



March 10, 2025

Dear Parent/Guardian:

You are receiving this letter because your child has expressed interest in participating in middle or high school athletic activities.

Parents/guardians must provide proof of private insurance or Medicaid coverage or purchase a voluntary coverage plan, developed specifically for CPSB, for their child before he/she can participate in middle and high school athletic activities including the following: football, baseball, softball, basketball, volleyball, soccer, track & field, golf, tennis, swim, cheer, dance, pep squad, band, bowling, and wrestling.

Parents/guardians with existing insurance may also purchase the voluntary plan to provide additional coverage for co-pays, deductibles and out-of-pocket expenses.

Please see the attached enrollment form and instructions if you are interested in purchasing a voluntary policy.

If you have any questions, feel free to contact the Risk Management Department at 337-217-4240.

Respectfully,

A handwritten signature in black ink that reads "Jay Bergeron". The signature is written in a cursive style with a large, prominent "J" and "B".

Jay Bergeron
Risk Manager
Calcasieu Parish School Board

Building Foundations for the Future

****If your child is uninsured and would like to participate in summer athletic programs, you will need to purchase the 2025-2026 Student Accident Policy. Please note that this policy will expire on 8/1/25. Therefore, you will be required to purchase the 2025-2026 Student Accident Policy by 8/1/25 for your child to continue to participate in CPSB Athletics.**

****At this time, we are NOT including the enrollment forms in this packet. You can contact Risk Management at 217-4240 Ext. 3004 for the 2025-2026 enrollment forms. The 2025-2026 enrollment forms will be available sometime in July.**

****Incoming freshmen: If a 2024-2025 voluntary policy was purchased in middle school, that coverage is valid through 8/1/25. However, for FRESHMAN FOOTBALL – the voluntary policy that was purchased to participate in middle school sports DOES NOT cover FRESHMAN football. Summer conditioning does not require football specific coverage. If they are participating in speed or agility workouts on the football field that is consider conditioning. However, once they begin practice on the football field (i.e. with a football) you will be required to purchase the 2024-2025 High School Spring Only policy which expires 8/1/25 and then purchase the 2025-2026 High School Full Year policy.**

****2025-2026 policies will be valid from 8/1/25 or date of purchase (whichever is later) through 7/31/26.**

Minimum Policy Needed If NOT covered by private insurance or Medicaid

Sport	School Time Low Option	Full Year High School Football Low Option	Spring/Summer High School Football Low Option
All Middle School Sports	X		
High School Non-Football	X		
High School Football		X	
High School Football- Spring Only			X

**** If your child plays football and another sport(s), the School Time Plan must also be purchased**

****Non-football: baseball, softball, basketball, volleyball, soccer, track & field, golf, tennis, swim, bowling, wrestling, cheer, dance, pep squad and band**

****Middle School Bands who do not perform OUTSIDE of class are NOT required to have coverage**

1. If you are purchasing this policy for PRIMARY coverage (only coverage) as required for participation in student athletics:

a. Turn in the completed enrollment form with payment (check or money order) to the Risk

Management Office on 3310 Broad Street, Lake Charles, LA 70615

b. Risk Management will forward your enrollment form and payment to K&K

c. Risk Management will verify coverage with K&K once your enrollment form and payment are processed

d. Risk Management will notify the head coach and parent once the student is eligible to participate in student athletics

2. If you are purchasing this policy for SECONDARY coverage please mail to:

K & K Insurance Group

P. O. Box

Fort Wayne, IN 46801-2338

Questions about the enrollment process can be directed to Risk Management: 217-4240 Ext. 3004



