



Consent and Medical Information

Retain for your information and records. You do not need to submit this form.

SDHSAA PARENT AND STUDENT CONSENT (INFORMATIONAL FORM)

THIS FORM IS FOR YOUR REFERENCE AND RECORDS. YOU DO NOT NEED TO RETURN IT TO THE SCHOOL OFFICE. BY SIGNING PAGE 1 OF THE BRANDON VALLEY PHYSICAL FORM, YOU AGREE TO ALL STIPULATIONS BELOW.

The Parent and Student hereby:

1. Understand and agree that participation in SDHSAA sponsored activities is voluntary on the part of the student and is considered a privilege.
2. Understand and agree that (a) by this Consent Form the SDHSAA has provided notification to the parent and student of the existence of potential dangers associated with athletic participation; (b) participation in any athletic activity may involve injury of some type; (c) the severity of such injuries can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries such as injuries to the body's bones, joints, ligaments, tendons, or muscles. Catastrophic injuries to the head, neck and spinal cord and concussions may also occur. On rare occasions, injuries are so severe as to result in total disability, paralysis and death; and (d) even with the best coaching, use of the best equipment, and strict observance of rules, injuries are still a possibility.
3. Consent and agree to participation of the student in SDHSAA activities subject to all SDHSAA bylaws and rules interpretations for participation in SDHSAA sponsored activities, and the activities rules of the SDHSAA member school for which the student is participating; and
4. Consent and agree that personally identifiable directory information may be disclosed about the student as a result of his/her participation in SDHSAA sponsored activities. Such directory information may include, but is not limited to, the student's photograph, name, grade level, height, weight, and participation in officially recognized activities and sports. ***If I do not wish to have any or all such information disclosed, I must notify the above mentioned high school, in writing, of our refusal to allow disclosure of any or all such information prior to the student's participation in sponsored activities.***

By signing page 1 of the Brandon Valley Physical Form, I, the student, acknowledge that I have read paragraphs (1) through (4) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participating in activities.

I am the student's parent/guardian. By signing on page 1 of the Brandon Valley Physical Form, I acknowledge that I have read paragraphs (1) through (4) above; that I understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities; and that I am giving my permission for student named in this form to practice and compete for the above-named high school in activities approved by the SDHSAA.

MEDICAL INFORMATION (INFORMATIONAL FORM)

THIS FORM IS FOR YOUR REFERENCE AND RECORDS. YOU DO NOT NEED TO RETURN IT TO THE SCHOOL OFFICE. BY SIGNING PAGE 1 OF THE BRANDON VALLEY PHYSICAL FORM, YOU AGREE TO ALL STIPULATIONS BELOW.

As the guardian of a student who participates in co-curricular activities for Brandon Valley High/Middle School, I consent to any medical services that may be required while said child is under the supervision of an employee of the Brandon Valley School District while on a school sponsored activity, and I appoint the emergency contact noted in Family Access to act on my behalf in securing necessary medical services from any duly licensed medical provider.

I have listed all necessary precautions (allergies, diseases, medications, etc.) in treating the student named on the Brandon Valley Physical Form.

I acknowledge that emergency contact information will be printed from what I have entered and verified in the Family Access program. This information includes the following:

- Family Physician
- Hospital Preference
- All names and phone numbers listed as emergency contacts.

By signing page 1 of the Brandon Valley Physical Form, I acknowledge that all stated information will be printed and given to activity coaches and supervisors for emergency purposes.

Also, by signing on page 1 of the Brandon Valley Physical Form,

- I acknowledge I/we have read and understand the **SDHSAA ANNUAL PARENT AND STUDENT CONSENT FORM** and give my consent for the student named in the Brandon Valley Physical Form to compete in SDHSAA approved activities for Brandon Valley High School during the 2018-19 school year.
- I give our permission for our son/daughter to participate in organized high school athletics, realizing that such activity involves the potential for injury which is inherent in all sports.
- I acknowledge that I have read and understand the Brandon Valley School District's **RULES FOR PARTICIPATION** in athletics/activities (as found in the most recent Brandon Valley High School Student Handbook). This includes the rules, penalties and due process procedures involved.

By signing page 1 of the Brandon Valley Physical Form, I acknowledge that I have read and understand all information stated on this **MEDICAL INFORMATION FORM**.



Brandon Valley Schools

CONCUSSION FACTS

Retain for your information and records. You do not need to submit this form.

CONCUSSION FACTS FOR STUDENTS

What is a concussion?

A concussion is a brain injury that

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung".

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is okay to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity.
 - Worn correctly and the correct size and fit.
 - Used every time you play or practice.
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

**IT'S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON.**

CONCUSSION FACTS FOR PARENTS

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 or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can't 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.

Signs Observed By Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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"

How can you help your teen prevent a concussion?

- Every sport is different, but there are steps your teens 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.

What should you do if you think your teen has a concussion?

1. **Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's okay to return to play. A repeat concussion that occurs before the brain recovers from the first - usually within a short period of time (hours, days, or weeks) - can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
3. **Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's "just fine".
4. **Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.