



PLEASE READ AND FILL OUT ALL FORMS -  
SIGNATURES REQUIRED UPON

IT IS MANDATORY THAT THIS PACKET BE COMPLETED  
WITH ALL REQUIRED SIGNATURES BEFORE  
PARTICIPATION IN EXTRACURRICULAR ACTIVITIES

## RIDGEVUE WARHAWKS

"NOTE OF RISK" - IHSAA ACTIVITIES STUDENT'S PLAN TO  
PARTICIPATE IN DURING THE SCHOOL YEAR.

When a person practices, plays and participates in any activity/sport, the activity/sport can be dangerous. Every participant places themselves in situations where they face the risk of serious and/or permanent injury and death. Injuries, which may result from practicing, playing and participating in activities/sports, could cause serious injury, impairment and death. The damage could affect the general health and wellbeing of the participant.

Serious injury could impair a person's ability to earn a living and engage in social and recreational activities in the future.

We the undersigned understand the inherent dangers of practicing, playing and participating in school sponsored activities/sports. We also recognize the importance of following instructions given by the coaches/advisors regarding playing techniques, training, diet, hydration, and the importance of following all team rules and guidelines.

We specifically acknowledge we have carefully read and understand this "Notice Of Risk" for students participating in athletics/activities and that my son/daughter plans on participating in:



Circle all activities your son/daughter plans to participate in during the school year

<b><u>FALL ACTIVITIES</u></b>
FOOTBALL
VOLLEYBALL
CROSS COUNTRY
SOCCER
CHEERLEADING
MARCHING BAND
AUXILIARY
SWIM

<b><u>WINTER ACTIVITIES</u></b>
GIRL'S BASKETBALL
BOY'S BASKETBALL
WRESTLING
DANCE TEAM
CHEERLEADING

<b><u>SPRING ACTIVITIES</u></b>
SOFTBALL
BASEBALL
TRACK & FIELD
BOY'S GOLF
GIRL'S GOLF
TENNIS

## **RIDGEVUE WARHAWKS**

### *Activity & ATHLETIC Eligibility INFORMATION*

**PHYSICAL:** Freshman, Juniors, Foreign Exchange Students, Transfer Students, Home School, Charter School, and Alternative School students new to Ridgevue High School must have a current physical completed and on file. The IHSAA requires a physical form by a doctor to be on file at Ridgevue High School before the student is allowed to practice or participate in competitions. The physical must be completed after May 15<sup>th</sup> of the year the student will enter the grades listed above.

**INTERIM QUESTIONNAIRE:** All athletes are required by the IHSAA to complete this form. The "Interim Questionnaire" must be turned in before the student is allowed to practice or participate in competitions.

**POTENTIAL RISK OF INJURY:** All participants must read, understand, and verify they understand the "Notice Of Risk For Student Athletes" statement for the activities they plan to participate in throughout the school year.

**PERSONAL HISTORY / INSURANCE / MEDICAL INFORMATION AND CONSENT FORM:** All participants, parents/guardians must complete and verify that they have read and understand the Ridgevue High School: "Personal History, Insurance, Medical and Consent Form Information by signing and dating the appropriate form.

**RIDGEVUE ACTIVITY CODE POLICIES REGULATIONS ATTENDANCE:** All participants, parents/guardians, must complete and verify that they have read and understand the Ridgevue High



School "Administrative Procedures and Regulations Information Form". The form explains the policies for all extracurricular activities, scholastic requirements, use of drugs, alcohol or tobacco including violations/procedures & penalties, school attendance and conduct. Coaches in the Ridgevue School District may also have additional policies for their activity which students must follow in order to participate in their program.

**ACADEMIC ELIGIBILITY:** To be academically eligible for extra-curricular activities, a student must be enrolled full time (Minimum of 4 Classes), on track to graduate based on SDE graduation requirements (includes passing scores on ISAT tests), 2.0 cumulative GPA, received passing grades and earned credits in the required number of courses in the previous semester. Students who were enrolled in 7 Classes-Attempt 5, 6 Classes-Pass 5, 5 Classes-Pass 4, 4 Classes-Pass 4 the previous semester. Any student not meeting a 2.0 cumulative GPA will be placed on an academic improvement plan prior to participation. Students are allowed to practice without meeting the "Academic Eligibility Requirements" but will not travel or participate in competition until becoming academically eligible.

