

NEW TRIER HIGH SCHOOL ATHLETIC PHYSICAL AND PARENT CONSENT FORM

Mail, Fax or Drop Off: Athletics Office, 385 Winnetka Ave., Winnetka, IL 60093 or Fax to 847-446-8247

Last Name: _____ First Name: _____ ID: _____

Adviser: _____ Year in School: SR JR SO FR Date of Birth: _____

Home Address: _____ City _____ Zip _____

Home Phone: _____ School you attended last year: _____

CIRCLE THE SPORT (ONLY ONE PER SEASON) FOR WHICH YOU WILL TRYOUT

FALL: Cheerleading, Cross Country, Golf, Boys Soccer, Football, Field Hockey, Girls Swimming, Girls Tennis, Girls Volleyball, Rowing

WINTER: Basketball, Bowling, Cheerleading, Boys Swimming, Fencing, Gymnastics, Track, Wrestling

SPRING: Badminton, Baseball, Bass Fishing, Lacrosse, Boys Tennis, Boys Volleyball, Girls Soccer, Softball, Track, Water Polo, Rowing

Doctor's Permit: I have examined this student on this date and find him/her to be physically fit for interscholastic athletics.

M.D. Name (printed): _____ Signature: _____ M.D.

Date of Student's Most Current Physical: _____

PLEASE NOTE: PER IHSA RULES, PHYSICAL IS VALID FOR 395 DAYS OF ATHLETIC ELIGIBILITY FROM DATE OF EXAM

ATHLETIC PHILOSOPHY

New Trier High School believes that it is the function of the athletic department to provide sports, which are interesting, wholesome, stimulating and enjoyable for all students. Their overall objectives are to develop physical fitness, sports habits and skills, sports understanding, sportsmanship, and a spirit of competitiveness in each boy and girl. **This Athletic Physical Form must be on file in the Athletic Office on or before the first day of practice of the athlete's specific sport season. Per Illinois High School Association rules, your physical examination is good for 395 days from the date of the exam.** Please put that date on your yearly schedule, as your student athlete becomes ineligible unless a new physical is provided by that date.

This form also serves as Consent to Random Steroid and Performance-enhancing Supplement Testing. The Illinois High School Association's Board of Directors has approved plans developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements. Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2,170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. No student-athlete may participate in IHSA competition unless the student and the student's parent/guardian consent to random testing per signatures on this page. You can read more about current IHSA Banned Drug Classes and the IHSA Drug Testing Policy at <http://www.ihsa.org/Resources/SportsMedicine/PerformanceEnhancingDrugsSteroidEducation.aspx>

Athletes and parent/guardians are expected to attend an Athletic Sports Information meeting at the beginning of each sport season to discuss the educational and behavioral expectations of student-athletes of New Trier.

My son/daughter has my permission to practice and compete in the interscholastic program. I have read and understand the IHSA Concussion protocol. I assume responsibility in case of accident or injury. By my signature below I/we hereby grant consent to any/all health care providers designated by New Trier High School, District 203, to provide my child with any necessary medical care as a result of any illness/injury.

Parent Signature: _____ Date: _____ School Year: 20 __ / __

Student Signature: _____ Date: _____ School Year: 20 __ / __

ILLINOIS HIGH SCHOOL ASSOCIATION

2715 McGraw Drive • Bloomington, IL 61704

• www.ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479 •

IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The above language, which first appeared in all National Federation sports rule books for the 2010-11 school term, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or apparently unconscious.” This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms, or behaviors of a concussion from the lists below and remove them from play.

NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.

Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Behavior or signs observed indicative of a possible concussion

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall events prior to or after the injury

Symptoms reported by a player indicative of a possible concussion

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school-approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury.
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
3. If it is confirmed by the school's approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. Otherwise, if an athlete can not be cleared to return to play by a school-approved health care professional as defined in this protocol, that athlete may not be returned to competition that day and is then subject to the IHSA's Return to Play (RTP) Policy before the student-athlete can return to practice or competition.
5. Following the contest, a Special Report shall be filed by the contest official(s) with the IHSA Office through the Officials Center.
6. In cases where an assigned IHSA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

Additional information regarding concussion has been made available to IHSA member schools and licensed officials and can be accessed on the IHSA Sports Medicine website at <http://www.ihsa.org/initiatives/sportsMedicine/index.htm>.