

Wesleyan Christian Academy: Conditions of Athletic Participation Form:

1917 North Centennial Street High Point, NC 27262 336-884-3333 (Fax) 336-884-8232

Athlete's Full Name

Date of Birth

Instructions:

Parents and students, please read and sign the following conditions of participation statements.

SPORTS PHYSICALS: I understand that my child needs a current sports physical given by an appropriate health care provider before he/she can participate in any organized athletic event. It is my responsibility as a parent to make sure this sports physical is current and up to date.

I am also providing permission for an appropriate health care provider to give my child a sport's physical should one be provided on campus.

PERMISSION TO TREAT: I hereby authorize members of Wesleyan Christian Academy (WCA) to take such measures as deemed appropriate when my child is ill and/or injured. Furthermore, in the event of serious illness and/or injury the rescue squad may be utilized; and examination, anesthesia, x-ray, medical and/or surgical diagnosis, treatment, and hospital care may be rendered by, under supervision and/or on the advice of appropriate medical personnel. In such event, I understand that members of the WCA's staff will make reasonable efforts to contact a parent, guardian, emergency contact, physician and/or dentist as feasible under the circumstances. I give permission for the release of health information including verbal, print, fax, and electronic media, for the treatment of my child, within FERPA/HIPPA guidelines, to the appropriate WCA personnel and/or attending health care providers.

RISK OF INJURY: We acknowledge and understand that there is a risk of injury involved in athletic participation. We understand that the student-athlete will be under the supervision and direction of a WCA athletic coach. We agree to follow the rules of the sport and the instruction of the coach in order to reduce the risk of injury to the student and to other athletes. However, we acknowledge and understand that neither the coach nor WCA can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and in some cases may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participating in athletics.

We understand as participants, we have a responsibility to help reduce the risk of injuries. In addition, we will obey all safety rules, report all physical and hygiene problems to WCA staff, follow a proper conditioning programs, and inspect our equipment daily.

RELEASE: In consideration of WCA allowing the student athlete to participate in athletics, we agree to release and hold WCA, its athletic coaches and staff, and any other employee or volunteer, free, harmless, and indemnified from and against any and all claims, suits or causes of action arising from or out

of any injury that the student-athlete may suffer from participation in athletics other than injuries resulting from gross or willful negligence.

CONCUSSIONS: We have received, read, and agree with the Gfeller-Waller Student—athlete & parent/legal custodian concussion information and concussion statement sheet: which includes information on the definition of a concussion, symptoms of a concussion, what to do if I have a concussion, how to prevent a concussion, and return to play guidelines. Any WCA athlete that losses consciousness will be transported by EMS to the hospital.

SPORTS INFORMATION/MEDIA: I consent to Wesleyan Christian Academy Athletic Department to the use of the herein named student's name, likeness, and athletic-related information in reports of contests, promotional literature, and other materials and releases related to interscholastic athletics.

WEIGHT ROOM: We have read and agree to comply with the Trojan Weight Room policy as written. We acknowledge that our failure to comply with these rules/instructions may result in loss of weight room privileges. We are fully aware of the risks involved in any form of physical activity. We understand that even with the best instruction, proper use of equipment, and strict adherence to rules/regulations injuries are still a possibility. We agree to accept these risks as a condition of our participation in the after school/summer weight room program.

ATHLETIC TRANSPORTATION WAIVER: WCA provides transportation services through Wesleyan Transportation Ministries (WTM) for all athletes for all practices and games. The buses provided by WTM meet all state and federal guidelines for safety and carries appropriate liability insurance. The guideline are: all athletes must use WTM service for transportation to games and practice session; any exception to the above policy must have prior approval by the athletic director and must have a completed transportation waiver form signed by the parent.

I hereby give permission for my child to participate in interscholastic athletics and travel on athletic trips/practices for his/her team.

In addition to granting this permission, I assume full responsibility for the behavior of my child and for any and all damages to person or property caused by my child.

We have read, understand, and agree to the conditions of athletic participation.

Parent/ Legal Guardian Signature Date

Student Athlete Signature Date

Student Athlete and Parent/Legal Custodian Concussion Statements

1. A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.
2. A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.
3. A concussion cannot be “seen.” Some symptoms might be present right away.
4. Other symptoms can show up hours or days after an injury.
5. I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.
6. If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.
7. I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.
8. I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.
9. Based on the latest data, most concussions take days or weeks to get better.
10. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.
11. I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.
11. After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.
12. Sometimes, repeat concussions can cause serious and long-lasting problems.

INFORMATION FOR STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly Taking longer to figure things out Difficulty concentrating Difficulty remembering new information	Headache Fuzzy or blurry vision Feeling sick to your stomach/queasy Vomiting/throwing up Dizziness Balance problems Sensitivity to noise or light	Irritability-things bother you more easily Sadness Being more moody Feeling nervous or worried Crying more	Sleeping more than usual Sleeping less than usual Trouble falling asleep Feeling tired

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High Athletic Association

Wesleyan Christian Academy Athletic Department Strength & Conditioning Program

Strength and conditioning programs are key elements to the success of all athletic teams. The focus of the Wesleyan Christian Academy strength and conditioning program is to prepare our student athletes for the physical demands of sports competition, increase overall individual fitness, and reduce the risk of athletic injury.

Our programs are designed for pre-season, in-season, off-season student athletes, and are conducted through-out the entire calendar year. A typical training schedule might include: General Warm-up, Dynamic Warm-up, Specific Warm-up, Conditioning, Strength and Power Training, and Stretching.

In order to begin any strength and conditioning program the student athlete must have a current, up-to-date physical and parental permission on file in the Athletic Office. It should be understood that having passed a physical examination does not necessarily mean that an athlete is physically ready to engage in strength and conditioning activities.

Athletes are strongly encouraged to have done some preparation of their own, taking into consideration the importance of proper hydration, nutrition, general physical condition, and acclimatization to the current workout environment.

At times, athletes may be evaluated to determine their current level of physical condition and monitored throughout the duration of the program.