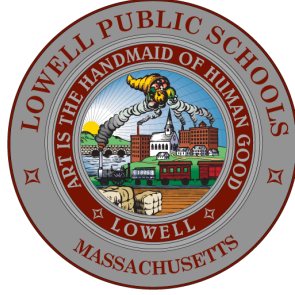


LOWELL PUBLIC SCHOOLS



MIDDLE SCHOOL INTRAMURAL ATHLETIC PARTICPATION CONSENT & INFORMATION PACKET

2019 - 2020 SCHOOL YEAR

Directions

- PLEASE COMPLETE BOTH PAGES/SIDES OF THE CONSENT FORM
- PLEASE COMPLETE THE PARTICPATION FORM
- PLEASE DETACH THESE FROMS THE PACKET (CONSENT FORM & PARTICPATION FORM)
- PLEASE RETURN THESE FROMS TO YOUR SCHOOL'S MAIN OFFICE BEFORE PARTICIPATION
- PLEASE PRINT ALL INFORMATION
- Thank you

Fact Sheet for Head Injuries

Due to the metabolic imbalance that occurs following a concussion, it has been shown that increased blood flow to the brain during recovery may impede or slow down the recovery process and worsen the symptoms of concussion. Most patients do not need to be placed on bed rest unless they are having severe symptoms (severe headaches, marked sensitivity to light, disorientation, balance problems, extreme fatigue, etc). They may participate in any activity that doesn't cause increased symptoms. In some cases, activities such as reading, watching TV, working at the computer, taking hot tubs and having heated discussions with others may increase symptoms. **If patients develop increased symptoms while doing a specific activity, that activity should be discontinued.**

Many individuals with a head injury may be unable to concentrate. They may not be able to read or absorb material and may develop an increased headache while doing so. When this occurs, they might be able to participate in an activity for only a few minutes before symptoms increase. If a rest break can be interspersed between those few minute intervals, these activities can be done. As the symptoms abate, longer intervals can be spent reading, watching TV and using the computer. Continuing activities, or exercise that increases symptoms, can delay the recovery from the concussion. School attendance and activities may need to be modified. While some individuals may be able to attend school without increasing their symptoms, the majority will probably need some modifications depending on the nature of the symptoms. Trial and error may be needed to discover what they can and cannot do.

- If students are unable to attend school for an entire day without symptoms, they should attend for a half day. Some students may only be able to attend for one period, some not at all, due to severe headaches or other symptoms. Frequent breaks with rest periods in the nurse's office may be necessary. Often, alternating a class with a rest period may be helpful. Math causes more symptoms in many patients than other subject classes. As recovery proceeds, gradually hours spent in school may be increased.
- Depending on their symptoms, some students may need to be driven to school to avoid walking and should be given elevator passes to avoid stairs. They should not attend gym or exercise classes.
- Workload and homework may need to be reduced. Frequent breaks while doing homework may be helpful. Term papers should be postponed. Pre-printed class notes and tutors may help to relieve the pressure of schoolwork.
- Tests: If there are concentration and memory problems, quizzes, tests, PSAT tests, SAT tests and final exams should be delayed or postponed. If test results are poor, a note to the school should request that the scores be voided. Extra time (un-timed tests) may be necessary initially when test taking is resumed.
- If noise causes increased symptoms, students with concussions should not listen to loud music (especially in cars or on their I-Pods). They should avoid attending dances, parties, music concerts and sports events until the sensitivity to noise is gone.
- If light causes increased symptoms or students have photophobia they should avoid bright sunlight and exposure to flashing lights (computer games). Sunglasses may be necessary.

Post-Concussion Syndrome

Fortunately, post-concussion syndrome occurs only occasionally but it is devastating to those individuals encountering it. It is usually defined as having concussion symptoms that last for greater than a month after the initial blow. The problems that can develop are categorized as follows:

- **SLEEP ISSUES** - Initially, most concussed individuals are very fatigued and sleep more than usual. As the concussion persists, they may have difficulty falling asleep and sleep less than usual. Lack of sleep causes major difficulties and should be resolved before treating the next two issues.
- **CONCENTRATION AND MEMORY ISSUES** - Inability to concentrate and poor memory, often associated with increased headaches during schoolwork, may cause poor school attendance and performance. It can take months, or even longer, to recover from this.
- **DEPRESSION AND OTHER PSYCHIATRIC PROBLEMS** - Although depression may be caused by the concussion itself, the persistence of symptoms and being unable to play may also cause depression.
- Individuals with concussions often suffer frustration and anger due to the curtailment of their normal activities. They may not be able to participate in their chosen sport or attend school.
- **Some athletes may not be able to return to contact sports due to the long term symptoms they have suffered as a result of their concussion.**

The following is the researched recommendation for return to participation criteria following a concussion.

