RSU NO. 5 STUDENT AND PARENT INFORMATION SHEET AND ACKNOWLEDGEMENT FORM

Prior to participating in a school athletic activity, all students and the student's legal parent or guardian must be informed of signs and symptoms of concussion, the risk of continuing to participate when a concussion is suspected, and the District's policy JJIF - STUDENT CONCUSSIONS AND OTHER HEAD INJURIES for the management of concussive and other head injuries and must sign a statement acknowledging that review. A Fact Sheet for Parents (U.S. Centers for Disease Control and Prevention, 2021)

I understand that a concussion may occur from an injury in any setting. I have read the District's policy JJIF - STUDENT CONCUSSIONS AND OTHER HEAD INJURIES and understand that there is a protocol in place for graduated school re-entry following a concussion and medical clearance.

Concussion is a brain injury. All brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. These injuries can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged symptoms and/or recovery if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You cannot *see* a concussion and most concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. Our District has a policy JJIF - STUDENT CONCUSSIONS AND OTHER HEAD INJURIES that states any student who has concussion symptoms and is referred to a health care provider must be evaluated by a health care provider licensed to diagnose a concussion before they can return to full activities within school. For more information on concussions, you can go to the https://www.cdc.gov/heads-up/.

I understand that a concussion may occur from an injury in any setting. I have read the District's policy JJIF - STUDENT CONCUSSIONS AND OTHER HEAD INJURIES and understand that there is a protocol in place for graduated school re-entry following a concussion and medical diagnosis and medical clearance.

Student-athlete Name Printed	Student-athlete Signature	Date
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date

Adopted: November 28, 2012
Revised: October 23, 2019
Revised: April 29, 2026