionally aggressive behavior that can take many forms (verbal, physical, social/relational/emotional, or cyber bullying – or any combination of these); it involves an imbalance of power, and is often repeated over a period of time. The bullying can consist of one child bullying another, a group of children ganging up against one lone child, or one group of kids targeting another group.

Expectations:

1. Treat everyone with kindness and respect.
2. Be aware and abide by the school's anti-bullying policies and procedures.
3. Investigate all reported incidents of bullying
4. Support individuals who have been victimized by bullies.
5. Speak out against verbal, relational, physical bullying and cyber bullying.
6. Be a good role model.

Parents and students will be asked to affirm their commitment to keeping New Lenox School District 122 bully free. By signing the handbook agreement you are acknowledging your commitment to our anti-bullying compact.

### **Harassment Prevention and Procedures**

Student safety and well-being is a priority. All buildings have incorporated Character Education and Bullying Prevention/Violence Prevention into the curriculum. Any type of harassment that is deliberate and/or repeated and conduct such as unsolicited verbal comments, written statements, gestures, or physical contact of a sexual nature will not be tolerated.

The process begins with a report of bullying or harassment. Faculty, parents, and students (victim or observers) all have the opportunity to file bullying or harassment reports to the school administration. Once a report is filed, a building administrator will begin the investigation by receiving a statement from the victim. In this statement, the victim will be asked to share any details that may be relevant to the situation (i.e. what was done, what was the context, who was a witness, etc.). After the victim's statement, witnesses (if applicable or necessary) will be brought in to make a statement. Lastly, the accused offender will be brought in for a statement.

After hearing all sides to the story, and gathering as much information as necessary, an assessment of the level of seriousness of the act is made. The building administrator, sometimes in collaboration with other faculty members, is the one to make this assessment. The level of seriousness is determined by frequency of the act (has it happened before), type of act (verbal or physical), setting of the act (public vs. private), and level of intent to hurt. Based on this assessment, an appropriate consequence is determined and assigned. The following is a list of consequences that may be assigned in bullying/harassment situations:

- \*Verbal Reprimand/Warning
- \*Classroom Consequence
- \*Parental Contact
- \*Detention
- \*Social Suspension (Junior High)
- \*Internal Suspension

## \*External Suspension

### CONCUSSIONS

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois Elementary School Association before being allowed to participate in any athletic activity, including practice or competition.

A Student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's ok to return to play.

Signs observed by Coaching Staff	Symptoms Reported by Athletes
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 to hit or fall	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 "feeling down"

### Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crown the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse



- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

### **WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?**

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

### **WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?**

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experience in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

For current and up-to-date information on concussions you can go to:

[www.cdc.gov/concussion](http://www.cdc.gov/concussion)



August, 2015

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The above language which first appeared in all National Federation sports rule books for 2010-11 school term reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or apparently unconscious.” This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms or behaviors of a concussion from the lists below and remove them from play.

**Definition of a Concussion**

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

Behavior or signs observed indicative of a possible concussion	Symptoms reported by a player indicative of a possible concussion.
<ul style="list-style-type: none"> <li>• Loss of consciousness</li> <li>• Appears dazed or stunned</li> <li>• Appears confused</li> <li>• Forgets plays</li> <li>• Unsure of game, score, or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Shows behavior or personality changes</li> <li>• Can't recall events prior to or after the injury</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Nausea</li> <li>• Balance problems or dizziness</li> <li>• Double or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish</li> <li>• Feeling foggy or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> </ul>

**NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.**

**Protocol**

**Background:** This protocol is intended to provide the mechanics to follow during the course of contests/matches/ events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

**Policy:**

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury, unless that injury.
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school approved health care provider.
3. If it is confirmed by the school's approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. **Otherwise**, if an athlete cannot be cleared to return to play by a school approved health care professional as defined in this protocol, that athlete may not be returned to competition that day and is then subject to the Return to Play Policy before the student-athlete can return to practice or competition.
5. Following the contest, a Concussion Special Report must be filed by the contest official(s) with the IESA Office through the Officials Center.
6. In cases where an assigned IESA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

## **Return to Play (RTP) Policy**

**Background:** With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.” In applying that rule in Illinois, it has been determined that only certified athletic trainers and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

**Policy:** In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play. For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

## **Mandatory Concussion Course for Coaches**

Senate Bill 7 (Public Act 99-245) amends the School Code and will go in to effect for the 2016-2017 school year. The legislation requires ALL interscholastic athletic coaches to take a training course from an authorized provider at least once every 2 years. The IESA will make the IHSA online concussion awareness and education program available to IESA member schools through the IESA Member Center.

