

# Bishop England High School



## Parent & Student-Athlete Sports Medicine Handbook



Rehabilitation Centers  
**RCC**  
of Charleston

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**\*\*\*Forms at the end of this booklet MUST be filled out and returned by\*\*\*  
\*\*\*August 10<sup>th</sup>, 2009\*\*\***

## A Note from the Athletic Trainer – "On Athletic Training"

Every year, millions of students participate in interscholastic sports across the country. And every year thousands of these athletes suffer an injury that prevents them from participating in their sports. Today, athletic health care is commonplace in the college and professional ranks, but most high school student-athletes are not afforded the basic athletic health care that they need and deserve.

Bishop England High School has made a moral and financial commitment to their student-athletes by contracting Rehabilitation Centers of Charleston (RCC) to provide a part-time athletic trainer on campus. RCC is an outpatient physical therapy clinic that specializes in general orthopaedic, spine and sports rehabilitation. Our sports medicine staff consists of certified athletic trainers and physical therapists. We have a referral network of Team Physicians through throughout the Lowcountry with every specialty covered.

### **What exactly is Athletic Training?**

Certified Athletic Trainers are highly educated and skilled professionals specializing in athletic health care. A certified athletic trainer's work may decrease the amount of "down time" an athlete occurs through the following methods:

- Prevention of injuries through taping, bracing and conditioning
- Management of an injury by providing proper emergency care
- Rehabilitation of an injury through treatment and exercises

The Athletic Trainer acts as the "Liaison" between the athlete, coach, and physician, insuring that all athletes receive the necessary care. We work as an independent entity, but under the direction of a Team Physician. Some of the athletic trainer's duties include:

1. Athletic Injury prevention through protective bracing and taping
2. Athletic event coverage for high risk home games and away football games
3. Emergency care and treatment for all school athletes and staff
4. Evaluation of the injured athlete, and appropriate referral when necessary
5. Training, mentoring, and supervision of student athletic trainers

Our staff is committed to providing the best possible athletic health care to our student athletes. In addition, we are also committed to reducing the cost of health care to our student-athletes by providing as many services as possible in house in the training room. What we cannot do in the training room on campus we can provide at one of our area clinics with an appointment made through the athletic trainer.

We can only do our job successfully when we have the full support and cooperation of our student-athletes and their parents. It is my hope that this handbook will help to further enhance the level of cooperation and support in the future.

Greg Banks, ATC, CSCS

## The BEHS Athletic Program

More and more students in high schools and middle schools across the nation are becoming involved in interscholastic athletics. Charleston is no different. Bishop England High School fields a total of 25 teams, 17 of which compete on the Varsity level.

Every year an average of approximately 460 students participates in the BEHS athletic program. The large number of participating students, plus the rapid developmental changes in the bodies of young athletes is the reason that we take steps to ensure the health, safety, and enjoyment while an athlete is representing BEHS.

Even under ideal circumstances, anyone who engages in physical activity is subject to the possibility of injury. According to the National Athletic Trainers' Association, over 1.3 million student-athletes (about 1 out of every 7) are injured each year. Fortunately, the vast majority of these injuries are minor. With proper training, conditioning, instruction, diet, and rest habits many of these potential injuries can be eliminated or significantly reduced.

## Athletic Accident Insurance

All students **MUST** have their own private insurance coverage. Bishop England High School provides a secondary student accident insurance for all students at no charge. This is a **LIMITED** policy that insures the student to and from school, during school, and while participating in school-sponsored programs. Students participating in competitive sports, including football will be covered. A separate brochure explaining this coverage will be sent to each student. In addition **ALL** Athletes must pay \$5.00 per year for Catastrophic Insurance. Catastrophic insurance is mandated by the High School League, and it **DOES NOT SERVE IN THE PLACE OF PERSONAL MEDICAL COVERAGE**.

If your son/daughter sustains an injury while participating in a school sponsored athletic event they must first report it to their coach and/or the trainer then fill out a claim form to file with the school's insurance policy. Claim forms and other pertinent information can be obtained from the BEHS Athletic Department.

## Medical Information & Forms

At the end of this booklet is a copy of an Emergency Response/ Parental Consent form, and a Risk Acknowledgement/Medical release form. Please fill out each of the forms, detach them, and return them to RCC by **May 31<sup>st</sup>**. Each of these forms requests specific information and provides you and your child with important information about the risks of participating in athletics.

