



Welcome to CONVENT & STUART HALL HIGH SCHOOL ATHLETICS

****Parents, please complete all of the following information and submit only the COMPLETE packet BEFORE the start of the athletic season. There are four (4) parent signatures and one (1) student-athlete signature.****

Student's Name: _____

CHS or SHHS Grad Year: '20 '21 '22 '23 Date of Birth: _____

Sport(s): _____

Parent/Guardian Name: _____ Phone #: _____

Parent/Guardian Name: _____ Phone #: _____

Add'l Emergency Contact: _____ Phone #: _____

I understand that in the event of illness or a serious injury to my child, the athletic trainer, coach, athletic director, or on-site administrator will attempt to contact me by calling the listed phone numbers. If I cannot be reached and the athletic trainer, coach, athletic director or on-site administrator feels that the injury is serious enough to warrant emergency treatment, that person will phone our family doctor and/or an ambulance and my child will receive emergency treatment. This procedure is acceptable to me.

1) _____
PARENT/GUARDIAN SIGNATURE PRINT PARENT/GUARDIAN'S NAME DATE

Please attach a scanned copy of your insurance card with this form.

Primary policy holder: _____ Health Insurance Company: _____

ID #: _____ Group #: _____

Claims Address: _____

Claims Phone #: _____

Please attach a copy of the front of your insurance card here.

Please attach a copy of the back of your insurance card here.



UCSF Health

CONSENT TO TREAT

Convent & Stuart Hall High School partners with UCSF Medical Center to provide sports medicine services for your student athlete. Certified athletic trainers are specialists in the prevention, evaluation, and rehabilitation of sport-related injuries and illnesses and are uniquely skilled in recognition and management of concussions. Our athletic trainers work in collaboration with the physicians at UCSF Orthopedic Institute and Concussion Clinics as a part of an interdisciplinary group to provide the best possible care. Meet our athletic trainers:

Michael Mayes, MS, ATC
michael.mayes@sacredsfs.org



Justine Li, ATC
justine.li@sacredsfs.org



In case of illness or injury, I give my consent for UCSF athletic trainers and licensed physicians engaged in providing medical services to render treatment. Treatments may include stretching, manual therapy, instrument-assisted soft-tissue mobilization, cryotherapy, thermotherapy, therapeutic modalities, prophylactic taping and bracing.

I consent to allow the medical agency/licensed physicians engaged in providing medical services to my student to share medical information about my student with Convent & Stuart Hall High School staff to the extent that doing so is necessary to allow school staff to make a decision about my student's participation in an activity. I also consent to permit access to the contents of this form and my son/daughter's physical examination form to the medical agency/licensed physicians engaged in providing medical services to my student.

2)

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

ATHLETIC LIABILITY RELEASE

I am the parent or legal guardian of the above-named student. In consideration of the Student's participation in interscholastic athletics ("Convent & Stuart Hall Athletics") at Convent & Stuart Hall, Schools of the Sacred Heart, San Francisco, a California nonprofit public benefit corporation (the "School"), and as a condition thereof, I am signing this Athletic Liability Release (this "Release"). This Release is made in favor of the School and its trustees, officers, employees, and representatives (the School and all such persons are collectively referred to as the "Released Parties"). My heirs, next of kin, distributes, guardians, devisees, conservators, executors, administrators, legal representatives, and assigns are collectively referred to as my "Survivors."

On behalf of myself, the Student and my Survivors, I acknowledge and agree as follows:

1. **Acknowledgment of Risk; Voluntary Participation.** The Student and I are aware and understand that participating in Convent & Stuart Hall Athletics has inherent risks and that these risks cannot be eliminated, altered, or controlled regardless of the care used, the skill or experience possessed, or the precautions taken (in each case, if any) by me, the Student or anyone else, including the Released Parties. The Student and I are aware of the risks involved with the Student's participation in Convent & Stuart Hall Athletics.

The Student and I are aware that the Student's participation in Convent & Stuart Hall Athletics may involve, depending on the sport, physical exertion, objects travelling at high speed, physical contact between athletes, and physical contact between athletes and other objects, including, but not limited to, athletic equipment and structures related to the athletic activity.

The Student and I understand that the Student's participation in Convent & Stuart Hall Athletics may result in, depending on the sport, strains, sprains, scrapes, bruises, joint inflammation, fractures, concussions, dislocations, dehydration, cramping, eye injury, back injury, heat exhaustion, paralysis, illness and/or death and/or damage to my, the Student's or others' belongings.

