

Parent/Guardian: Please read the following information and complete the consent form. Please note that the parent/guardian must sign this form in **two (2) places** and the student in one before he/she can participate in the sport. The consent form should be returned to the nurse's office by the student. **Please keep this sheet for reference during the season.**

RESPONSIBILITIES OF THE ATHLETE

Being a member of a Lancaster athletic team is a privilege and honor. Students who participate in athletics should recognize that they have an obligation to themselves, teammates, coaches, school and community to strive for excellence. Participation in athletics also demands a commitment, which implies sacrifice and dedication to physical fitness and conditioning. Once a student athlete makes the final team roster, he/she as well as their parent/guardian and coach will be required to sign the Lancaster Central School District (LCSD) Athletic Code of Conduct per each season. Therefore, adherence to the LCSD Athletic Code of Conduct is to be on a year-round basis, including the summer lapse time.

ATHLETIC INJURIES – IMPORTANT! PARENTS – PLEASE READ CAREFULLY!!!

If your child has been injured during a game or practice, the following steps should be followed:

- Athletes must report the injury to the school nurse the next school day. If the injury is serious and the athlete is unable to come to the office, you, as a parent, should call the school nurse.
- An accident report will be filed. The athlete **CANNOT PRACTICE OR PARTICIPATE IN A GAME** until a release form is submitted to the school nurse. If the athlete sees a physician, clearance from the physician will be necessary. **Any major injury (whether incurred in school or at home) must also be cleared by the school physician before an athlete can return to the sport. If the student does not see a physician, please contact the school nurse for instruction.**
- A claim form from Commercial Travelers Mutual Insurance Company will be given to the athlete or sent to you in the mail upon reporting an injury to the nurse. It must be filled out completely by the doctor and parent. The claim form must be mailed to Commercial Travelers Mutual Insurance Company within 90 days after the first treatment.
- **ALL DOCTOR AND HOSPITAL BILLS MUST BE FIRST PROCESSED THROUGH THE FAMILY'S OWN INSURANCE BEFORE THEY ARE SUBMITTED TO COMMERCIAL BENEFITS.** A rejection from the family's policy must accompany the school claim form. Commercial Travelers Mutual Insurance Company has payment limitations and generally only a portion of the claim is paid.

Commercial Travelers Mutual Insurance Company **WILL NOT process your claim unless the above procedures are followed.**

PARENTS & STUDENT ATHLETES – PLEASE READ CAREFULLY!!!

ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to create a baseline for each individual athlete. The computerized exam is given to all athletes before any practices or competitions begin. If a concussion is suspected, the athlete will be given the “return to play protocol” including a post injury ImPACT test. The administration, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. This baseline ImPACT test is good for two (2) years.

What is a Concussion?

- A concussion is a type of traumatic brain injury
- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the brain
- Any change in the athlete’s behavior, thinking, or physical functioning
- It may or may not involve loss of consciousness
- It can happen in any sport or activity

SIGNS

Headache
Nausea
Balance problems
Double vision
Photosensitivity
Feeling sluggish
Feeling foggy

SYMPTOMS

Appears dazed
Confused about play
Answers question slowly
Personality/behavior change
Forgets plays prior to hit

Return to Play Protocol

Phase 1: Light aerobic exercise – walking, swimming, or stationary bike without resistance

Phase 2: Sport specific exercise – skating drills in ice hockey, running drills – No head impact activities

Phase 3: Non-contact training drills – progress to more complex training drills, may start progressive resistance training.

Phase 4: Full contact practice – **athlete must receive final medical clearance as determined by the school physician to begin this phase.**

Phase 5: Return to play – normal game play.

An athlete can progress to the next phase of the return to play protocol provided he/she stay asymptomatic. If symptoms return, the athlete must stop activity. He/she may return to the previous phase of the protocol after he/she is asymptomatic for 24 hours.

Additional concussion information is located on the Lancaster Central District Athletic website.

Lancaster High School in the past has been fortunate to have some outstanding athletes be considered for college aid due to their athletic potential. Check the N.C.A.A. Guide for College Bound Student Athletes to be aware of existing requirements for collegiate athletic participation. Check with your coach for details or go to www.eligibilitycenter.org.