

North Middlesex Regional High School  
Department of Athletics  
"Believe, Achieve, Succeed"

PARENT/ATHLETE HEAD INJURY DISCLOSURE FORM

Pursuant to Massachusetts General Law, Chapter 111, Section 222, participants of interscholastic athletic programs, and their parents, prior to each season must disclose any information relative to any head injury history (whether it be sports related or none sports related). This information must be shared with the athlete's coach(s) and a copy will be kept on file in the Certified Athletic Trainers office.

Have you ever exhibited signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) during a sporting competition at any level?

\_\_\_ YES                      \_\_\_ NO

Have you ever been diagnosed with a concussion (sports or non-sports related)?

\_\_\_ YES                      \_\_\_ NO

If you answered yes to either of the above questions please list and explain each individual circumstance (signs, symptoms, or behaviors followed by the date of the incident).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you currently have or have you ever had athletic participation restrictions in relations to being diagnosed with a concussion?

\_\_\_ YES                      \_\_\_ NO

I attest that the above information is accurate to the best of my knowledge, and that I have received all concussion fact sheets and warning sheets distributed.

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

\_\_\_\_\_  
Athlete/Participant Signature

\_\_\_\_\_  
Parent/Guardian Name (Print)

\_\_\_\_\_  
Athlete/Participant Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

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**Head Injury/Concussion State Law Mandates**

The Commonwealth of Massachusetts Executive Office of Health and Human Services now require that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to the following law. Student athletes and their parents/legal guardians, coaches, athletic directors, school nurses, and physicians must learn about the consequences of head injuries and concussions through training programs and written materials. ***The law requires that athletes and their parents/legal guardians inform their coaches about prior head injuries at the beginning of the season.*** If during any athletic event, whether practice or competition, a student athlete is suspected of having a concussion the law now mandates that the student athlete must be taken out of that practice or competition, and further more requires written documentation from a licensed medical professional for "return to play."

Parents and students who plan to participate in any Athletic Program at North Middlesex Regional School District must also take a free on-line course. We have provided you with information to two sites that have free on-line courses.

- 1.) National Federation of High School Coaches. In order to take the free on-line course you will need to click the "Order Here" button and complete a brief information form to register. At the end of the course you will receive a certificate of completion. The course and registration can be completed in less than 30 minutes.

<http://www.nfhslearn.com>

- 2.) Centers of Disease Control and Prevention also has a free on-line course at:

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

By signing below you are indicating that you and your child (student-athlete) have completed one of the courses listed above. This form is required in order for your student-athlete to participate on any athletic team within the North Middlesex School District. It is our desire here at North Middlesex Regional School District that you and your student-athlete are educated in the risks, signs and symptoms, as well as the prevention of sports related concussions.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student-Athlete

\_\_\_\_\_  
Date