#### Grading Policy

Any student involved with extracurricular activities will adhere to the "F Policy"

All coaches will be provided a bi-weekly grade check from the Activities Director/Administration office.

Any student with an "F" on their bi-weekly grade check (Second Monday) will be ineligible from that day forward. It will be the student's responsibility to check with their teacher and see what is required to get their grade to a "passing" before eligibility is reinstated. Students need to provide the coach with a new printout of grades signed by the teacher/administration before being reinstated.

If there are circumstances beyond the students/teachers control (such as a student or teacher being absent) and the student does not have the opportunity to turn in work, do the make-up work or take a test before the NEXT competition — they can get a waiver from the GRADE LEVEL PRINCIPAL.

**The responsibility is on the student to take care of their academics.**

This applies to ALL EXTRA-CURRICULAR activities.

**TRANSFER/FOREIGN EXCHANGE STUDENTS:** "Foreign Exchange Students" and students "New" to Ridgevue High School within the calendar year, must complete registration information through the counseling department and complete all transfer paperwork required by the IHSAA with the Ridgevue Athletic Director before they are allowed to practice. This paperwork will include a physical form and all other forms required by the IHSAA and Ridgevue High School. The IHSAA Board of Directors determines eligibility and will inform the Athletic Director whether or not the student is allowed to participate in competition. No student may participate in competition before receiving notice from the IHSAA office. Students are allowed to practice once they have completed the appropriate paperwork with the Ridgevue High School Athletic Director.

**ASB CARD PURCHASE/FINES:** All participants are required to purchase a Ridgevue Activity Card prior to participating in school sponsored activities/sports during the season. Funds from the ASB Cards are used to help defray the costs of equipment, officials, etc. that are necessary to fund the activity



programs at Ridgevue High School. All school fines/fees must be paid prior to being allowed to practice or participate in competitions.

## RIDGEVUE ATHLETE(S) OF THE YEAR

Criteria: This will be an award that recognizes great athletic achievement in at least two varsity sports during an athlete's Junior and Senior year of participation. The award winner(s) would be those who demonstrate great athletic ability and make positive contributions to the team/program in which he/she is a part of.

Both dedication and time are required to participate in extracurricular activities. It is time to once again recognize those who participate and excel in multiple sports. We will recognize one male and one female athlete every year. Each winner will receive a \$500 scholarship towards a college of their choice. They will also have their name/picture put on the Warhawk Athletic Association Website. Our candidates will be nominated by our athletic department and voted on by our coaches and administration.

Each Sport participated in must be an IHSAA sanctioned sport offered by Ridgevue High School:  
Football, Soccer, Cross Country, Volleyball, Wrestling, Basketball, Tennis, Softball, Baseball, Track, Golf.

## "VALLIVUE SCHOOL DISTRICT ACTIVITY CODE" POLICIES/REGULATIONS/ATTENDANCE

INTERSCHOLASTIC ACTIVITIES: The "Ridgevue Activity Code" is applicable to any secondary student participating in any activity or program that involves participation with another school. It includes Athletics, Cheerleaders, Drill Team, Auxiliary, Dance, FFA, FHA, Music, Speech, Debate, etc.

SCHOLASTIC REQUIREMENTS: The IHSAA requires all "Activity Participants" to be "academically eligible, on track to graduate, passing ISA T scores and earn the required amount of credits the previous semester for eligibility to participate. Violations of these rules will result in a semester of ineligibility in extra-curricular activities. SCHOOL ATTENDANCE & PARTICIPATION POLICY: Participants are highly encouraged to maintain regular attendance while participating in extracurricular activities and are required to be in attendance for a full day on each day of competition to participate in any extenuating circumstances must be pre-approved by the Athletic Director, Principal, Assistant Principal or their designee prior to participation.

APPEARANCE AND CONDUCT: Participants in an interscholastic activity shall be required to present and conduct themselves in a manner that will at all times bring credit to Ridgevue High School. Failure to do so will result in appropriate action, suspension, or both to fit the circumstances.