The program includes information on concussion awareness training, concussion recognition, best practices for avoiding concussions, return to play guidelines, and sub-concussive trauma. The presentation and other supplementary materials included in the presentation should be reviewed by ALL interscholastic athletic coaches prior to taking a required exam over the curriculum.

## DPVC CONFERENCE

New Lenox School District 122 is a member of the Des Plaines Valley Conference (DPVC).

Schools that make up the conference include:

Bentley School – 6<sup>th</sup> grade New Lenox  
Hickory Creek Middle School – Frankfort  
Homer Jr. High – Homer Glen  
Liberty Jr. High – New Lenox  
Martino Jr. High – New Lenox  
Manhattan Jr. High – Manhattan  
Nelson Ridge – 6<sup>th</sup> grade New Lenox  
Oakview School – 6<sup>th</sup> grade New Lenox  
Spencer Crossing School – 6<sup>th</sup> Grade New Lenox  
Summit Hill Jr. High – Frankfort  
Troy Middle School – Plainfield

## HEAT INDEX

People can suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.

Children sweat less than adults, making it harder for them to cool off. Thus, children who play sports or are physically active in hot weather can be at risk for heat illnesses. In addition, dehydration also puts children at risk for more dangerous heat illnesses. **Therefore, students will not practice or play games if the temperature is 100 degrees or above, including the heat index.**

## IESA

New Lenox School District 122 is a member of the Illinois Elementary School Association (IESA). The IESA encourages participation in interscholastic athletics and activities to provide students in Illinois grade schools and junior high schools with great and unique learning opportunities. And through participation in the athletic and activity programs sponsored by IESA member schools, the students have great opportunities to achieve recognition for themselves, their school and our community. Eligibility for most athletics is also governed by the rules of the Illinois Elementary School Association and, if applicable, these rules will apply in addition to this Athletic Code. In case of a conflict between IESA and this Athletic Code, the most stringent rule will be enforced. New Lenox athletics (Grades 7 & 8 only) participates in IESA state series competitions throughout the school year.

Sports include:

Boys and Girls Cross Country  
Boys and Girls Basketball  
Boys and Girls Volleyball  
Boys and Girls Track and Field  
Wrestling  
6<sup>th</sup> Grade Basketball (DPVC Conference Guidelines)

For more information on IESA, go to [www.iesa.org/information](http://www.iesa.org/information).

## **PARTICIPATION**

All forms listed below will need to be completed and returned to coach prior to tryouts.

- Physical (must be provided prior to tryouts)
- Certificate of Physical Fitness for Participation in Athletics
- Authorization for Medical Treatment
- Sports Contract (sign off page)

## **PHYSICAL EXAMS FOR ATHLETIC PARTICIPATION (Grades 4-8)**

No student shall be permitted to compete in a try-out, practice, or game unless such student has filed with the Athletic Director a certificate of physical fitness issued by a licensed physician, physician's assistant, or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding such tryout, practice, or contest in any athletic activity. No student shall be allowed to participate following a disabling illness or injury without a physician's release.



NEW LENOX SCHOOL DISTRICT 122  
102 South Cedar Road, New Lenox, Illinois 60451  
Phone 815-485-2169 Fax 815-485-2236

## Appendix A

### Authorization for Medical Treatment

*To be submitted to the Athletic Director (please print)*

\_\_\_\_\_  
Student

\_\_\_\_\_  
School student attends

\_\_\_\_\_  
Sport/Activity

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Home phone

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

\_\_\_\_\_  
Cell phone

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Physician phone

Medical information: (list allergies, medications, conditions and any know restrictions)

In the event of a medical emergency and if reasonable attempts to contact me using the telephone numbers listed above are unsuccessful:

I, as parent or legal guardian of the above student, do hereby authorize:

1. Treatment by a licensed medical physician of my child/ward in the event of a medical emergency that, in the opinion of the attending physician, may endanger his/her life, cause disfigurement, physical impairment, or undue discomfort if delayed, and
2. Transfer of my child/ward to any hospital reasonably accessible at my expense.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date



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## Appendix B

### Emergency Contact Information

Student \_\_\_\_\_ Sport/Activity \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Home phone \_\_\_\_\_

Home Address \_\_\_\_\_ Cell phone \_\_\_\_\_

School student attends \_\_\_\_\_ Parent email address \_\_\_\_\_

Emergency contact #1(relationship to student) \_\_\_\_\_ Contact phone \_\_\_\_\_