**YOUR CHILD CANNOT PARTICIPATE IN PRACTICES, SCRIMMAGES, OR GAMES UNTIL THESE FORMS ARE COMPLETELY FILLED OUT AND RETURNED TO THE BISHOPS SPORTS MEDICINE DEPARTMENT OR RCC.**

They provide us with the names and phone numbers of who to contact in an emergency, any special medical information on your child, and a statement authorizing medical care in the event that you cannot be reached to authorize such care. These forms also allow us to send and receive pertinent medical information from other medical providers, which allows us to better serve you should your child become injured.

## Pre-Participation Physical Examinations (PPE)

All students who participate in athletics must have a current physical on file in the BEHS training room prior to participating in any practices, scrimmages, or games. South Carolina High School League (SCHSL) policy requires that a "licensed medical doctor" perform this physical. Physicals signed by Nurses, Nurse Practitioners, Physician Assistants, and Chiropractors are NOT valid. Physicals are valid for only one calendar year from the date it was taken and must be completed after April 1<sup>st</sup> for it to count for the ensuing school year.

Every year RCC in conjunction with Orthopaedic Specialist and CareAlliance offers a Physical Night in May for students at BEHS and its feeder schools. Physicals are done in station format, which means the students will start at one station and rotate through each station until completed. The stations are as follows:

- |   |   |
|---|---|
| 1. Check In/ Check Out                      | 5. Musculo-skeletal Screenings                          |
| 2. Height/ Weight                           | 6. Orthopaedic Examination (as determined by station 5) |
| 3. Vision Screening                         | 7. Ears, Nose & Throat (done by general practitioners)  |
| 4. Blood Pressure & Heart Rate Measurements | 8. Check In/ Check Out                                  |

This type of physical is very thorough, cost efficient and time efficient. The cost is only **\$15**, a majority of which is turned back to the Bishops Sports Medicine Program for the purchase of supplies and equipment. Our team of orthopaedic surgeons, general practitioners, physical therapist and athletic trainers will administer your child's pre-participation screening which meets or exceeds all of the requirements set by the South Carolina Athletic Association.

We strongly encourage you to take advantage of this opportunity, but you are always welcome to obtain a physical from your physician instead. Physical forms are available through RCC Sports Medicine Department.

## Pre-Season Conditioning

Because of the high level of competition in our athletic conference, it is important that students who plan to go out for a sport are physically prepared for the challenges of that sport. Athletes need to have good strength, flexibility, and cardiovascular fitness in order to meet the demands of their sport. Being in good overall shape will also help reduce the chance of injury in the first weeks of the season. We strongly encourage participation in a conditioning program during the off-season. At the very least your child should begin conditioning 6-8 week prior the start of their sport season. Please contact the coach or the trainer for recommendations on conditioning programs.

## Tips for the Beginning of the Season!

During the first two weeks of any sports season, the athlete can alleviate the discomfort of the increased physical exertion of the sport by doing the following:

- Stretch often! -- This will help the athlete achieve his/her full potential and help prevent injury. Please consult the stretching guide or the head athletic trainer for more tips on stretching.
- Eat well! -- With the increased activity comes the increased need for calories to provide energy. The athlete should increase consumption of complex carbohydrates.
- Drink plenty of fluids! -- Adequate fluid replacement is important to prevent fatigue, excessive weight loss, and possible heat related illness. Athletes should drink 8-10 glasses of fluids each day; no matter what sport they play.
- Rest! -- Rest is extremely important during the first few weeks of the season, and certainly also throughout the entire season. During the preseason the body is adjusting to increased levels of activity and needs plenty of time to recover.

## Dietary Guidelines and Fluid Replacement

Athletic participation places physical and mental stressors on an athlete. It is important that young athletes eat properly in order to provide quality fuel for activity. The following guidelines are general considerations that may assist the athlete in his/her efforts to succeed.