SPORT SPECIFIC ADDITIONAL POLICIES FOR ACTIVITIES: Every Head Coach or Activity Supervisor may create additional policies which participants are required to follow throughout their season. The Head Coach or Activity Supervisor is responsible to have these policies in writing and make them known to the Athletic Director, Participants and Parent's. No student will be allowed to take



part in any activity as a participant until the participant & parents have certified they have read the "Ridgevue Activity Code" and understand the policies and means of enforcement.

USE OF DRUGS. ALCOHOL OR TOBACCO: Any violation of the Idaho Code as prescribed for minors with respect to the use of drugs, alcohol, or tobacco during the complete calendar year by any person attending Ridgevue High School: regardless of age, and participating in any school program function or activity is prohibited. This includes using, buying, selling, giving, accepting, or having possession of drugs, alcohol, or tobacco. Reference Idaho Code Section 18-1504A.23-949. Etc.

VIOLATIONS:

- Any person admitting to or witnessed violating the rules will be subject to Offense Procedures in Section IV of the District Drug and Alcohol Use/Abuse Policy.
- Any person admitting to or witnessed violating the rules will be subject to the penalties in Section H.

PROCEDURES: Any person who participated in an interscholastic activity caught or suspected of an offense will be brought before the Interscholastic Standards Committee who shall review the circumstances of the incident and determine the course of action to be taken. The parents will be advised of the circumstances whenever a student has been determined to be in violation of this policy.

PROCEDURES FOR SUSPENSION FOR: The athlete is expected to attend all practices and team meetings but will not dress down for competition or performance.

SPORT	1 <sup>st</sup> OFFENSE	2 <sup>nd</sup> Offense	3 <sup>rd</sup> Offense	
<u>FOOTBALL &amp; SOCCER</u>	1 Game	Season	1 year	
<u>CROSS COUNTRY</u>	1 Meet	Season	1 year	NO
<u>VOLLEYBALL</u>	2 Matches	Season	1 year	FURTHER
<u>BASKETBALL</u>	2 Games	Season	1 year	COMPETITION
<u>WRESTLING</u>	2 Matches	Season	1 year	AT
<u>TRACK</u>	1 Meet	Season	1 year	RIDGEVUE
<u>BASEBALL</u>	2 Games	Season	1 year	HIGH
<u>GOLF</u>	2 Matches	Season	1 year	SCHOOL
<u>TENNIS</u>	2 Matches	Season	1 year	
<u>SOFTBALL</u>	2 Games	Season	1 year	
<u>AUX./DANCE/CHEER</u>	1 Competition/Performance	Season	1 year	



## **SOCIAL MEDIA GUIDELINES FOR STUDENT-ATHLETE**

Playing and competing in extra-curricular activities within the Vallivue School District is a privilege. Student-athletes are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your coaches, our schools, and yourselves in a positive manner at all times. Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes in one form or another.

Student-athletes should be aware that third parties, including the media, faculty, future employers and college coaches, could easily access your profiles and view all personal information. This includes pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athletes future options (college recruiting, employment). Examples of inappropriate and offensive behaviors concerning the participation in online communities may include but are not limited to depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is of bullying nature, unsportsmanlike, derogatory, demeaning or threatening toward another individual or entity. No posts should depict or encourage unacceptable, violent or illegal activities.

We expect that students and parents use social media responsibly and when in doubt, please adhere to the student-athlete expectations of the Vallivue School District to guide your choices. By signing below you understand and agree to abide by the Vallivue School District Social Media Guidelines and that any behavior unbecoming of a Vallivue student-athlete may result in consequences that include suspension for your athletic team and you may be subject to further penalties imposed by the school and/or school district.

## **RIDGEVUE WARHAWKS ACTIVITY/ATHLETE & FIELD TRIP BUS REQUIREMENTS**

Ridgevue High School expects all students to ride the activity bus or field trip bus both to and from the site of the activity. The reasons for this are:

1. Team Unity
  2. Safety and care of the students.
- Students may ride home with their own parents from the site provided that:



1. The parent picks up the student in the presence of the coach, activity advisor, or teacher in charge of the site.
  2. The parent signs for custody of the student at that point.
- Students may ride home with the parent of another student provided that:
    1. The parents of the student in question send to school at least one-day prior the "Ridgevue Transportation Waiver Form". This form must be turned in to the Ridgevue Administration who will provide the coach, advisor, or teacher in charge of the trip a copy of the form.
    2. The parent named in the "Transportation Waiver Form" picks up the student in the presence of the coach, activity advisor, or teacher in charge at the site.
    3. The parent or parent designee signs for custody of the student at that point.
  - Students must in all cases ride the bus to the activity site. If there is an urgent need for an exception to this the parents must contact the Ridgevue High School Administration and fill out a "Transportation Waiver Request" and return it to the Activity/Athletic Director or Teacher/Supervisor in charge at least one day prior to the activity. A Ridgevue Administrator will consult with the parents, the coach, advisor, or teacher of the trip and decide upon whether to grant the exception.