The Student and I voluntarily elect, with knowledge of the risks involved, for the Student to participate in Convent & Stuart Hall Athletics.

2. **Assumption of Risk.** The Student and I accept and assume any and all risks, damages, and hazards associated, directly or indirectly, with the Student's participation in Convent & Stuart Hall Athletics, whether known or unknown, including the possibility of physical or psychological injury, illness, disability, death, property damage or other physical or financial loss arising therefrom of any nature whatsoever, whether foreseen or unforeseen (all such risks, damages, and hazards, whether sustained by me, the Student, the Released Parties or others, are collectively referred to as the "Risks and Losses"), whether caused by the action, inaction or active or passive negligence of me, the Student, any of the Released Parties, or otherwise.

3. **Liability Release.** The Student and I release, forever discharge, and will hold harmless the Released Parties, and each of them, from any and all claims, actions, demands, rights, causes of action, losses, liabilities, costs and expenses, including attorneys' fees (all such claims and liabilities are collectively referred to as the "Claims"), arising from or in connection with any of the Risks and Losses that may

actually be sustained or suffered by me, the Student or by any other person (including any of my Survivors) as a direct or indirect consequence of the Student’s participation in Convent & Stuart Hall Athletics, whether caused by the action, inaction or active or passive negligence of me, the Student, any of the Released Parties, or otherwise.

The Student and I agree that I, the Student, and any of my Survivors may not make a claim against, sue, attach the property of, or demand compensation or indemnity from any of the Released Parties in connection with any Claims and we hereby waive all such Claims.

4. Insurance. I understand that all participants in Convent & Stuart Hall Athletics must be insured for a minimum of \$1,500 for medical and hospital expenses and confirm that the Student is so insured. I further acknowledge that such insurance is primary and non-contributory to any insurance that the School may carry.

5. Governing Law; Severability. This Release will be governed by and construed according to the laws of the State of California, without reference to principles of choice of law thereof. If any term or provision of this Release is determined to be illegal, unenforceable, or invalid in whole or in part for any reason, such illegal, unenforceable, or invalid provisions or part thereof will be stricken from this Release, and such provision will not affect the legality, enforceability, or validity of the remainder of this Release. If any provision or part thereof of this Release is stricken in accordance with the provisions of this paragraph, then the stricken provision will be replaced, to the extent possible, with a legal, enforceable, and valid provision that is as similar in tenor to the stricken provision as is legally possible. This Release will survive the completion of the Student’s participation in Convent & Stuart Hall Athletics and will continue in full force and effect thereafter.

I sign this Release with the full knowledge that the School assumes no responsibility for any Risks and Losses to me, the Student, my Survivors or to any third party as a result of the Student’s participation in Convent & Stuart Hall Athletics, and that the Student’s participation in Convent & Stuart Hall Athletics is conditioned upon my and the Student’s acceptance of the full and complete responsibility for any such loss, damage, claim or liability.

I have read this Release carefully and fully understand all its terms and provisions. I have knowingly and voluntarily executed and delivered this Release understanding the risks to me and the Student and have done so of my own free will, without relying on any statement or representation of any of the Released Parties. I understand that this is the entire agreement between the undersigned and the Released Parties with respect to the subject matter hereof and that that this agreement cannot be modified or changed in any way by oral statements by any of the Released Parties or by the Student or me. I understand that, in the event of any litigation against the Released Parties, this Release may be raised as a defense and bar to, and as a waiver and release of, legal rights that might otherwise be asserted by me, the Student or by my Survivors.

3)

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN’S NAME

DATE

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

CONCUSSION INFORMATION SHEET

What is a concussion?

A concussion is a type of traumatic brain injury—or TBI— caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This rapid acceleration or deceleration can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells. Concussions can appear in any sport, and can look differently in each person.

