

## TEMS AFTER SCHOOL INTRAMURAL SPORTS CLUB

TEMS After School Intramural Sports is open to all 5<sup>th</sup> and 6<sup>th</sup> grade students. The club meets Mondays-Thursdays and students are permitted to participate as often or as little as they choose. Students work with the club advisors to choose what sport they play each day. No previous experience is needed and all abilities are welcome.

My student, \_\_\_\_\_, grade \_\_\_\_\_,  
has my permission to participate in TEMS After School Intramural Sports. I understand that I  
will provide transportation home for my student at 3:50pm.

Parent/Guardian signature: \_\_\_\_\_

Parent/Guardian printed name: \_\_\_\_\_

Parent/Guardian phone number: \_\_\_\_\_



## ATHLETE/PARENT/GUARDIAN SUDDEN CARDIAC ARREST INFORMATION AND RECEIPT/REVIEW ACKNOWLEDGEMENT

Sudden cardiac arrest takes the lives of thousands of children every year and is the number one killer of student athletes. A student who passes out during or right after exercise, could have an undiagnosed, and potentially- fatal, heart condition. Let's learn more about protecting our children's hearts.

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs and the person collapses. This is not the same thing as a heart attack.

Are there warning signs? Yes, but not everyone experiences them.

- Fainting or seizures during or immediately after exercise.
- A racing heart – may feel like your heart is beating out of your chest.
- Chest pains
- Dizziness
- Shortness of breath
- Extreme fatigue

What Can We Do About It?

- Understand the symptoms. Many of these symptoms are present when a student athlete is practicing or playing hard. So, pay attention to the timing. For instance, a racing heart on the sidelines, or fatigue in class or at home is concerning. Passing out is ALWAYS a concern.
- Be prepared. Cardiac arrest can only be treated with CPR and an AED. Most people will die if they do not receive this help within a few minutes. Coaches and players should know how to perform chest compressions. An automated external defibrillator (AED) should be available at practices and games (within three minutes to be exact).
- Get screened. The current standard of care for assessing the risk of sudden cardiac arrest in student athletes was established by the American Heart Association. It includes (a) family history, (b) medical history, and (c) physical exam. Some studies show that adding an electrocardiogram (ECG/EKG) increases the detection of underlying heart conditions. However, more research will need to be done before the medical community agrees to change the standard.

In the interim, speak to your doctor about an ECG/EKG for your child. You will likely pay out of pocket for this test unless symptoms are present. Additionally, the ECG/EKG interpretation should be conducted by a physician familiar with the screening protocol – special guidelines developed to assess the heart of a student athlete. This will reduce the false positive rate and the ordering of additional tests for normal variations.

Requirements of this law: Act 73 seeks to raise awareness. Parents must read and sign this form acknowledging the risks and warning signs. Coaches must complete sudden cardiac arrest training annually. If a student exhibits any of the symptoms above, the student athlete must be removed from play and cleared by a licensed medical professional before returning to play.

I have reviewed this form and understand the risk of sudden cardiac arrest facing my child and steps that can be taken to achieve a positive outcome.

Parent/Guardian signature: \_\_\_\_\_

Parent/Guardian printed name: \_\_\_\_\_

# **Athlete/Parent/Guardian Concussion Information Sheet And Acknowledgement Form**

***Formatted from Sports-Related Concussion and Head Injury Fact Sheet  
and Acknowledgement Form, Pennsylvania Department of Education***

A concussion is a type of traumatic brain injury that disrupts normal functioning of the brain. . A concussion can be caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities annually and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

The Safety in Youth Sports Act signed into law in November of 2011 mandates measures to be taken in order to ensure the safety of student-athletes involved in interscholastic sports in Pennsylvania. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries.

## **Quick facts**

- Most concussions do not involve loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk of another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- You can sustain a concussion even if you do not hit your head.
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause 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.

## **Examples of signs of concussions observed by coaches, athletic trainers, parents/guardians**

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays or demonstrates short term memory difficulties.
- Unsure of game, score, or opponent.
- Exhibits difficulties with balance, coordination, concentration, and attention.
- Answers questions slowly or inaccurately.
- Demonstrates mood, behavior or personality changes.
- Unable to recall events prior to or after the hit or fall.

## **Examples of symptoms of concussions reported by student-athletes**

- Headache or "pressure" in head.
- Nausea/vomiting.
- Balance problems or dizziness.
- Double vision or changes in vision.
- Sensitivity to light and/or sound.
- Feeling sluggish, hazy, or foggy.
- Difficulty with concentration and/or short term memory.

- Confusion.
- Just not “feeling right” or “feeling down.”

**What should a student-athlete do if they think they have a concussion?**

- **Don’t hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- **Report it.** Don’t return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return-to-play.
- **Take time to recover.** If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

**What should you as a parent/guardian do if you think your athlete has a concussion?**

- If you suspect that an athlete has a concussion notify the school and seek medical attention.
- Do not try to judge the severity of the injury yourself.
- Keep your athlete out of play until a health care professional, experienced in evaluating for concussions, says s/he is symptom-free and it’s OK to return to play.
- Rest is the key to helping an athlete recover from a concussion.
- Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.
- Remember that after a concussion returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

**Remember**

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. It’s better to miss one game than the whole season

For more information on Sports-Related Concussions and other Head Injuries, please visit the following websites:

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

[www.gopats.org](http://www.gopats.org)

[www.biapa.org](http://www.biapa.org)

[www.brainsteps.net](http://www.brainsteps.net)

[www.stopsportsinjuries.org/concussion](http://www.stopsportsinjuries.org/concussion)

[www.ncaa.org/health-safety](http://www.ncaa.org/health-safety)

[www.concussionwise.com/pennsylvania](http://www.concussionwise.com/pennsylvania)

[http://www.portal.state.pa.us/portal/server.pt/community/grants\\_funding/14140/traumatic brain injury/66623](http://www.portal.state.pa.us/portal/server.pt/community/grants_funding/14140/traumatic_brain_injury/66623)

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Parent/Guardian signature: \_\_\_\_\_

Parent/Guardian printed name: \_\_\_\_\_

References:

1. The Centers for Disease Control and Prevention (CDC): “Heads Up Tool Kit for Youth Sports”
2. NCAA: “Concussion- A Fact Sheet for Student-Athletes”