#### TRANSPORTATION AND TRAVEL

1. Teams or squads often travel to games or events at different times or venues. Please insure that the following guidelines are being carried out to the letter.
2. Athletes should never be unsupervised at any contest - be it home or away.
  - A. Athletes should sit together as a team prior to all contests - home or away.
  - B. Athletes should be reminded they represent their family, school, and community. Obnoxious behavior, during travel, before or after a contest will not be tolerated at any time.
  - C. Inappropriate behavior that reflects negatively on Ridgevue not be allowed at or during any contest.
3. Athletes will travel to and from all away contests in District provided transportation. Unless a written "Transportation Waiver Form" has been obtained in advance by a coach or the Athletic Director.
4. Teams will travel directly back to Ridgevue High School after a contest, unless permission to stop has been granted by administration. Please be advised that permission will not be given unless the length of travel is considerable. Discussion of the above items must be held with both Administrator and Athletic Director.

#### TRAVEL SCHEDULES

It will be the duty of the Athletic Director to establish a TRAVEL SCHEDULE for each season. Each coach (regardless of level) will be provided with a copy for your information and awareness. The Athletic Director will hold a master copy in the Athletic Office.

If a game or event conflicts with any in session school hours, coaches should be aware that student/athletes will be dismissed 15 minutes prior to the established departure travel time via an email to the teachers. Student/Athletes should collect books and/or assignments from their lockers. They should



collect their sports materials from their team or PE locker. They should then assemble at the transportation location given by the coach's instructions or given within the daily school bulletin. Coaches should be at the transportation location or team locker room at the time of their team's release. NO students should be unsupervised.

#### OVERNIGHT TRAVEL AND TEAM Accommodations

At times a team may desire to travel to an event or venue which requires a stay overnight(s). All costs for such travel must be reviewed by the Principal or Athletic Director. It is not the policy of RHS or VSD to provide money for such events unless so determined by the Administration. The club must pay such money for meals or lodging.

- ✓ Travel within the state of Idaho in accordance with both the SIC and VSD no permission is needed from VSD SCHOOL BOARD as long as travel is within the state. Travel outside the state must be given sanction from both IHSAA and VSD.
- ✓ Specifics as to accommodations (location, dates, phone numbers and contact persons) should be cleared with administration. Information above should be left with both the RHS Administration and the Athletic Director. Assurance of adult supervision during all travel and overnight stays must be needed. Any additional insurance (if needed) must be reviewed by the coach and Athletic Director.
- ✓ All clearances for chaperones should be made through the Athletic Director and or any other administrative office if deemed necessary. Proper information and allowance of time should be given to insure that the administrative staff of RHS or VSD can accommodate any requests without being rushed at the last moment.

#### DISRUPTIONS DURING TRANSPORTATION AND TRAVEL

While it is thought that student/athletes would be a responsible group, it will do well to remember that we are dealing with students from various walks in our society. Thus some may attempt to compromise athletics via disruptions or athletic code violations. In most severe cases, where a violation of the rules incur involving any items related to drugs, alcohol, etc. Please be advised of the following:

1. If you suspect that a violation of the rules occurs while in transit, ask the driver to stop at the nearest exit and seek a public phone. Immediately call the administration or Athletic Director and seek advice. In the case RHS issues a cellular phone to you, use it to immediately to call the administration or Athletic Director.
2. If a rules violation has to do with substances not allowed by state law, federal law, or VSD Policy (any type of fighting, smoking, drinking, or drug use) you may confiscate the material and hold the student(s) responsible. In the event the substance is not clearly seen you are allowed to ask the driver to stop so that you may search and secure the substance. In the event of a search you should not search a student or any of their possessions unless you have an adult present with you. Having another adult with you will secure the accountability and authentication to all steps you take. You are allowed by law to search the effects of any person in your care including going through personal belongings.
3. You may NOT strip search the student but you may pat them down and ask them to remove items from their pockets, hats, shoes or other clothing items. In the case of a pat down make every effort to have a person of equal gender perform the activity.