Extra-Curricular
Participant Packet

REQUIRED FORMS	HIGH SCHOOL SPORTS	MIDDLE SCHOOL SPORTS	HIGH SCHOOL CHEER	MIDDLE SCHOOL CHEER	ALL DANCE	ALL BAND	E-SPORTS
A - Medical History Evaluation (Part I)	X	X	X	X	X	X	X
A - Medical Examination (Part II)	X	N/A	X	N/A	N/A	N/A	N/A
B - LHSAA Participation/Parental Permission	X	N/A	X	N/A	N/A	N/A	N/A
B1 - CPSB Participation/Parental Permission	X	X	X	X	X	X	X
C - LHSAA Substance Abuse/Misuse Contract	X	N/A	X	N/A	X	N/A	X
D - Assurance Form for SPED Student**	X	N/A	N/A	N/A	N/A	N/A	N/A
E - Auth of Treatment/Waiver/Hold Harmless	X	X	X	X	X	X	X
F - Insurance Statement	X	X	X	X	X	X	X
G - Personal Information	X	X	X	X	X	X	X
H - Concussion Statement (Act 314)	X	X	X	X	X	N/A	N/A
I - Risk of Serious Injury (Act 352)	X	X	X	X	X	X	X
J- Student/Athletic Accident Insurance	X	X	X	X	X	X	X
Items in BOLD must be completed each year							

*A copy of your child's birth certificate and **proof of insurance** will need to be provided along with this completed packet.*

LHSAA MEDICAL HISTORY EVALUATION

IMPORTANT: This form must be completed annually, kept on file with the school, and is subject to inspection by the Rules Compliance Team.

Name: _____ Date of Birth: _____ Age: _____ Date: _____
School: _____ Grade: _____ Sport(s): _____

II. COMPLETED ANNUALLY BY MEDICAL DOCTOR (MD), OSTEOPATHIC DR. (DO), NURSE PRACTITIONER (APRN) or PHYSICIAN'S ASSISTANT (PA)

Height _____ Weight _____ Blood Pressure _____ Pulse _____

GENERAL MEDICAL EXAM :

Table with 3 columns: Organ, Norm, Abnl. Rows: ENT, Lungs, Heart, Abdomen, Skin.

ORTHOPAEDIC EXAM :

I. Spine / Neck

Table with 3 columns: Cervical, Thoracic, Lumbar, Norm, Abnl.

II. Upper Extremity

Table with 3 columns: Shoulder, Elbow, Hand / Fingers, Wrist, Norm, Abnl.

III. Lower Extremity

Table with 3 columns: Knee, Hip, Ankle, Norm, Abn.

Health Care Provider notes (if needed): _____

- [] Medically eligible for all sports without restriction
>[] Medically eligible for certain sports
>[] Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of
>[] Not medically eligible pending further evaluation
>[] Not medically eligible for any sports

This recommendation is from a limited screening.

Printed Name of MD, DO, APRN or PA

Signature of MD, DO, APRN or PA

Date of Medical Examination



Louisiana High School Athletic Association

Athletic Participation/Parental Permission Form

This form must be completed and signed **by the student-athlete's parent** prior to a student's participation in an athletic contest and shall be kept on file with the school. **It shall remain in effect for the remainder of the student's eligibility unless the student transfers to another member school.** This form is subject to **review/inspection** by the LHSAA **or its representative.**

PART I: STUDENT INFORMATION (Please Print)

Student's Name: (Last, First, Middle) _____ School Year: _____

Date of Birth: _____ Last Four Digits of SSN: _____

Home Address: _____

City: _____ Zip: _____

My child entered ninth grade in _____ (month and year). Last semester/year he/she attended _____ High School.

ARE YOU ELIGIBLE?