Emergency contact #2(relationship to student) \_\_\_\_\_ Contact phone \_\_\_\_\_

Physician \_\_\_\_\_ Physician phone \_\_\_\_\_

Medical History: Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Heart condition     Diabetes     Asthma:  Requires child to self-administer medication

Epilepsy     Allergies:  Requires student to carry EpiPen®

Other \_\_\_\_\_

List all medications (prescribed and over the counter)

Injuries (brief description and dates)

Surgeries (brief description and dates)

Physical activity restrictions (brief description and duration)

I certify that:

1. My child is in good health and is capable of participating in the above sport or activity. No need exists to limit his/her participation. I assume full responsibility for his/her physical condition and participation, and will notify you of any changes.
2. I have completed and submitted the *Authorization for Medical Treatment Form* allowing the school to seek medical treatment for my child in the event of a medical emergency when reasonable attempts to contact me are unsuccessful.
3. If my child requires or may need medication while participating in athletics, I have completed and submitted the *School Medication Authorization Form*.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_



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102 South Cedar Road, New Lenox, Illinois 60451  
Phone 815-485-2169 Fax 815-485-2236

### Appendix C



### Post-Concussion Consent Form (RTP/RTL)



Name \_\_\_\_\_ Grade 5 6 7 8

Date \_\_\_\_\_

By signing below, I acknowledge the following:

1. I have been informed concerning and consent to my student's participating in returning to play in accordance with the return-to-play and return-to-learn protocols established by Illinois State law;
2. I understand the risks associated with my student returning to play and returning to learn and will comply with any ongoing requirements in the return-to-play and return-to-learn protocols established by Illinois State law;
3. And I consent to the disclosure to appropriate persons, consistent with the federal Health Insurance Portability and Accountability Act of 1996 (Public Law 104-191), of the treating physician's or athletic trainer's written statement, and, if any, the return-to-play and return-to-learn recommendations of the treating physician or the athletic trainer, as the case may be.

Student's Signature \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

#### For School Use Only:

Written statement is included with this consent from treating physician or athletic trainer working under the supervision of a physician that indicates, in the individual's professional judgment, it is safe for the student to return-to-play and return-to-learn.

Cleared for RTL

Cleared for RTP

Date \_\_\_\_\_

Date \_\_\_\_\_





## Appendix D

### 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:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>Headaches</li> <li>“Pressure in head”</li> <li>Nausea or vomiting</li> <li>Neck pain</li> <li>Balance problems or dizziness</li> <li>Blurred, double, or fuzzy vision</li> <li>Sensitivity to light or noise</li> <li>Feeling sluggish or slowed down</li> <li>Feeling foggy or groggy</li> <li>Drowsiness</li> <li>Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>Amnesia</li> <li>“Don’t feel right”</li> <li>Fatigue or low energy</li> <li>Sadness</li> <li>Nervousness or anxiety</li> <li>Irritability</li> <li>More emotional</li> <li>Confusion</li> <li>Concentration or memory problems (forgetting game plays)</li> <li>Repeating the same question/comment</li> </ul> |
|--|---|

**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 in coordination
- 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

## **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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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. The Return-to- Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

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/>

## **Student/Parent Consent and Acknowledgements**

By signing this form, we acknowledge we have been provided information regarding concussions.

### **Student**

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

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

### **Parent or Legal Guardian**

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document created  
7/1/2011, Reviewed 4/24/2013, Reviewed 7/16/2015



## NEW LENOX SCHOOL DISTRICT 122

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### Appendix E

#### Sports Contract

I have read and understand the rules governing participation, academic eligibility and Code of Conduct for all New Lenox School District 122 athletes:

Agreement to Participate – Student

Academic Eligibility Information

Code of Conduct – Athlete

Concussion Information Sheet

Post-Concussion Consent Form

Print Student Athlete's Name \_\_\_\_\_

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

We have read and understand the following information with our student/athlete. We recognize our responsibility as a parent and support the athletic programs at New Lenox School District 122.

Agreement to Participate – Parent/Guardian

Athletic Handbook

Authorization for Medical Treatment

Emergency Contact Information

Code of Conduct – Parent

Concussion Information Sheet

Post-Concussion Consent Form

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

School student attends:

Check one:  Liberty  Martino  Oakview  Nelson Ridge  Spencer Crossing  Bentley

This form must be turned in along with the Authorization for Medical Treatment, Emergency Contact Information Sheet, Post-concussion Consent Form and Physical Form to your coach.

***Participation in athletics is a privilege and not a right.***