4. If a matter is minor and can wait until you arrive at Ridgevue proceed directly to the school. No matter what infraction (minor or major) occurs immediately contact the administration or Athletic Director and seek advice. The coach or Athletic Director may be asked to contact the parents and inform them of the concern. If the event merits a formal meeting with the parents, students, administration and or other authorities may be arranged.
5. All action you take must be documented. Please take notes as soon to the event to help your recollection of events as they transpired.

#### COACHES AWARENESS OF STUDENT DISCIPLINE

All student/athletes who participate in a sport even though they may or may not be on the RHS campus are still subject to the student code of RHS. If a student/athlete were to become involved in an activity that would be against school codes any and all suspension would be applied. For instance say a student becomes involved in a fight during a contest. Not only would the SIC clause on suspensions be applied (out for next game), but the RHS Discipline Code would be applied as well (3 day suspension). Any student/athlete that violates the RHS Code of Conduct at or during an athletic contest will be subject to the Discipline Code of RHS. Coaches not familiar with this code should obtain one from the Athletic Director.

## CONCUSSIONS:

### RECOGNIZING CONCUSSION POSSIBLE SIGNS AND SYMPTOMS OF CONCUSSION:

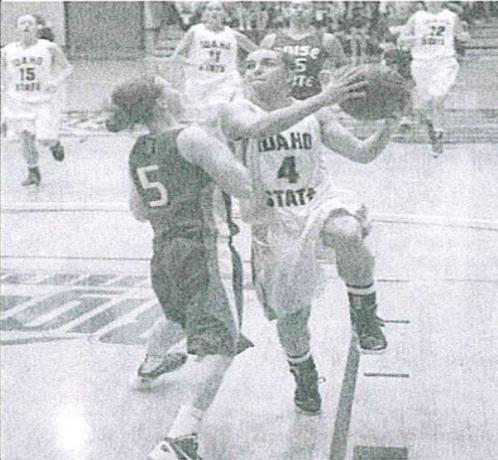
A concussion is an injury to the brain's cells that causes a disturbance in normal brain function. Concussion can be caused by either getting hit directly on the head or by a hit to another part of the body that causes the head to accelerate forward or backward (like whiplash). Most athletes who experience concussion will exhibit any one of more of a variety of symptoms.

Signs observed by coaches, administrators, athletic trainers, officials, parents, or other athletes include but are not limited to

- Appears Dazed, Stunned, or Disoriented
- Forgets Plays or Demonstrates Short-Term Memory
- Difficulties (e.g. is unsure of the game, score, or opponent)
- Exhibits Difficulties with Balance or Coordination
- Answers Questions Slowly or Inaccurately
- Loses Consciousness



## CONCUSSION MANAGEMENT IMPLEMENTATION GUIDE



### UNDERSTANDING THE RISK OF SECOND IMPACT SYNDROME

The immediate recognition of the concussion in young athletes, especially, is critical because repeated concussions pose a very real threat of catastrophic outcome, even death..

There is evidence that athletes who suffer a second concussion before the symptoms of the first have healed are susceptible to a phenomenon called Second Impact Syndrome, or SIS.

Though rare, SIS is characterized by rapid swelling of the brain. Surgery does not help and there is little hope for recovery. Most die, but those who live through SIS are often severely disabled. SIS is most often associated with athletes under the age of 19, perhaps because of the sensitivity of their developing brain and perhaps because the seriousness of the first concussion is often overlooked.

The first concussion does not need to be severe in order for SIS to occur. And, in many instances, it does not take a crushing second blow either to spark the onset of SIS. In fact, typically it is a subtle blow and it can occur days or even weeks after the initial concussion is sustained.