A student athlete in an LHSAA school must meet the following rules to be eligible for interscholastic athletic competition:

<u>RULE</u>	<u>COMMENTS</u>
BONA FIDE STUDENT	A student shall be enrolled in and attending an LHSAA member school on a regular basis and taking the required number of subjects which shall be recorded on the student's official transcript unless student is a special education student or in the 8 th grade or below. A student shall must be counted as a student on the daily attendance records of the school he/she attends. Attendance in one class makes you a student at that school.
ENROLLMENT	A student shall be enrolled and attending a school in the first 11 school days of the school semester at any school or will be ineligible for the first 30 school days.
AGE	A student shall not become 19 years of age prior to August 1 of this year.
PROOF OF AGE	A student shall provide legal proof of age, which meets the provisions of the LHSAA handbook, to the school administrator to be kept on file at school.
CONSECUTIVE SEMESTERS	Once a student shall enter the ninth grade, he/she shall have eight consecutive semesters to play athletics. (EXCEPTION: Hold-Back Repeat Student – See Rule 1.26.6 of the LHSAA handbook)
SCHOLASTIC	<p>For regular education high school students at the end of the first semester a student shall pass at least six subjects in all subjects taken.</p> <p>At the end of the year and prior to the next school year, a student shall must have earned at least six units with an overall "C" average for the entire previous school year as determined by the LEA in all units taken. All seniors must take at least four (4) subjects each semester.</p> <p>Special education students must consult the school principal, athletic director, or coach for scholastic information.</p>
RESIDENCE AND SCHOOL TRANSFERS	Upon entering high school for the first time, a student shall have the choice to attend any member school located in the attendance zone in which the student resides with his/her parent(s)/guardian(s) or any other household with whom the student has been residing for the past calendar year and be immediately eligible unless an applicable exception applies. A transfer to another member school in the same attendance zone shall render the student ineligible for one calendar year.
UNDUE INFLUENCE	If a student shall has been recruited to a school for athletic purposes, he/she shall remain ineligible as long as the student attends that school.
AMATEUR	A student cannot play high school athletics if he/she loses their amateur status.
INDEPENDENT TEAM	In certain sports a student cannot play on a school team and an independent team during the same sport season.

MEDICAL EXAMINATION

A student shall **annually** pass a physical examination given by a licensed physician/ nurse practitioner that is in collaboration with a licensed physician or a licensed physician's assistant under the supervision of a licensed physician and complete an LHSAA Medical History Evaluation form prior to participating.

ATHLETIC PARTICIPATION/

PARENTAL PERMISSION FORM

A school shall **only** be required to have this form completed and signed prior to **the first time** a **student participates** in LHSAA athletics at the school **unless the student transfers to another member school.**

SUBSTANCE ABUSE/MISUSE CONTRACT & CONSENT FORM

A school shall only be required to have this form completed and signed prior to the first time a student participates in LHSAA athletics at the school.

SUSPENDED AND

INELIGIBLE STUDENTS

Shall not participate in any interscholastic contest on any team at any school at any level.

LHSAA ELIGIBILITY RULES APPLY TO STUDENT-ATHLETES ON ALL TEAMS AT ALL LEVELS OF PLAY AT ALL LHSAA SCHOOLS

Eligibility to participate in interscholastic athletics is a privilege a student earns by meeting standards outlined on this form and other regulations and policies set by the LHSAA and the student's school. If you have questions or do not fully understand an eligibility rule, check with your child's principal, athletic director or coach. By following the intent and spirit of the rules, you can help prevent violations which may penalize the student, his/her team and/or his/her school.

ONE INELIGIBLE STUDENT MAY DISQUALIFY YOUR WHOLE TEAM – KNOW THE ELIGIBILITY RULES

PART II – PARENTAL PERMISSION

I have read and reviewed the general requirements for high school athletic eligibility on this form and have discussed these requirements with my child. I understand additional questions/explanations and specific circumstances should be directed to my child's principal, athletic director or coach.

I certify the home address listed **on this form** is my sole bona fide residence and **that I** will notify the school principal immediately of any change in **my** residence, since such a move may alter the eligibility status of my child. All other information given is also accurate and current.

I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/ athletic director/principal of his/her school. Additionally, I give the LHSAA or it representative(s) permission to review my child's scholastic records and all required eligibility forms **however submitted by the school or myself.**

If the medical status of my child changes in any significant manner after he/she passes his/her physical examination, I will notify his/her principal of the change immediately.