- Eat a varied diet. Avoid eating the same foods each day.
- Eat breakfast! Athletes need good fuel, which includes breakfast. Any combination of foods such as toast, juice, cereal, milk, or fruit will help reduce low blood sugar and help the body function optimally throughout the day.
- Avoid excessive amounts of fast food. Fast foods generally have a high fat content, which is digested slowly and may produce unwanted weight gains.
- Drink plenty of fluids. Fluids are important to hydrate the system, assist in the chemical process of energy metabolism, and provide for the transportation of nutrients throughout the body. Drinks containing caffeine and carbonation should be avoided. Increased consumption of water and/or sports drinks (Gatorade, PowerAde, etc.) is the only way to replace nutrients loss during activity.
- Avoid large amounts of red meat. While you need good sources of protein in an athletic diet, red meat is high in fat and calories. Choose more poultry and fish as your sources of protein in your diet.
- Consume complex carbohydrates. The athletic diet should consist of foods such as breads, potatoes, vegetables, pasta, fruits, cereals, etc. These products contain the energy sources an athlete needs and also the other nutrients necessary for good metabolic function and tissue growth. Stay away from foods with high fat and salt contents. Protein is important but is usually sufficient in the normal diet. Carbohydrate sources are much more beneficial for energy and growth than are high protein diets.
- There is no magic diet. No athlete will be successful due to diet alone. A good diet will provide the nutrients needed for successful athletic participation. But exercise, practice, heredity, and skill development are also needed for athletic achievement.

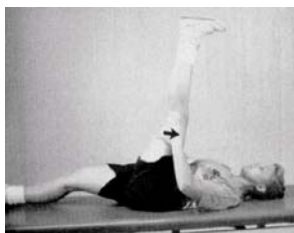
### *A Note on Dietary and Performance Supplements*

RCC and The Bishops Sports Medicine Program do not promote, support, or encourage the use of dietary or performance supplements by student-athletes. Parents and student-athletes should be extremely cautious about using these substances and consult their personal physicians or other qualified experts before using these products.

## Flexibility Guidelines

You cannot feel yourselves getting tighter, but this does happen each day that we don't stretch our muscles. Adequate flexibility helps your muscles perform to their fullest capacity, allowing you to achieve speed, range of motion, reduce soreness, and achieve their greatest level of athletic success. The following guidelines will allow your child to achieve the type of flexibility needed for athletics:

- Ideally, everyone should stretch his or her major muscle groups 3-4 times per day, everyday. Realistically, athletes should begin stretching at least 2-3 weeks prior to the start of their season.
- You will feel tightness or discomfort while stretching but you should not hurt.
- Hold stretches for 20-30 seconds, relax, and repeat at least 3 times, 3-4 times per day (once in the AM, once before practice, once after practice, and once before bedtime).
- DO NOT jerk or bounce while stretching.
- Warm muscles stretch more easily than cold muscles, so when possible, warm up by walking briskly, jogging, or riding a stationary bike for few minutes prior to stretching.
- Relax! If you are tense or extremely stressed, it will make it harder for your muscles to stretch.



**Hamstring Stretch**

- 1 Lay on the floor as shown.
- 2 Keeping one leg straight pull the other knee to approx. 90 degrees then straighten leg until you feel a stretch.
- 3 Hold stretch for 20-30 secs.
- 4 Switch legs



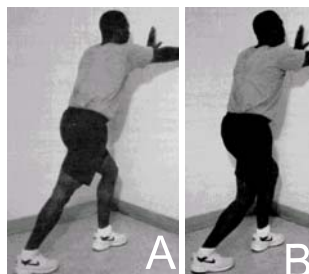
**Buttocks Stretch**

- 1 Sit on the floor as shown.
- 2 Rotate your upper body toward the bend knee until you feel a stretch.
- 3 Hold stretch for 20-30 secs.
- 4 Switch sides



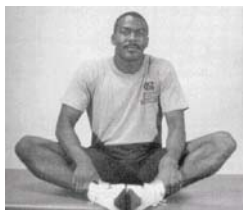
**Quad Stretch**

- 1 Stand next to wall as shown.
- 2 Grab one heel and pull the bent leg behind the other knee until you feel a stretch.
- 3 Hold stretch for 20-30 secs.
- 4 Switch legs.



**Calf Stretch**

- 1 Lean against wall with one foot behind you.
- 2 Keep heel flat and leg straight lean into the wall (Fig. A) and hold
- 3 Repeat Stretch with back leg bent (Fig. B) and hold



**Groin Stretch**

- 1 Sit with heels together holding ankles as shown.
- 2 Press legs down toward floor with elbows
- 3 Hold 20-30 secs.



**Low Back Stretch**

- 1 Lay on ground as shown.
- 2 Pull one knee to chest keeping the other leg straight.
- 3 Hold 20-30 secs.
- 4 Switch legs



**Low Back Stretch 2**

- 1 Lay on ground as shown.
- 2 Lift one knee to chest then pull it across your body, keeping shoulders flat on the ground.
- 3 Hold 20-30 secs.
- 4 Switch legs.



**Shoulder Stretch**

- 1 Pull one arm across your body until you feel a stretch and hold.
- 2 Switch arms.