Grade	1 st concussion	2 nd concussion	3 rd concussion
Mild Grade 1	Return to play when asymptomatic with exertion	Return to play when asymptomatic for 1 week	Return to play when asymptomatic for 2 to 4 weeks
Grade 1	Return to play when asymptomatic with exertion for 1 week	Return to play in 2 weeks when asymptomatic for 1 week	Terminate season. May return next season if asymptomatic
Grade 2	Return to play when asymptomatic with exertion for 1 week	Minimum 1 month; may return to play then is asymptomatic for 1 week; consider terminating season	Terminate season. May return next season if asymptomatic
Grade 3	Minimum 1 month; may return to play then is asymptomatic for 1 week; consider terminating season	Terminate season. May return next season if asymptomatic	

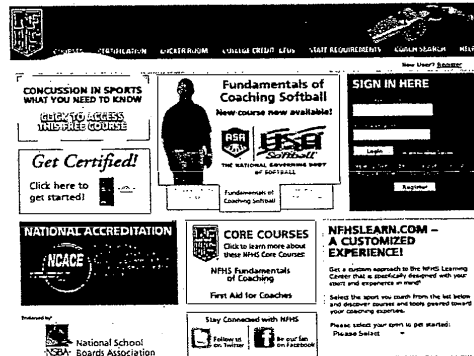
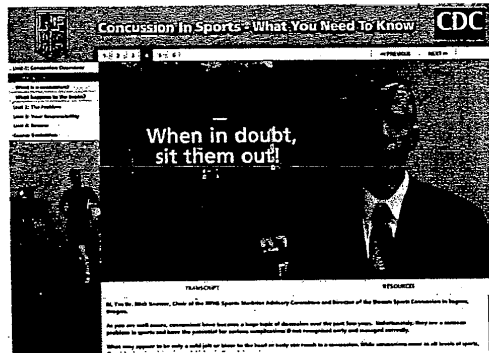
What you need to do if your child has a concussion:

- Call your son/daughter’s primary care physician and make an appointment for them to be evaluated.
- Bring the completed Report of Head Injury Form and return to participation criteria for the physician’s review.
- Make sure to read through all given information and follow guidelines.
- Tylenol may be given to help with headache symptoms.
- Check on your son/daughter every hour to see if their symptoms increase/worsen. If they significantly increase, immediately bring them to the emergency room for evaluation.



Concussion in Sports - What You Need to Know

Ordering Information at www.nfhslearn.com



Steps to access the FREE course:

1. Go to www.nfhslearn.com
2. Sign in with your e-mail and password if you have previously registered.
3. If you need to register, it will only take a couple of minutes. All users at www.nfhslearn.com must be registered with a unique e-mail address and password.
4. Toward the upper left-hand part of the screen, you will see the "Click to Access This Free Course" for "**Concussion in Sports — What You Need to Know.**"
5. You can order licenses as an individual to take the course yourself. OR you can purchase courses in bulk if you intend to distribute the courses to others (there is a limit of 99 licenses per any one order).
6. Note: You will need to click on "Save" once you have put the course(s) in your cart and before you can proceed to Checkout.
7. As you go through the process you will see that you are using the "purchasing process" that is standard for NFHS Coach Education courses. You are not being charged anything for the Concussion courses. You do have the ability to order other courses at the same time, and you will be asked for payment for those.
8. You can then start the course if you ordered as an individual or begin distributing the licenses if you ordered in bulk.
9. If necessary, refer to the form regarding distributing bulk licenses. It can be found in the Locker Room at www.nfhslearn.com.

The online concussion course is offered at no cost to the user. Once you have finished, you will be added to the database as having completed the course. The name of the individual completing the course will appear in the "Coach Search" feature as having completed this course along with any other courses completed at www.nfhslearn.com.

CONCUSSION RESOURCES

The following represents a menu of FREE and credible materials/resources for administrators, coaches, parents and student athletes:

NATIONAL FEDERATION - www.nfhslearn.com

- Free on-line concussion course (What you need to know)
- Suggested Guidelines for Management of Concussion in Sports brochure ([Click here](#) to view brochure)
- Concussions – NFHS Sports Medicine Handbook
- [A Parent's Guide to Concussions in Sports](#)

CENTER FOR DISEASE CONTROL - www.cdc.gov/concussion

- CDC Resources on Concussions:
 - Facts about Concussion and Brain Injury: Where to Get Help
 - Heads Up: Brain Injury in Your Practice initiative
 - Heads Up: Concussion in High School Sports initiative
 - Heads Up: Concussion in Youth Sports initiative
 - Heads Up: Prevent Shaken Baby Syndrome (SBS)
 - Help Seniors Live Better, Longer: Prevent Brain Injury initiative
- CDC has information available for individuals, including parents and athletes whose first language is Spanish and may not find the on-line course accessible:
 - Coaches: http://www.cdc.gov/concussion/pdf/Coach_Guide-a.pdf and http://www.cdc.gov/concussion/pdf/coaches_engl.pdf
 - School nurses: <http://www.cdc.gov/concussion/headsup/schools.html>
 - Athletes: http://www.cdc.gov/concussion/pdf/athletes_fact_sheet-a.pdf http://www.cdc.gov/concussion/pdf/athletes_fact_sheet_spanish-a.pdf
 - Parents: http://www.cdc.gov/concussion/pdf/parents_fact_sheet-a.pdf http://www.cdc.gov/concussion/pdf/parents_fact_sheet_spanish-a.pdf