I hereby give my consent and approval for **my child** to participate in **any** of the following LHSAA sports:

- | | | |
|---------------|--------------|-----------------|
| BASEBALL | GOLF | SWIMMING |
| BASKETBALL | GYMNASTICS | TENNIS |
| BOWLING | POWERLIFTING | TRACK AND FIELD |
| CROSS COUNTRY | SOCCER | VOLLEYBALL |
| FOOTBALL | SOFTBALL | WRESTLING |

I certify all the information is correct, that I have read the summary of LHSAA eligibility rules below and I am in compliance with these standards. I also acknowledge that my child, by my signature below, has my permission to participate in interscholastic athletics during his attendance at this school. I also understand that this form shall only be completed prior to my child's first participation in any athletic contest of any sport and shall remain in effect for his/her entire athletic eligibility unless he/she transfers to another member school.

By signing below, I agree that my child and I will support and comply with all rules, policies and procedures of the LHSAA as set forth in its Handbook, including its Constitution and Bylaws.

Date: _____ Parent's Signature: _____

Relationship to Student _____ (Print Name) _____

(Principal Signature) _____





ATHLETIC PARTICIPATION/PARENTAL PERMISSION FORM

Part I: Athlete Information-To be completed and signed by student athlete (Please Print)

NAME: _____ DOB: _____

ADDRESS: _____

CITY/STATE: _____ ZIP CODE: _____

PHONE NUMBER: _____ SEX: _____ AGE: _____

I certify the preceding information is correct and accurate to the best of my knowledge,

Student Athlete (Signature)

Date

Part II: Parental Permission- To be completed and signed by parent/guardian of athlete

I hereby give my consent and approval for the student athlete named on this form to participate in any of the following activities:

BASEBALL SWIMMING BASKETBALL TRACK & FIELD SOCCER VOLLEYBALL TENNIS
FOOTBALL SOFTBALL WRESTLING CHEER & DANCE GOLF BOWLING BAND

Parent/Guardian (Signature)

Date

Parent/Guardian (Printed Name)

Telephone Number

**This contract shall remain in effect for the remainder of the student's eligibility. This means that the contract only has to be signed once by both the student and his/her parent or guardian, but the terms remain in effect for the student's entire high school career.

B1



LHSAA SUBSTANCE ABUSE/MISUSE CONTRACT AND CONSENT FORM

This form must be completed and signed and kept on file with the school and is subject to inspection by the LHSAA Rules Compliance Team.

As an LHSAA athlete, I, _____, agree to avoid the abuse or misuse of legal or illegal substances, including anabolic steroids and other performance enhancing drugs. I hereby grant permission to be tested for substance abuse/misuse as a participant in any LHSAA sports program. I furthermore agree to cooperate by providing a urine or hair specimen for testing upon the request of my principal. I understand that should my specimen indicate the abuse or misuse of legal or illegal substances, I will be subject to action specified in my School Drug Policy for Student Athletes.

I, _____, parent/guardian of the undersigned student athlete, individually, and on behalf of my child, do hereby grant permission for and consent to said child being tested for substance abuse/misuse in accordance with his/her School Drug Policy for Student Athletes and I understand that if any specimen taken from him/her indicates abuse or misuse of legal or illegal substances, including anabolic steroids and other performance enhancing drugs, he/she will be subject to action specified in the School Drug Policy for Student Athletes for his/her school.