## In the Event of Injury

### At school . . .

Athletic and other injuries that occur at Bishop England High School should be reported to the Bishops Sports Medicine staff and the athlete's coach as soon as the he or she realizes they are injured. If the athlete is injured during school hours, they should also report this injury to the school nurse or other appropriate personnel.

The Bishops Sports Medicine staff will evaluate the injury and, based upon this evaluation, make a determination as to what is the most appropriate course of care for the athlete. Treatment will be based upon the athletic trainer's experience, established protocols and standing orders furnished by our team physicians. In most cases, injuries are minor in nature and the athlete can be successfully treated in the athletic training room at BEHS. If the injury is more extensive or will require further medical evaluation by a physician, the athlete's parent/guardian will be contacted by the athletic trainer and provided with information about the injury and having it examined by our physicians. It is essential that ALL athletic injuries be reported to the BEHS Sports Medicine staff when they occur.

### On the road . . .

Unfortunately, we do not have the manpower yet to send an athletic trainer on the road with all athletic teams. Only football will have this luxury based on the high risk of injury to its participants. If an athlete is injured while on the road, they should report that injury immediately to their coach and then to a sports medicine staff member as soon as possible following their return.

If the host school employs an athletic trainer, our coaching staff may elect to have the athlete examined by that athletic trainer. They will most likely provide basic care for the injury (i.e.; ice, wrapping, etc.) and refer the athlete back to our sports medicine staff. The athlete should report the injury to the Sports Medicine staff member the next day in school. **IT IS IMPERATIVE THAT THEY DO THIS!** In cases of significant injury, parents will be contacted about the injury directly from that site and consulted about the problem.

### Questions from home . . .

If you are concerned about an injury that your child suffered during athletics, **PLEASE CALL THE, HEAD ATHLETIC TRAINER.** The telephone numbers for the Head Athletic Trainer are located on the back of this booklet.

If an injury which appears minor one day, becomes more bother-some the next, please call the athletic trainer so that we can assist you in the next appropriate step. It is always your right as a parent to seek further medical care for your son/daughter if you have any doubt as to the seriousness of their injury. It is strongly recommended that you contact the sports medicine staff at RCC before taking your son/daughter to the physician of your choice. Often, our Team Physicians and affiliated providers can see students at BEHS more quickly if our sports medicine staff makes the referral.

Anytime you take your child to a physician for an athletic injury we ask that you pick up a **Medical Referral Form** from our office prior the visit. If you do not get one of these forms you **MUST** obtain in writing the doctors instructions for treatment and return to play in order for us to appropriately (and legally) treat your son/daughter. Your child may not return to play without a written release from the physician. A medical Referral Form is a written release.



## Follow-up Care

To ensure that athletes recover from their athletic injuries, it is extremely important that they make every effort to come to the athletic training room for daily care and follow-up until released by the athletic training staff. Due to the expansive nature of the athletic program at BEHS, and the fact that we are only here on a part-time basis we may not always have an opportunity to track your son/daughter down for treatment or follow-up care for an injury. Please encourage your child to continue to follow-up with our sports medicine staff as needed.

Our goal is to make the BEHS training room a full-service medical facility that can offer a wide array of treatment methods and rehabilitation procedures including: Ice, Moist Heat Packs, Hot/Cold Whirlpools, Ultrasound, Electrical Stimulation, Exercise Rehabilitation, Stretching, Functional Testing, etc. Currently we do not offer Moist Heat, Ultrasound and Electrical Stimulation on campus due to lack of equipment. We can, however, provide these treatments at our clinics when necessary. Emergency and basic first aid is always available to BEHS athletes. All sports medicine staff members are trained in CPR and/or emergency first aid

## General Injury Care

### The P.R.I.C.E. Principle

If an injury occurs, initial treatment should include the P.R.I.C.E. Principle in order to reduce pain, swelling, and promote healing.

**P = Protection:** Immobilization with rigid appliance like a splint or semi-rigid tape application is appropriate until pain-free movement through a full range of motion is accomplished.

**R = Relative Rest:** Avoid painful movements and weight-bearing if they cause pain. If it hurts to do something, don't do it until that activity can be performed pain-free. Use crutches or a sling until pain free motion is achieved.

**I = Ice:** Apply cold compresses, a bag of crushed ice or commercial cold packs to the most sensitive areas a minimum of 4 times daily for duration of 20 minutes each. Therapeutic cold helps control inflammation (swelling) and causes sensory anesthesia (numbness), which will assist in pain control.

