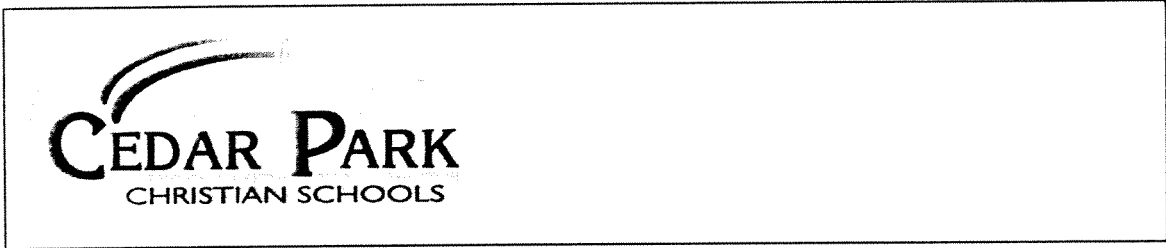


- Soccer     Volleyball     Basketball     Cheer  
 Baseball     Track & Field     Golf



**PERMISSION TO PARTICIPATE**

**Cedar Park Christian Schools**  
**23607 – 54<sup>th</sup> Ave W**  
**Mountlake Terrace, WA 98043**

The undersigned parent(s) or legal guardian(s)... ("Parent") gives permission for:  
 \_\_\_\_\_ ("Student") to participate in the activity  
 described in the attached document Student Athlete Handbook ("Activity").

Medical Care and Treatment Consent: Release: Payment of Expenses:

1. The Parent grants permission for the Cedar Park Christian School Staff and agents to take the participant to a licensed physician for medical treatment, emergency surgery, or hospitalization if the Student becomes ill, sustains an injury or for any other reason requires medical attention or treatment. The Parent gives consent to any licensed physician to administer drugs or medicine or to perform such medical procedures as that physician determines necessary for the relief of pain and to preserve the participant's life or health.
2. The Parent agrees to assume the responsibility for all medical, transportation, rescue and related expenses incurred on behalf of the participant.
3. If the School Staff determines the participant should return for any reason, including, but not limited to, medical reasons, the Parent will assume all transportation costs.
4. The Parent releases and agrees to hold harmless, defend and indemnify Cedar Park Christian School and its directors, officers, employees and agents from and against any and all claims for personal injury (including loss of life) and all other losses or damages (Except those caused entirely by the gross negligence or intentional conduct of the School) that the Student or the Parent may suffer as a result of the Student's participation in the activity.

Please describe the Student's allergies or medical conditions.

---

**This document contains a release and waiver of liability.**

**I have read, understood and agree to abide by the rules, policies and requirements of Cedar Park Christian School as stated in the Student-Athlete Handbook.**

\_\_\_\_\_  
 Signature of Parent or Legal Guardian

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Signature of Student

\_\_\_\_\_  
 Date

## Student Information:

Students Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Allergies and/or Drug Reactions: \_\_\_\_\_

Chronic Illnesses: \_\_\_\_\_

Regular Medications: \_\_\_\_\_

Any previous/ongoing health problems: \_\_\_\_\_

Date of Last Tetanus Immunization: \_\_\_\_\_

Other Pertinent Data: \_\_\_\_\_

Student's Physician's Name: \_\_\_\_\_

Physician's Phone Number: \_\_\_\_\_

Parent's or Guardian's Address: \_\_\_\_\_

Parent's or Guardian's Work Phone Number: \_\_\_\_\_

Dad                      Mom

Parent's or Guardian's Home Phone Number: \_\_\_\_\_

Dad                      Mom

**Each student who participates in CPCS Athletics must have an active medical Insurance policy. Please complete the following for your student:**

Name of Insurance Company: \_\_\_\_\_

Policy or Group Number: \_\_\_\_\_ Subscriber Number: \_\_\_\_\_

Should your child require emergency treatment, is there a preferred clinic, hospital or doctor?

\_\_\_\_\_  
Name of Doctor                      Address                      Phone

\_\_\_\_\_  
Name of Hospital or Clinic                      Address                      Phone

**Emergency Phone Numbers: (We MUST have at least one)**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

## Cedar Park Christian School Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

- |                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

**What can happen if my child keeps on playing with a concussion or returns to soon?**

## **Cedar Park Christian School Concussion Information Sheet**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date