

# Libertyville School District 70 Highland Middle School Athletic Department



## Permission Slip

My son/daughter, \_\_\_\_\_,  
Grade \_\_\_\_\_, has my permission to participate in all of the practices and events  
for the \_\_\_\_\_ (one sport only please) team.

I understand that my child will be required to attend all team practices until approximately 5:30 every school day. They will also be expected to be at all meets/games. In addition I understand that some events will be held at locations other than Highland Middle School. My child has my permission to accompany his/her teammates to and from these meets via school bus. I also understand that his/her coaches and drivers will use every precaution to ensure the safety of my child. I have read and understand the policies outlined for my son/daughter, as well as the attached information about concussions and head injuries.

I agree to allow my child/my child's work to be photographed/videoed during this extracurricular event, Club's activities and shared on D70 websites, along with official D70 Social Media, including Facebook, Twitter and unlisted school YouTube accounts.

If emergency treatment is necessary, I hereby give permission for my child to be taken to the nearest doctor or hospital and agree to pay all fees in connection with such treatment or service not covered by insurance.

Please sign and return this entire form on or before the date of the first tryout

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Does your child have any medical conditions or health needs of which the coaching staff should be made aware? (allergies to medications etc.)  
\_\_\_\_\_ NO \_\_\_\_\_ YES (please explain below)

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

Phone Number \_\_\_\_\_ Cell Phone # \_\_\_\_\_

E-Mail address \_\_\_\_\_

Emergency Contact/Number \_\_\_\_\_ / \_\_\_\_\_

**Important Note: Please take a moment to read the information on the back of this form regarding concussions and head injuries for student athletes.**





## A Fact Sheet for PARENTS

### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

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 or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

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

#### Signs Observed by Parents or Guardians

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- 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 behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

#### Symptoms Reported by 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
- Does not “feel right”

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

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

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

*It’s better to miss one game than the whole season.*