**C = Compression:** Hold the ice bag on the injured area with an elastic bandage. This will help deliver an effective dose of cold. Wrapping an elastic bandage around the injured area while not icing will also make the injury feel more stable, secure and will assist in minimizing edema (swelling).

**\*\*\*\*DO NOT GO TO SLEEP WITH AN ELASTIC WRAP ON\*\*\*\***

**E = Elevation:** Keeping the injured tissues elevated also helps in swelling control. The injured area must be elevated above the heart.

If there is any doubt as to the severity of an injury, seek appropriate medical attention. Please remember to report any and all athletic injuries to the sports medicine staff and bring the medical findings and instructions in writing to the sports medicine staff so we can provide appropriate treatment and follow-up care.

## Ice or Heat – Which is Better?

Acute injuries are defined as injuries that have a short onset and a relatively short duration. The standard treatment for acute injuries to muscles, bones and joints is the application of ice, compression and elevation. Ice should be applied immediately for 20 minutes to an injury site. You can apply ice every 60-90 minutes for two–three days following injury. Ice will reduce swelling, inflammation, and pain.

**\*\*\*\*DO NOT LEAVE ICE ON FOR MORE THAN 20 MINUTES\*\*\*\***

Skin irritation and tissue damage may result from improper or excessive use. If you are allergic to cold or develop irritations, it is recommended that you place a moist towel or pillowcase between the ice and your skin.

Methods of Icing include:

1. Ice Bag – Place ice in a plastic bag and apply to injured area for 15-20 minutes.
2. Commercial Cold Pack – place cold pack in a pillowcase and apply to injured area for 15-20 min.
3. Ice Massage – Fill a paper cup about ¾ full with water and freeze it. Peel away approx. 1 in. of the top of the cup and massage injured area for 5-10 min.
4. Ice Bucket – Immerse injured part in a bucket of ice water for 15-20 min.

### **HEAT comes later . . .**

Heat may be used successfully for acute and chronic injuries when used correctly. **Heat should only be used after swelling has stopped (~48-72 hrs. following an injury).** Heat should be applied for no more than 20 minutes every two hours. Individuals differ in their ability to tolerate the use of heat over a body area; therefore you may need to place a layer(s) between the heat source and the injured area. Moist Heat should be comfortable; if it's too hot, you may get burned.

**\*\*\*\*NEVER USE A SPORTS CREAM UNDER A MOIST HEAT APPLICATION!! THIS CAN LEAD TO SERIOUS TISSUE DAMAGE AND BURNS\*\*\*\***

Methods of heat application include:

1. Moist Heat Pack– a towel soaked in hot water, wrapped in another towel. Applied for 20 minutes to the affected area.
2. Hot Soak – soaking the body area in water heated to 96-98 degrees for no more than 20 minutes. Decrease the time and temperature of the soak if a full body immersion is required.
3. Moist Heating Pad– may be purchased commercially. Follow the manufacturer's directions for use of the moist heat pad.

**\*\*\*\*WHEN IN DOUBT USE ICE\*\*\*\***

## Skin Wounds and Abrasions

The leading cause of indirect deaths in athletics is INFECTION. Skin wounds and skin abrasions are very common in athletics, especially in sports like football, soccer, baseball, and softball. It is extremely important that you have any skin wounds/abrasions cleaned and properly dressed. These wounds should be kept covered with an antibiotic cream and a sterile bandage until the wound has healed. A serious infection may result in lost time in your sport. Signs and symptoms of infection include:

- |  |   |
|--|---|
| ➤ Bright red color surrounding the wound           | ➤ Inflammation and/or extreme pain around the wound |
| ➤ Bright red streaking leading away from the wound | ➤ Fever   |
| ➤ Puss oozing from the wound                       |   |

If you experience any of these symptoms, report them to the sports medicine staff immediately or seek appropriate medical care.

## Head Injury Guidelines

**What is a concussion:** A concussion is an injury to the brain that is caused by a blow to the head. After a concussion, the brain doesn't work right for a while. Concussion can cause a person to be knocked out (unconscious) or to have memory loss (amnesia). A concussion can be dangerous even if the person is not knocked out.

**Is a concussion serious:** Any concussion can be dangerous because it affects the brain. The longer the person is unconscious or the longer the memory loss lasts, the more serious the concussion. You can have a serious concussion even without losing consciousness or having a cut or swelling on your head where you got hit. Concussions are usually not serious, but they can result in permanent damage to the brain and can even cause death. You should be observed for 24 hours. Most serious problems show up in the first 24 hours.