California Education Code § 49475 (effective January 1, 2012)
<p>1. The law requires a student-athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.</p> <p>2. Any student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.</p> <p>3. Before a student-athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the student-athlete and the parent or guardian.</p>

Signs & Symptoms of a Concussion:

Signs and symptoms of concussion may show up right after the injury or can take hours to appear. If someone reports any symptoms of concussion or if you notice any symptoms or signs, remove that athlete from play immediately and seek evaluation from our athletic trainers or a physician trained in the evaluation and management of concussion. Common signs and symptoms are listed in categories below:

Cognitive	Physical	Emotional	Sleep
<ul style="list-style-type: none"> <input type="checkbox"/> Difficulty thinking <input type="checkbox"/> Feeling slowed down <input type="checkbox"/> Feeling like “in a fog” <input type="checkbox"/> Difficulty concentrating <input type="checkbox"/> Difficulty remembering 	<ul style="list-style-type: none"> <input type="checkbox"/> Headache <input type="checkbox"/> Nausea <input type="checkbox"/> Balance problems <input type="checkbox"/> Dizziness <input type="checkbox"/> Blurred vision <input type="checkbox"/> Sensitivity to light or noise <input type="checkbox"/> Neck pain 	<ul style="list-style-type: none"> <input type="checkbox"/> Irritability <input type="checkbox"/> Sadness <input type="checkbox"/> More emotional <input type="checkbox"/> Nervousness or anxiety <input type="checkbox"/> Uncontrollable emotions 	<ul style="list-style-type: none"> <input type="checkbox"/> Sleeping more than usual <input type="checkbox"/> Sleeping less than usual <input type="checkbox"/> Trouble falling asleep <input type="checkbox"/> Fatigue

Baseline Testing:

At Convent & Stuart Hall HS, all athletes participating in contact sports (field hockey, football, lacrosse, soccer, wrestling, baseball, and basketball) are required to complete the ImPACT baseline test which provides objective information in recognizing concussions and determining return to play. Athletes are required to have a current baseline within 2 years and must reset their baseline test following a concussive event. This provides us with a comparison of an athlete's post-concussive performance and symptoms to the athlete’s pre-concussion level.

What is Return to Learn (RTL)?

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. School work will be reduced where possible and assessments should be postponed until proper cognitive function is established and the student is able to accurately demonstrate their learning. The CIF RTL

Accommodations form should be completed by your physician and submitted to the school’s learning specialist or the student’s grade chair.

Mental Activity	Activity	Goal
1. Daily Activities	Typical daily activities. Start with 5-15 minutes at a time and gradually increase.	Gradual return to daily activities
2. School Activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work
3. Return to school part-time	Gradual introduction of school-work. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities
4. Return to school full-time	Gradually progress school activities until a full day can be tolerated.	Return to full academic activities and catch up on missed work

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before beginning the return to play protocol. A RTP progression is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If there are no symptoms after 24 hours, the athlete has cleared that stage and may proceed to the next stage. If symptoms occur with activity, the progression should be stopped. Once symptom-free, they will resume activity at the previous stage. RTP after concussion occurs only with medical clearance from a physician trained in the evaluation and management of concussions, and a step-wise progression program monitored by the athletic trainer.

<p>California State Law 2127</p> <p><i>Return to play (i.e. full competition) should be no sooner than 7 days after the concussion diagnosis must be made by the physician.</i></p>
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Exercise Step	Activity	Goal
0. Symptom-limited activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities
1. Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
2. a) Resistance exercise b) Sport-specific activity	Running or skating drills. No head impact activities.	Add movement
3. Non-contact training drills	Harder training drills (i.e. passing). May start progressive resistance training.	Exercise, coordination, and increased thinking
4. Full contact practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff.
5. Return to play/sport	Normal game play.	

Final Thoughts:

It is well known that students will often not talk about signs of concussions, which is why this information sheet is so important. It is in your best interest to report any symptoms you or a teammate might be experiencing. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms.



ACKNOWLEDGMENT OF RECEIPT

I have received and read the Sudden Cardiac Arrest Information Sheet and the Concussion Information Sheet. I understand and agree that:

- Any student-athlete who exhibits signs or symptoms of SCA or concussion will be immediately removed from play and may not return to play until he/she/they are evaluated and cleared by a licensed health care provider.
- State law prevents any individual who has been diagnosed with a concussion to return within seven (7) days from the date of diagnosis by a licensed health care provider.
- State law and CIF bylaw requires written clearance from a license health care provider before return to play following a concussion.

1*

STUDENT-ATHLETE SIGNATURE	PRINT STUDENT-ATHLETE'S NAME	DATE
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4)

PARENT/GUARDIAN SIGNATURE	PRINT PARENT/GUARDIAN'S NAME	DATE
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