## RECOGNIZING CONCUSSION

### WHAT ARE CONCUSSION'S DANGER SIGNS?

Be alert for symptoms that worsen over time. The athlete should be seen in an emergency department right away if he/she has:

- Any loss of consciousness (even a brief loss of consciousness should be taken seriously)
- One pupil (the black part in the middle of the eye) is larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior

*Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:*

- Sports practices
- Sports games/contests
- Physical Education classes
- Recess or physical activity

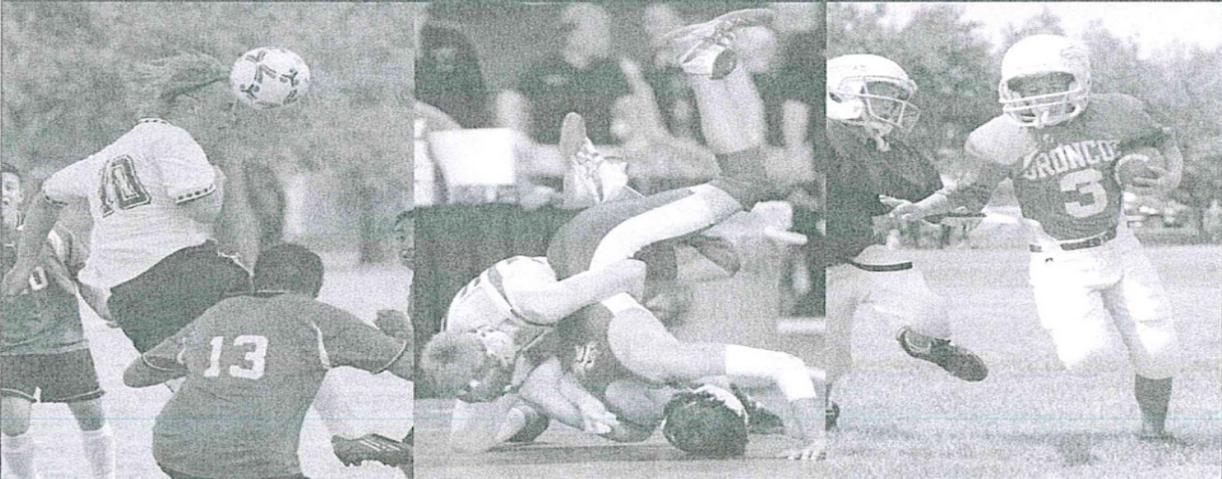
### REMEMBER...

- ALL Concussions are Serious
- Most Concussions Occur WITHOUT a Loss of Consciousness
- Recognition and Proper Response to Concussions When They First Occur Can Help Aid Recovery and Prevent Further Injury, or Even Death.



## SAFE RETURN TO PLAY

GUIDELINES FOR RETURNING CONCUSSED ATHLETES TO FULL ACTIVITY





## CONCUSSION MANAGEMENT IMPLEMENTATION GUIDE

# RETURNING ATHLETES TO PLAY FOLLOWING CONCUSSION

## GRADUAL RETURN TO PLAY PROTOCOL

Each step should be separated by 24 hours

- 1** **NO ACTIVITY.** Complete physical and cognitive rest.
- 2** **Light aerobic exercise**  
Walking, swimming, stationary cycling; Keep intensity <70% of maximum heart rate. No resistance training.
- 3** **Sport-Specific Exercise**  
Running; Sport drills; No head impact activities.
- 4** **Non-Contact Training Drills**  
Progression to more complex training drills; May start progressive resistance training.
- 5** **Full-Contact Practice**  
Participate in normal training activity.
- 6** **Return to Play**  
Normal game play; No restrictions.

Do not advance to the next step if symptoms reappear



## HOW LONG WILL IT TAKE TO RECOVER FROM CONCUSSION?

The key to concussion management is physical and cognitive rest until symptoms resolve followed by a gradual return to physical exertion. The majority of injuries will recover spontaneously. Typically, for adolescent-aged athletes, the process takes between several days and two weeks, depending on the injury. This is longer than it typically takes for adults.

During the recovery period while the athlete is symptomatic, it is important to emphasize to the athlete that physical and cognitive rest is required. Activities that require concentration and attention (e.g. scholastic work, video games, text messaging) may exacerbate symptoms and possibly delay recovery. In such cases, apart from limiting relevant physical and cognitive activities (and other risk-taking opportunities for re-injury) while symptomatic, no further intervention is required during the period of recovery and the athlete typically resumes sport without further problem.