Dated: _____	_____
	Student Athlete
Dated: _____	_____
	Parent/Guardian
Dated: _____	_____
	Principal
Dated: _____	_____
	Head Coach or AD

1.10 ABUSE AND/OR MISUSE OF ILLEGAL SUBSTANCES - Each member school shall develop and implement a substance abuse/misuse policy including procedures for chemical testing of student-athletes. To be eligible for interscholastic athletics, prior to practicing or participating in a sport at an LHSAA school, a student-athlete and his/her parent(s)/guardian shall sign the LHSAA Substance Abuse/Misuse Contract developed and distributed to all schools by the LHSAA. Once signed, the LHSAA Substance Abuse/Misuse Contract shall remain in effect for the remainder of the student-athlete's eligibility. Schools may also have the student and parent/guardian sign a school issued form in addition to the LHSAA Substance Abuse/Misuse Contract. Schools shall be required to keep the signed form on file at the school.

1.10.1 The penalties for failure to have the required LHSAA Substance Abuse/Misuse Contract(s) for all students completed, properly signed, and maintained in the school files shall be:

1. A school shall be fined \$50 per student, per sport for each LHSAA Substance Abuse/Misuse Form not completed, properly signed, and on file with the school not to exceed \$500 per sport.
2. A student in violation of this rule shall not be ruled ineligible for this infraction, but shall be withheld from further team practices and interscholastic athletic participation until a copy of this form is completed and submitted to the Executive Director. The completed form must be faxed or postmarked prior to the athlete's participation

Signature of the LHSAA's contract does not necessarily mean the student athlete will be tested.



**AUTHORIZATION FOR TREATMENT AND
WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT**

1. In consideration for participating in athletic events sponsored by, or in any way involving, the Calcasieu Parish School Board or any of its schools, I hereby release, waive, discharge and covenant not to sue the Calcasieu Parish School Board, its members, agents, faculty, staff, administrators, officers, servants, and employees (hereinafter referred to as CPSB) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that I may sustain or experience while participating in such activity, or while in, on or upon the premises where the activity is being conducted or in transportation to and from said premises.

2. To the best of my knowledge, the student-athlete can fully participate in sports activities. I am fully aware of risks and hazards connected with the activity, and I hereby allow the student-athlete to voluntarily participate in said activity and engage in such activity knowing that the activity may be hazardous. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may be sustained, or any loss or damage to property owned, as a result of the student-athlete being engaged in such an activity.

3. I authorize all medical treatment that may become necessary as a result of the student athlete's participation in athletic events.

In signing this release, I acknowledge and represent that I (a) have read the foregoing document, understand it and sign it voluntarily; (b) have received no oral representations, statements or inducements apart from the foregoing written agreement; and (c) am fully competent and the proper person to execute this document.

Signed this _____ day of _____, 20____.

Student Athlete (Printed Name)

Parent/Guardian (Printed Name)

Date

Parent/Guardian (Signature)

Date



Insurance Statement Form

Student's Name: _____

Parent/Guardian's Name: _____

I, the undersigned parent or guardian, give my child permission to participate in all school sponsored athletics. I sign this form with the understanding that neither the school nor the Calcasieu Parish School Board assumes any liability for accident or injury to my child while participating in school sponsored athletics. I also understand that, in the event of injury to my child, I will assume all liability incurred.

I recognize that the Calcasieu Parish School Board requires each student athlete to be protected for medical expenses in the event of injury, and I must provide coverage for my child's medical expenses resulting from injuries that might occur during school sponsored athletics. I certify that my child is protected for medical expenses resulting from injury through the coverage noted, and I agree to maintain coverage for my child for injury throughout participation in school sponsored athletics. If my child changes or loses coverage while participating in school sponsored athletics, I will immediately alert the Calcasieu Parish School Board. I acknowledge that my child will not be allowed to participate until coverage is reinstated. I understand that the Calcasieu Parish School Board is not responsible for any medical costs associated with any injuries my child might sustain while participating in school sponsored athletics.

_____ My child is **covered** for medical expenses that might result from injury during school sponsored athletics by one of the three possible methods listed below:

_____ Private Insurance (Proof of coverage attached)

_____ I acknowledge that I can and will purchase K&K Student Accident Insurance Policy to supplement any unpaid portion of a student accident claim such as deductible or out-of-pocket expenses that are remaining after filing with my private insurance.

