# PERMISSION FORMS 2015-2016, Kdg – 8th Grade

Note: This form requires each parent to sign four times.

List first and last names of your children:



## TRINITY LUTHERAN School & Childcare

www.tlsjackson.com 517.750.2105

ГΤ	וח	$\mathbf{r}$	т	nı	IDC
FI	FI	 D		к	IPS

understand that I will be notified in a	dvance as to when and who nderstand that reasonable	ere a field trip will be, thereby measures will be taken to safe	to the jurisdiction of the school or teacher. I allowing me to notify the school if I do not eguard the health and safety of my child(ren)
Signature	Date	+ Signature	Date
STUDENT PRIVACY AND USE I understand that photographs may be final weeks of the school year. In add	oe taken of my child(ren) du		in the yearbook, which is distributed in the
I give permission for my child(r newspaper or other local prir			e school's website and FaceBook page, in the
☐ I give permission for my child(r	en)'s picture to be used, wi	th the following restrictions:	
$\square$ I do not give permission for the	school to publish or post p	ictures of my child(ren).	
I understand that I may not post or p during a school event without the pe			d, other than my own, taken at the school or
Signature	Date	+ Signature	Date
private vehicles for field trips. I also	understand that before part	ticipating as a volunteer, I mus	ass activities and to provide transportation in st be signed up with the teacher, submit river's license or state ID for a background
Signature	Date	+ Signature	Date
	l athletics must have accide	nt insurance coverage. Here i	ion Sheet provided by the school. I understand s current information about the policy covering
Health insurance company		Policy/grou	ıp#
Card holder's name		□	Check here if this information is not required
Local physician		Physician p	phone
Signature	Date	+ Signature	Date

Note: A technology-use agreement will be distributed for review and signatures during the first week of school.

### **PARENT & ATHLETE CONCUSSION INFORMATION 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.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

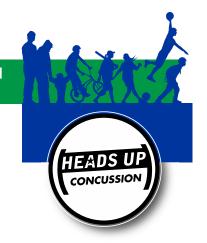
Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

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.





#### 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
- 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, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### **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

- 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)

#### 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.
- 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.

TO LEARN MORE GO TO >>> WWW.CDC.GOV/CONGUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).