



2026-2027

ATHLETIC PREPARTICIPATION FORMS

Sudden Cardiac Arrest In Sport

What is cardiac arrest?

Cardiac arrest is the sudden loss of heart function that results in an individual’s loss of consciousness. Cardiac arrest is a true medical emergency and must be treated immediately to increase the likelihood of survival. Cardiac arrest can occur at any age and may appear suddenly, or after an individual experiences warning signs. It is not the same as a heart attack. Sudden cardiac arrest is the number one cause of exercise related death in youth athletes.

Who is at risk for sudden cardiac arrest?

| Risk Factors | Warning Signs That May Lead to Cardiac Arrest |
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| <ul style="list-style-type: none"> ▪ Family history of heart disease, attack, or cardiac death ▪ Cardiac conditions such as high blood pressure, diabetes, obesity, smoking or high cholesterol ▪ Underlying or unknown cardiac condition | <ul style="list-style-type: none"> ▪ Unexplained fainting or near fainting ▪ Chest Pain or Tightness ▪ Heart racing (chest palpitations) ▪ Abnormal shortness of breath ▪ Lightheadedness |

Sudden Cardiac Arrest Association (n.d.). Fact Sheet: Sudden Cardiac Arrest [Fact sheet]. Microsoft Word - Fact Sheet SCA 2011.doc (associationdatabase.com)

What Should you do if you think your child is at risk?

If you think your child may have risk factors, or has exhibited warning signs of cardiac arrest, you should -

- ✓ Remove your child from physical activity
- ✓ Schedule an appointment to see your primary care physician or family doctor
- ✓ Do not allow your child to participate in any physical exertion until cleared by a physician

What is done in a sudden cardiac arrest emergency?

- ✓ Check the scene and for a response from patient
- ✓ Call 911
- ✓ Ask someone to get an Automated External Defibrillator (AED), if available
- ✓ Begin CPR (cardiopulmonary resuscitation)

How does Norfolk Public Schools Athletics prepare for a sudden cardiac arrest emergency?

As with all emergencies, Norfolk Public Schools Athletics works to prepare for sudden cardiac arrest:

- ✓ Each High School & Middle School has an *Emergency Action Plan* in place that is reviewed annually by coaches, medical personnel, and staff
- ✓ Each coach and athletic staff member must hold a First Aid, CPR, and AED certification from a nationally recognized organization
- ✓ Automated External Defibrillators are available within each of our schools
- ✓ Policies in place to encourage safe participation in various environmental hazards
- ✓ Preparticipation exams (physicals) are required annually for each student-athlete prior to participation in activity

While these prevention strategies are in place for everyone’s safety, Norfolk Public Schools cannot guarantee that a cardiac emergency will not occur. Furthermore, participating in athletics could increase your child’s risk.

By signing this document, I have received the educational information above and that I have reviewed the risk factors and warning signs of cardiac arrest.

Print Name: Parent/Guardian

Signature: Parent/Guardian

Date

Print Name: Athlete

Signature: Athlete

Date

The code of Virginia requires all school divisions to provide educational material regarding cardiac arrest to student-athletes and their parent or guardian on an annual basis. This fact sheet is provided in accordance with § 22.1-271.8. Sudden cardiac arrest prevention in student-athletes.

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Concussions In Sport

Parents/Guardians of Athletes: In order to help protect the student athletes of Norfolk Public Schools, the Virginia General Assembly in accordance with **Senate Bill 652** (Concussion in Student-Athletes) has mandated that all student athletes, parents and coaches follow the Norfolk Public Schools Concussion Policy. *Please read and sign this fact sheet and return it to your school's Athletic Director prior to participation in any school sponsored athletic activity.* This form **must** be reviewed and signed on a yearly basis.

What is a Concussion?

A concussion is a brain injury, otherwise known as a traumatic brain injury (TBI). A concussion is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e. a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term outcomes of the injured individual. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long term problems. In rare cases, repeat concussion can result in edema (brain swelling), permanent brain damage, and even death.

What are the Signs and Symptoms of a Concussion?

Signs observed by teammates, coaches, parents/guardians include:

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| 1. Appears dazed or stunned | 5. Loss of balance/coordination and moves clumsily |
| 2. Is confused about assignments and positions | 6. Shows mood, behavior, or personality changes |
| 3. Forgets instructions and answers questions slowly or inaccurately | 7. Cannot recall events prior to hit or fall |
| 4. Is unsure of game, score, or opponent | 8. Cannot recall events after hit or fall |

Symptoms reported by athlete may include one or more of the following:

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| 1. Headache or “pressure” in head | 6. Difficulty with concentration, short-term memory and/or confusion |
| 2. Nausea/vomiting | 7. Double vision or changes in vision |
| 3. Balance problems or dizziness | 8. Irritability |
| 4. Sensitivity to light or sound/noise | 9. Just not “feeling right” or is “feeling down” |
| 5. Feeling sluggish, hazy, groggy, or foggy | |

How can you Help your Child Prevent a Concussion?

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

- Follow the coach’s rules for safety & the rules of the sport
 - To always practice good sportsmanship
- Properly wear the right protective equipment that is required for their sport
 - Learn the signs and symptoms of a concussion

How can a concussion affect my child in the classroom?