**Signs and symptoms** of a head injury can manifest over a period of hours or even days. The athlete should not be left alone. A responsible adult should watch him or her. In the event the following appear either singularly or in combination, medical attention should be sought immediately. Report to your family physician, orthopaedist, neurologist, emergency room, or other appropriate health care professional promptly.

**Common signs and symptoms include:**

- Increased drowsiness, or decreasing alertness.
- Increased dizziness, nausea or vomiting.
- Increased severity of headache. Severe headaches that won't ease up or go away, even after a dose of acetaminophen (Tylenol)
- Unequal or irregular pupils, blurred/double vision, loss of focus, or hypersensitivity to light.
- Clear fluid or blood drainage from nose or ears.
- Poor balance, coordination or concentration
- Weakness, tingling or paralysis in arm or legs.
- Unusual agitated behavior or amnesia.
- Garbled speech

**Is it okay to go to sleep?** You might become sleepy after a concussion. This may be caused by the activity that caused you to get the concussion (for example, a football game) or it may be caused by the concussion itself. It's perfectly all right for you to go to sleep as long as a responsible person wakes you up every two hours to be sure you are as easy to wake up as you normally are. You should be able to recognize this person and tell them such things as your birthday, age, and telephone number. If you can't be easily awakened or don't answer the questions correctly, the person should call your doctor.

**May I take something for the pain?** Only if your doctor tells you to. Usually acetaminophen (Tylenol) is allowed. Some drugs might make you sleep and make it hard to tell how you are really doing. Do not ingest alcohol or narcotic substance, eat heavily, exercise until advised to do so, or expose oneself to extreme sunlight or heat.

### PLEASE NOTE . . .

The guidelines outlined above and on the previous pages are not meant as, and should not be used as, a substitute for competent medical care. If you have questions or concerns about the health and well being of your child you should seek medical advice from the sports medicine staff or a medical doctor.

## Important Phone Numbers

Bishop England High School Main Office .....849-9599

Paul Runey, Athletic Director ..... 849-9599 ext. 53

Greg Banks, ATC, Head Athletic Trainer ..... 364-7214 (cellular)  
..... 884-7880 (Mt. Pleasant )

Stephen Correia, MHS, PT, OCS ..... 884-7880

Mark Rutledge, MHS, PT, OCS

**Everyone at RCC will do what ever we can to help you!!!!**



Rehabilitation Centers  
**RCC**  
of Charleston



# Bishop England Sports Medicine

Rehabilitation Centers  
**RCC**  
of Charleston

## EMERGENCY RESPONSE FORM

LAST NAME: \_\_\_\_\_ SPORT: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_ SPORTS 2 & 3: \_\_\_\_\_

GRADE: 7<sup>TH</sup> 8<sup>TH</sup> 9<sup>TH</sup> 10<sup>TH</sup> 11<sup>TH</sup> 12<sup>TH</sup> SCHOOL: \_\_\_\_\_

BIRTH DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ \_\_\_\_ M \_\_\_\_ F

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE NUMBER(s): \_\_\_\_\_ / \_\_\_\_\_

### PARENTS/LEGAL GUARDIAN

MOTHER'S NAME: \_\_\_\_\_ WORK NUMBER: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_ WORK NUMBER: \_\_\_\_\_

### SECONDARY EMERGENCY CONTACT

NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

ALLERGIES: \_\_\_\_\_

SPECIAL MEDICAL CONCERNS: \_\_\_\_\_

NAME OF INSURANCE CO.: \_\_\_\_\_

POLICY #: \_\_\_\_\_ DATE OF POLICY: \_\_\_\_/\_\_\_\_/\_\_\_\_

FAMILY PHYSICIAN: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

As the parent(s) or legal guardian(s) of (Name of athlete) \_\_\_\_\_, I give my consent for his/her practice and play in athletic events. I verify that my child has adequate health insurance through the above-mentioned insurance company. I do not hold the school responsible in any way whatsoever. I also grant permission for treatment deemed necessary for a condition arising during participation in these activities, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. I certify that the medical history filled out on the physical form is accurate to the best of my knowledge.

My signature also verifies that my child and I have completely read and understand this handbook.

I completely understand the above and authorize my consent:

Signed \_\_\_\_\_  
(Father, Mother, or legal guardian)

Date: \_\_\_\_\_

