**PARENT/GUARDIAN AND STUDENT RULES AND RULES AND REGULATIONS AGREEMENT**

As parents/guardians we agree to cooperate with school officials in the enforcement of the attached training rules and regulations. These rules and regulations have been developed and written with the intent of contributing to the total development of each student. As an interscholastic participant of Ridgeview Unit #19, I will act in a manner that will bring favorable comments from my peers, family, and community.

For school year 20\_\_\_\_\_\_and\_\_\_\_\_\_

Parent/Guardian Signature Date

Student Signature Date

Concussion Information Sheet

A concussion is a brain injury and 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. They can range from mild to severe and 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 brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports 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 child reports any symptoms of concussion or if you notice the symptoms or signs of concussion yourself seek medical attention right away.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. **No athlete may return** to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. IHSA Policy requires **athletes to provide their school with written clearance from either a physician licensed to practice medicine** in all its branches **or a certified athletic trainer** working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to : <http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name Printed Student-athlete Signature Date

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Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date