_____ Medicaid (Proof of coverage attached)

_____ My child is **not covered** for medical expenses that might result from injury during school sponsored athletics and I wish to enroll my child in K&K Student Accident Insurance Policy. (See enclosed brochure and attach proof of coverage).

Parent or Guardian (signature): _____ Date: _____

Student Athlete (signature): _____ Date: _____



PERSONAL INFORMATION SHEET

One copy will stay on file at the school site, and a second copy will be used when traveling

Athlete Information:

NAME: _____ BIRTHDATE: _____
 ADDRESS: _____
 CITY/STATE: _____ ZIP: _____ SEX: _____ AGE: _____
 PHONE NUMBER: _____ FAMILY DOCTOR: _____
 EMERGENCY CONTACT (RELATION AND PHONE #): _____
 CPSB ID#: _____ CURRENT MEDICATIONS: _____
 ALLERGIES? / ASTHMA? / DIABETES?: _____

Responsible Party (parent/legal guardian) of Athlete:

NAME: _____ RELATION: _____
 ADDRESS: _____
 CITY/STATE: _____ ZIP: _____ PHONE NUMBER: _____
 PHONE NUMBER: _____ FAMILY DOCTOR: _____
 EMPLOYER: _____ WORK PHONE NUMBER: _____
 ADDRESS: _____

Medical Insurance Information:

PRIMARY INSURANCE PROVIDER: _____
 INSURED'S NAME: _____ EMPLOYER: _____
 GROUP #: _____ POLICY #: _____
 SECONDARY INSURANCE:
 INSURED'S NAME: _____ EMPLOYER: _____
 GROUP #: _____ POLICY #: _____

Should my son/daughter require emergency service during a supervised extra-curricular event when I am not present, I give permission to the CPSB personnel on-site to file a claim for such services with the above health care insurer.

Parent/Guardian Signature: _____ Date _____

This form will be filed as permanent record in the athlete's folder.
 Please notify the school's athletic department of changes to insurance policies.

****SCHOOLS MUST MAKE A SECOND COPY OF THIS FORM FOR TRAVEL BINDERS.****

Louisiana High School Athletic Association

Parent and Student-Athlete Concussion Statement

I understand that it is my responsibility to report all injuries and illnesses to my coach, athletic trainer, and/or team physician.

I have read and understand the Concussion Fact Sheet that's provided in this packet.

After reading the Concussion Fact Sheet, I am aware of the following information:

<u>Parent Initial</u>	<u>Student Initial</u>	
		A concussion is a brain injury, which I am responsible for reporting to my coach, athletic trainer, or team physician.
		A concussion can affect by ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.
		You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
		If I suspect a teammate has a concussion, I am responsible for reporting the injury to my coach, athletic trainer, or team physician.
		I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.
		Following a concussion, the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.
		In rare cases, repeat concussions can cause permanent brain damage, and even death.

Signature of student athlete _____ Date _____

Printed name of student athlete _____ Date _____

Signature of Parent/Guardian _____ Date _____

Printed name of Parent/Guardian _____ Date _____





Parent and Athlete Notification - Risk of Serious Injury in Athletics

Pursuant to Act 352 of the 2011 Louisiana Legislative Session, before a student is allowed to participate in any school-sponsored or school sanctioned athletic activity, the student and parents or guardian of the student shall document they have viewed information provided in written or verifiable electronic form by the school regarding the risks of serious sports injuries.

By its very nature, competitive athletics can involve students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL accidents could occur. Students' parents/guardians must assess the risks involved in such participation and make their choice to participate despite those risks. NO amount of instruction, precaution or supervision will completely eliminate all risk of injury. Participation in athletics is inherently dangerous.

