

NEW TRIER HIGH SCHOOL ATHLETIC PHYSICAL AND PARENT CONSENT FORM
 PLEASE NOTE: PER IHSA RULES, PHYSICAL IS VALID FOR ONE FULL YEAR OF ATHLETIC ELIGIBILITY FROM DATE OF EXAM

Last Name _____ First Name _____ ID _____ Advisor _____ Year in School _____ Date of Birth _____
 Home Address _____ City _____ Zip _____ Phone _____

SCHOOL YOU ATTENDED LAST YEAR: _____

Choose at least 1 Sport: Fall _____
 Winter _____
 Spring _____

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

M.D. Date _____

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. The 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 only one calendar year 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. **Mail, fax, or drop off: Athletic Office, 385 Winnetka Ave, Winnetka, IL 60093 or FAX to 847-446-8247.**

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. 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 tests can occur at any time during a school term and 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. A list of the current IHSA Banned Drug Classes and the IHSA Drug Testing Policy can be accessed at www.ihsa.org/initiatives/sportsMedicine/files/200910%20PED%20program.pdf

Athletes and parent/guardians are expected to attend an Athletic Code 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 New Trier 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 _____

Student Signature _____

Date _____



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 dazed/stunned." 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 (i.e. "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 or appears to sustain a concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all 50 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 concussions 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/files/200910%20PED%20program.pdf>

New Trier Safety List for Football Players

Football is a contact sport and injuries will occur. The coaches working in our program are well-qualified professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this of rules and procedures is to inform the young men in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

Tackling, Blocking and Running the Ball

By rule, the helmet is not to be used as a "ram." Initial contact is not to be made with the helmet. It is not possible to play the game safely or correctly without making contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important to prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, Head Up, target area as near to the body as possible with the main contact being made with the shoulder.

When blocking and tackling one should not put the helmet as close to the body as possible, as this could result in shoulder injury such as separation or pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward and contact is made with the top of the helmet, the cervical (neck) vertebrae loses its natural curve resulting in forces that are transmitted to the bones and disks that could result in a dislocation, nerve damage, paralysis or even death.

Basic Hitting (Contact) Position and Fundamental Technique

If the knees are not bent, the chance of knee injury is greatly increased. Fundamentally, a player should be in the proper hitting position at all times during live ball play and this point will be repeated continually during practice. The danger is anything from strained muscles, to ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. A runner with the ball, however, may be tackled around the knees. In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask or edge of the helmet. These restrictions were placed in the rules because of serious injuries resulting from non-compliance to these safety precautions. Initial helmet contact could result in a bruise, dislocation, broken bone, head injury, internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask could result in a neck injury which could be anything from a muscle strain to a dislocation nerve injury, spinal column damage causing paralysis or death.

The illegal play by participating athletes will not be tolerated and all players are repeatedly reminded of the dangers of unsportsmanlike acts.

Fitting and Use of Equipment

Shoulder pads, helmets, hip pads, pants including thigh pads and knee pads must have proper fitting and use. Shoulder pads which are too small leave the shoulder point vulnerable to bruises or separations; it could also be too tight in the neck area resulting in a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: Front, back and top of head. The helmet must be safety "NOCSAE" branded; the chin straps must be fastened and the cheek pads must be of the proper thickness. On contact, too tight a helmet could result in a headache. Too loose a fit could result in headaches, concussion, a face injury such as a broken nose or cheek bone, a blow to the back of the neck causing a neck injury possibly quite serious such as paralysis or even death. Players are also expected to utilize their mouthpiece in practice or game setting.

This report does not cover all potential injury possibilities in playing football, but it is an attempt to make the players aware that fundamentals, coaching and proper fitting equipment is important to the safety and enjoyment in playing football at New Trier High School.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the football program.

Athlete's Signature _____

Parent's Signature _____

Date _____

6/6/2011