



# CHRISTIAN FAITH ATHLETICS

STUDENT FIRST/LAST NAME: \_\_\_\_\_

GRADE \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT/GUARDIAN NAME \_\_\_\_\_ PHONE \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_ H W M

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_ H W M

EMAIL ADDRESS \_\_\_\_\_@\_\_\_\_\_.\_\_\_\_\_

### Please list Medical Conditions or Concerns:

\_\_\_\_\_  
\_\_\_\_\_

In case of an accident or injury, I give permission for emergency treatment by a doctor, at the discretion of a Christian Faith School official, if they are unable to contact a parent or guardian or in an emergent situation where time does not allow for such attempts to contact a parent or guardian.

**INITIALS** \_\_\_\_\_

A completed physical examination by a qualified professional is required for any secondary sports participation and must be given before any physical practice or participation can occur. Physical exams are good for two years from date of doctor's signature.

**INITIALS** \_\_\_\_\_

I acknowledge that if the sports fee is not paid by the 1st contest, it will be withdrawn from my FACTS account unless paid online through our website (receipt required with form) or payment submitted with this form.

**INITIALS** \_\_\_\_\_

If you need to make other arrangements, please contact Jen Walton at jenw@christianfaithschool.com or 253-943-2546

A signed copy of the Christian Faith School Concussion Information Form must be on file with the athletics office prior to participation.

**INITIALS** \_\_\_\_\_

### Sports Fees:

- \$150 for HS sports
- \$100 for JH sports
- \$300 cap per individual participating in more than one sport per year.
- \$500 cap per family per year

### Check all that apply:

- Volleyball
- Soccer
- Basketball
- Track
- Cheer
- Other \_\_\_\_\_

## Parent Approval | Hold Harmless Agreement

Thank you for choosing to participate in a Christian Faith School (CFS) athletic program. Athletics can be dangerous. Accidents can happen and the risk of serious injury including paralysis and/or death does exist. Your initials and signature indicates that you understand the specific sport injury risks and are entering your child into this athletic program assuming all risk associated with the activity. You are also agreeing to release, waive, discharge, and hold harmless Christian Faith School, and all of their affiliates, predecessors, successors, trustees, officers, directors, faculty, employees, agents and representatives, past or present from any and all claims, suits, liabilities, judgments, costs and expenses for any property damage, loss or theft, personal injury or illness, death or other loss arising from or relating to participation in CFS athletics. You also agree to defend, indemnify and hold harmless these parties from and against any claims arising from or related to your own acts or omissions in connection with participation in CFS athletics.

**INITIALS** \_\_\_\_\_

\_\_\_\_\_  
Parent/Legal Guardian - Printed

\_\_\_\_\_  
Parent/Legal Guardian - Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

**Admin. Use Only.**

Revised 8/16/2017

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ CC Cash Check # \_\_\_\_\_ Online Payment Receipt Total Received \_\_\_\_\_

Season 1 Season 2 Family Cap (\$500)

# PARENT & ATHLETE CONCUSSION FORM

Students participating in Christian Faith Athletics and their parent/guardian must sign the acknowledgement below that you have read the "Concussion Fact Sheet" and understand the risks.

I/We have received the Concussion Fact Sheet and have read and understand the contents. \_\_\_\_\_ **INITIALS**

STUDENT ATHLETE NAME PRINTED \_\_\_\_\_ DATE \_\_\_\_\_

STUDENT ATHLETE NAME - SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN NAME - PRINTED \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN NAME - SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

## INSURANCE

I hereby certify that \_\_\_\_\_ (student name), is covered by a health insurance policy.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\*Insurance Carrier: \_\_\_\_\_

Group Policy #: \_\_\_\_\_

\*Insurance is required for students to participate in CFS Athletics. If you need alternate insurance, see our Athletics page on our website. **INITIALS** \_\_\_\_\_

# CONCUSSION FACT SHEET

## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

## SIGNS & SYMPTOMS

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

## DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

## CONCUSSION DANGER SIGNS

- In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:
  - One pupil larger than the other
  - Is drowsy or cannot be awakened
  - A headache that gets worse
  - Weakness, numbness, or decreased coordination
  - Repeated vomiting or nausea
  - Slurred speech
  - Convulsions or seizures
  - Cannot recognize people or places
  - Becomes increasingly confused, restless, or agitated
  - Has unusual behavior
  - Loses consciousness (even a brief loss of consciousness should be taken seriously)

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

## SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

## SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.