By granting permission for your son/daughter to participate in athletic competition, a parent or guardian acknowledges that participating in any sport can be a dangerous activity involving many risks of injury. Both the athlete and parent/guardian must understand that the dangers and risks of playing or practicing a sport include but are not limited to death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and the potential impairment to other aspects of the body, general health, and well-being.

Because of the dangers of participating in sports, we (parent/guardian and player) recognize the importance of following instructions regarding playing techniques, training, the proper use of all associated sports equipment and other team rules, etc. both in competition and practice and agree to obey such instruction and proper use.

In signing this, I acknowledge and represent that I (a) have read the foregoing document, understand it and sign it voluntarily; (b) have received no oral representations, statements or inducements apart from the foregoing written agreement; and (c) am fully competent and the proper person to execute this document.

I recognize that I have the responsibility to wear the required equipment, obey the rules of any sport, train and condition my body to the best of my ability, and to utilize the proper techniques when playing any sport. I also know that I must avoid athletic activities for which I have not been trained or do not feel qualified to perform. I agree to uphold my responsibility to report any injuries to the athletic training staff immediately, and follow their recommendations for treatment and rehabilitation, as needed to safely return to full participation.

Finally, I understand that the NOCSAE seal on any sports helmet indicates that a manufacturer has complied with the best available engineering standards for head protection. By keeping a proper fit, by not modifying its design, and by reporting to the equipment manager any need for its maintenance, I am also complying with the purpose of the NOCSAE standard.

I have read and understand the significance of these statements. Signed this _____ day of _____, 20_____.

Parent/Guardian (Printed Name)

Student Athlete (Printed Name)

Parent/Guardian (Signature)

Student Athlete (Signature)



Student/Athletic Accident Insurance

Dear Parent/Guardian,

As you are aware, health care costs can be very expensive. If a CPSB student is accidentally injured at school or participating in a school sponsored event, the cost for any medical treatment is the responsibility of the parent or guardian. Every student should have health insurance whether it is private insurance, employer sponsored, or a government program such as Medicaid. In an effort to ensure that our students are adequately protected in the event of an accident or injury, we are pleased to offer a voluntary student/athletic insurance plan to all CPSB students. This insurance is a secondary policy and is designed to help with the unpaid portion of a school accident claim such as deductible or out-of-pocket expenses that are left over after filing with your personal/primary insurance.

Any CPSB enrolled student who attends a CPSB school is eligible to purchase this voluntary accident coverage. There are two different plans that may be purchased:

School Time Accident Coverage

If coverage is elected and appropriate premium is received, this accident insurance provides coverage while the student is at school and while attending or participating in school sponsored events on or off school premises. You can cover your child for as little as \$38 per school year.

Includes:

- Travel to and from school
- Summer activities
- Class trips

24 Hour Accident Coverage

If coverage is elected and appropriate premium is received, this accident insurance provides 24 hour coverage. You can cover your child for as little as \$165.00 per year.

Includes:

- Weekends
- Vacation periods, including summer vacation
- Coverage at home or while away

Additional information and enrollment forms can be obtained by visiting www.StudentInsurance-kk.com. If you have any questions or would like to purchase a policy for your child, please contact Risk Management at 337-217-4240 Ext.3004.

I, _____ acknowledge that I have been made aware of the Student/Athletic Accident Insurance offered by Calcasieu Parish School Board and understand that I do have the option to purchase a student/athletic accident insurance policy for my child.

Parent/guardian signature

Date

KEEP AT HOME

ACT 314

Louisiana Youth Concussion Act

During the 2011 Legislative session ACT 314, "Louisiana Youth Concussion Act", was signed into law. ACT 314 has three major requirements:

- 1 Prior to beginning of each athletic season, provide pertinent information to all coaches, officials, volunteers, youth athletes, and their parents or legal guardian which informs of the nature and risk of concussion and head injury, including the risks associated with continuing to play after a concussion or head injury.
- 2 Require each coach, whether such coach is employed or a volunteer, and every official of a youth activity that involves interscholastic play to complete an annual concussion recognition education course.
- 3 Requires as a condition of participation in any athletic activities that the youth athlete and the youth athlete's parent or legal guardian sign a concussion and head injury information sheet which provides adequate notice of the statutory requirements which must be satisfied in order for an athlete who has or is suspected to have suffered a concussion or head injury to return to play.