# A Fact Sheet for HIGH SCHOOL ATHLETES

## HEADS UP CONCUSSION

### WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



**REPORT IT.** Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.

**GET CHECKED OUT.** If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.



#### GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

### WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

#### GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



## HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:



- **Get a headache**



- **Feel dizzy, sluggish or foggy**



- **Be bothered by light or noise**



- **Have double or blurry vision**



- **Vomit or feel sick to your stomach**



- **Have trouble focusing or problems remembering**



- **Feel more emotional or "down"**



- **Feel confused**



- **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something "isn't right" for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

*The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.*

## HOW CAN I HELP MY TEAM?



### PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



**BE A TEAM PLAYER.** You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)



# RIDGEVUE WARHAWKS

## INTERIM QUESTIONNAIRE

**PERSONAL HISTORY:**  
 Last Name \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade in School \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Parent/Guardian Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Parent/Guardian Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 In case of an emergency, if parents can not be contacted please notify...  
 Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

**INSURANCE INFORMATION:**  
 Is your son/daughter covered by a family health insurance policy? \_\_\_\_ Yes \_\_\_\_ No (If no, please see waiver of insurance at bottom of page)  
 Primary Insurance Company \_\_\_\_\_ Insurance Subscriber \_\_\_\_\_  
 Whose name is the policy under \_\_\_\_\_ Policy # \_\_\_\_\_ Group # \_\_\_\_\_

**MEDICAL INFORMATION:**  
 Last physical \_\_\_\_\_ Last tetanus \_\_\_\_\_ Allergies \_\_\_\_\_  
 Health Problems \_\_\_\_\_ Current Medications \_\_\_\_\_  
 Family Doctor \_\_\_\_\_ Phone Number \_\_\_\_\_  
 Since his/her last athletic physical examination, has this student: (Explain in writing if any "Yes" is circled)  
 (1) Had Surgery? Yes/No (2) Been Hospitalized? Yes/No  
 (3) Been Under A Physicians Care? Yes/No (4) Had A Serious Illness? Yes/No  
 (5) Had An Injury Requiring A Physicians Care? Yes/No (6) Been Rendered Unconscious? Yes/No  
 (7) Started Taking Any New Medications? Yes/No (8) Developed Any Health Problems? Yes/No  
 (9) Developed Any New Drug Allergies? Yes/No

**Explanation For Any Of The Above Checked "Yes":**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\*\*\*\*\*ONLY IF YOU DO NOT PURCHASE INSURANCE\*\*\*\*\*

### Waiver of Insurance Form

I understand and accept all medical responsibilities if my child/children receive any type of injury during the current sport season. This includes all practices, travel and game situations during the entire year (first day of tryouts – until the last game played). I also understand that some type of insurance (including school insurance) is offered and recommended for my child and that I am choosing not to purchase any type of insurance for my child at this time.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_



We have read and understand the following information included in the Ridgevue High School Activities Participation handout (CHECK OFF COMPLETED ITEMS)

- NOTICE OF RISK
- SPORTSMANSHIP EXPECTATIONS
- ACTIVITY ELIGIBILITY/CODE/POLICIES
- SOCIAL MEDIA GUIDELINES/EXPECTATIONS
- GRADING POLICY
- TRANSPORTATION REQUIREMENTS
- CONCUSSION INFORMATION
- INTERIM QUESTIONNAIRE (Please fill out this form)
- PHYSICAL FORM (9 /11 GRADE MANDATORY)

**CONSENT TO TREAT AND PARTICIPATE FORM:**

- I hereby consent to the above named student-athletes participating in the interscholastic athletic program at Ridgevue High School. This consent includes travel to and from athletic contests and practice sessions.
- I further consent that the certified athletic trainer or coach may apply first aid treatment for any injury or injuries sustained during practice or games in interscholastic athletics sanctioned by Ridgevue High School until the parent/guardians can be contacted
- I hereby consent the certified athletic trainer, school administrator, or coach may secure medical first aid, ambulance services, and if necessary emergency room care, when needed, as a result of injury during participation in sanctioned practices/games scheduled by Ridgevue High School
- My participation in interscholastic athletics for the above school is entirely voluntary on my part, and with the understanding that I have not violated any of the eligibility rules and regulations of the state association.

Our signatures below indicate we have read the entire packet of Ridgevue High School Activity information and agree to abide by the information provided as an "active participant" at Ridgevue High School. We also agree to the Consent to Treat and Participate

ATHLETE SIGNATURE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_