BRAIN INJURY ASSOCIATION OF MASSACHUSETTS (BIA-MA) – www.biama.org

Prevention Programs include:

- Brains at Risk
- Gateway
- Think A Head
- Keys
- Falls
- Jose and Maria
- Sport Concussion Cards
- DVD's for athletes, parents & coaches—excellent resource for pre-season meetings

MASSACHUSETTS MEDICAL SOCIETY (MMS) – www.massmed.org

- Concussion / A Coach's Guide for Sideline Evaluations (Concussion Education Brochure)

School Nurses and Athletic Trainers Team Up on Concussion Management

[Supporting the Student-Athlete's Return to the Classroom After a Sport-Related Concussion](#)

Chapter 269, Section 17
Crime of Hazing, Definition, Penalty

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term *hazing* as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St. 1985, c.536; amended by St. 1987, c.665.

Chapter 269, Section 18
Duty to Report Hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime, shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars. Added by St. 1985, c. 536; amended by St. 1987, c. 665.

Chapter 269, Section 19
Statutes to be Provided to Student Groups; Compliance Statement and Discipline Policy Required

Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and section seventeen and eighteen to unaffiliated student groups, team or organizations shall not constitute evidence of the institution's recognition's or endorsement of said unaffiliated student groups, teams, or organizations.

We are facing an epidemic of opioid addiction and overdose deaths in Massachusetts.

For youth, opioid addiction may start when a clinician prescribes opioids following an injury; through having access to painkillers in the family medicine cabinet; or by borrowing from friends.

Opioids are powerful prescription painkillers. Examples of commonly prescribed opioids include Oxycontin, Percocet, Vicodin and Fentanyl.

Although these medications are effective when prescribed and taken appropriately, they can be misused and lead to significant negative consequences, including overdose and addiction. Some people who are addicted may even transition to heroin, which is less expensive and widely available.

Get More Information

If you suspect your child is having a problem with prescription opioids or heroin, call the **MA Substance Abuse Information and Education Helpline** for free and confidential information about substance abuse, education and counseling resources for adolescents, families and adults.

With your help we can
Stop Addiction
In Its Tracks

Call:
1-800-327-5050
TTY: Use MassRelay at 711
or 1-800-720-3480

Or Visit:
mass.gov/stopaddiction

Tips for Protecting Your Kids from Addiction

STOP
Addiction
IN ITS TRACKS



Massachusetts Department of Public Health

Some people who are addicted may even transition to heroin, which is less expensive and widely available.

Parents: Prevent Opioid Prescription Abuse

1. **Talk to your teen** and warn them about the potential dangers of taking medications that are not prescribed for them, including addiction and overdose.
2. **Be clear with your expectations** about drug and alcohol use and follow through by supporting healthy decisions that they make.
3. **If your son or daughter needs medications while at school**, request an 8-12 hour dose so you can administer them at home. If medications must be taken during school hours, give them to the school nurse.
4. **Ask your doctor** if any medications prescribed for your family have a potential for abuse.
5. **Take a regular inventory** of medications that are kept in your home that can be abused.
6. **Keep medications in a secure location** away from your children. Consider purchasing a locked box at your local pharmacy to store medications that can be abused.

Dispose of Unused Prescription Drugs:

- Bring unused medications to secure medication drop off boxes around the state. To find a drop box in your area, visit www.mass.gov/DrugDropbox.
- Do not flush medicines down the drain unless the label or accompanying patient information specifically instructs you to do so.
- Remove medications from their containers, crush them and mix them with coffee grounds or kitty litter. Place the mixture in an unmarked container, like an empty can or sealable bag, and throw the container in the trash.



Know the Signs

Many parents are often reluctant to believe that their children may misuse or develop an addiction to prescription opioids. But anyone who experiments with these powerful medications is at risk for negative consequences, including overdose and addiction.

Signs your child may be abusing or misusing opioids:

- Pills or medication bottles are missing from your home
- Taking medication in excess of how it has been prescribed
- Abrupt changes in their finances
- Dramatic mood changes
- Lower grades, changes in friends, or changes in sleep or appetite
- Loss of concern about appearance
- Physical signs such as fatigue, confusion, weight loss, slurred speech, dizziness and changes in pupil size