ACT 314 gives the responsibility of compliance of the act to the governing authority of each public and nonpublic elementary school, middle school, junior high school, and high school. As a result of many requests from our member schools, the LHSAA Sports Medicine Advisory Committee met and came up with some suggestions that may help our member schools to be

KEEP AT HOME

in compliance with this law. We have included the following documents to help you in your responsibility. The LHSAA is not named in this law, so **DO NOT SEND THIS DOCUMENTATION TO THE LHSAA**; keep it on file at your school for your own protection of compliance.

General Information

- LHSAA Concussion Policy/Rule (Adopted in 2010)
- Suggested Return-to-Play Healthcare Provider Release
- Suggested Step-wise Return-to-Play Progression
- LHSAA Suggested Home Instruction Sheet
- LHSAA Return-to-Competition Form
- Pocket SCAT2 Evaluation Tool

Coaches/Officials Information

- A Fact Sheet for Coaches (Center for Disease Control and Prevention or CDC)
- A Coaches Concussion Statement (LHSAA Sports Medicine Committee)
- A Sideline Sheet for Coaches (Center for Disease Control and Prevention or CDC)
- An Officials Concussion Statement (LHSAA Sports Medicine Committee)

Student-Athletes/Parents Information

- A Fact Sheet for Athletes (Center for Disease Control and Prevention or CDC)
- A Fact Sheet for Parents (Center for Disease Control and Prevention or CDC)
- A Parent's Guide to Concussion in Sports (National Federation of State High School Association or NFHS)
- A Parent and Student-Athlete Concussion Statement (LHSAA Sports Medicine Committee)
- A Home Instruction Sheet (LHSAA Sports Medicine Committee)

To help meet the education course aspect of ACT 314, the LHSAA recommends that individuals go to the NFHS website www.nfhslearn.com, and click the link [Concussion in Sports: What You Need to Know](#), under [Athlete Education](#).



KEEP AT HOME

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



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 a 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 staring
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game score or opponent
- Player clutches

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
- Sensory to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

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

www.cdc.gov/concussion

KEEP AT HOME

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A Fact Sheet for ATHLETES



WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change how your brain normally works. It can occur during practice or games in any sport.
Can happen even if you haven't been assessed and
Can be serious even if you've just been "ungated"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Blurred or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Fatigued by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

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 if one of your teammates might have a concussion.

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

www.cdc.gov/concussioninthesports

www.cdc.gov/injury

HOW CAN I PREVENT A CONCUSSION?

Get a medical check up. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
Give yourself time to get better. If you have had a concussion your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It's important to rest until you get approval from a doctor or health care professional to return to play.
Follow your coach's rules for safety and the rules of the sport.
Practice good sportsmanship. At all times use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards), in order for equipment to protect you if you're hit.

The right equipment for the game, position, or activity

Warm correctly and fit well
Used every time you play

www.cdc.gov/injury

KEEP AT HOME

Additional Resources:

Brain 101 – The Concussion Playbook

<http://brain101.oceanoz.com/5000/>

Concussion in Sports- What you need to know

<http://www.nhs/learn.com/electiveDetail.aspx?courseID=15000>

Heads Up! Concussion in High School Sports

http://www.edc.gov/concussion/headsup/high_school.html

NFHS Sports Medicine Handbook, 4th Ed. 2011

REAP Concussion Management Program

<http://www.rockymountainhospitalforchildren.com/sports-medicine/concussion-management/reap-guidelines.htm>

Sport Concussion Library

<http://www.sportconcussionlibrary.com/content/concussions-101-primer-kids-and-parents>

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