A concussion can result in cognitive disturbances, in addition to physical symptoms. While recovering from a concussion, a student-athlete's academic performance, or ability to tolerate an academic environment, may be affected. In order to facilitate recovery, a Licensed Healthcare Provider may make temporary academic adjustments, or accommodations.

Effects of concussion that can be observed by a teacher, or in the classroom:

| | |
|--|---|
| 1. Difficulty tolerating the school environment/cafeteria/hallways | 6. Changes in academic performance |
| 2. Difficulty concentrating | 7. Trouble with test taking |
| 3. Difficulty remembering | 8. 'Daydreaming' |
| 4. Falling asleep | 9. Less engaged in class and/or with classmates |
| 5. Head on desk | |

What Should you do if you Think your Child has a Concussion?

1. Seek medical attention right away. A licensed 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 an appropriate licensed health care professional gives clearance to return. 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. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.
3. Tell your child's coach about any recent concussions. School personnel should be notified 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.

Brief Overview of the Norfolk Public Schools Concussion Policy

A student-athlete who sustains a concussion must complete all of the following prior to return to participation in NPS athletics:

1. Return to full participation in academic activities, without accommodations/adjustments
2. Each stage of the NPS Concussion Graduated Return to play Protocol
3. Receive clearance by a physician who has been trained in concussion management, as deemed necessary by the Athletic Trainer
4. Receive final clearance from the school's Athletic Trainer

By signing this document, I acknowledge that I have reviewed the signs and symptoms of a concussion, agree to report a concussion, and agree to follow the NPS Concussion Policy (Full version available to view in Student Handbook).

Print Name: Parent/Guardian

Parent/Guardian Signature

Date

Print Name: Athlete

Athlete Signature

Date

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Heat Related Illness

What are heat related illnesses?

Heat related illnesses are conditions that arise from exercising in a hot, humid environment. There are four different types of heat illness, that range in severity, as well as how they are treated-

Heat Stroke – The most severe heat related illness, characterized by having a core body temperature above 105°F and central nervous system dysfunction (disorientation, altered consciousness, collapse, irritability etc.) Heat stroke is life threatening.

Heat Exhaustion – The most common type of heat illness that results in the individual’s inability to continue activity due to cardiovascular insufficiency and energy depletion.

Heat Cramps – Muscle cramping due to dehydration, electrolyte insufficiency and deconditioning

Heat Syncope – Fainting in high environmental temperatures.

What are the Risk Factors associated with heat illness?

- Exercising in hot/humid environment
- Dehydration
- Obesity
- History of heat illness
- Lack of appropriate nutrition
- Lack of appropriate acclimatization

What are the signs and symptoms of heat related illness?

| Heat Stroke |
|---|
| Rectal temperature greater than 105°F (40.5°C) Irrational behavior, irritability or emotional instability Altered consciousness Disorientation Dizziness Headache Confusion Nausea or vomiting Diarrhea Collapse Staggering or sluggish feeling |

| Heat Exhaustion |
|--|
| Fatigue Nausea Fainting Weakness Vomiting Dizziness/lightheadedness Pale Chills Diarrhea Irritability Headache |

| Heat Cramping |
|--|
| Dehydration Fatigue Painful, involuntary muscle spasms |

| Heat Syncope |
|---|
| Dizziness/lightheadedness Weakness Loss of consciousness Tunnel vision |

How is heat illness managed?

The treatment of heat related illness depends on the type of illness experienced. Cold towels, ice packs and cold water immersion (where available) may be used to aid in the cooling of a student-athlete. In cases of heat stroke, EMS will be activated, and the effected student-athlete will be transported to the hospital per NPS and EMS protocols.

How can heat illness be prevented?

- Proper Hydration
- Proper Nutrition
- Wear loose moisture wicking clothing
- Heat acclimatization protocols
- Monitor Environmental Conditions
- Modify practices as needed

How does Norfolk Public Schools Athletics work to prevent heat related illness?

As with all emergencies, Norfolk Public Schools Athletics works to prevent and prepare for heat-related illness:

- ✓ Each High School & Middle School has an *Emergency Action Plan* in place that is reviewed annually by coaches, medical personnel, and staff
- ✓ Each coach and athletic staff member must hold a First Aid, CPR, and AED certification from a nationally recognized organization
- ✓ Policies in place to encourage safe participation in various environmental hazards
- ✓ Heat acclimatization protocol in place for at-risk sports
- ✓ Ice designated for cooling is available within each of our schools
- ✓ Preparticipation exams (physicals) are required every 14 months for each student-athlete prior to participation in activity

While these prevention strategies are in place for everyone's safety, Norfolk Public Schools cannot guarantee that a heat-related illness will not occur. Furthermore, participating in athletics could increase your child's risk.

By signing this document, I have received the educational information above and I have reviewed the risk factors and signs of heat related illness.

Print Name: Parent/Guardian

Signature: Parent/Guardian

Date

Print Name: Athlete

Signature: Athlete

Date

This fact sheet is provided in accordance with § 22.1-271.9. Guidelines and policies on student-athlete extreme heat safety and protection policies.