

ST. MARY SCHOOL SPORTS REGISTRATION, CONSENT, AND WAIVER FORM

A Registration Fee of \$75.00 for intramural basketball (K-3), cheer (K-2), soccer (K-3), and track (K-2). A Registration Fee of \$125.00 for cheer (3-8), cross country (3-8) and track (3-8). A registration fee of \$175.00 for basketball (4-8), volleyball (4-8), soccer (4-8), baseball (5-8) and softball (5-8). A Registration Fee of \$100.00 for (5-8 boys) Fall flag football. A Registration Fee of \$75.00 for Intramural (1-4 boys and girls) Fall flag football.

The Registration Fee must accompany this form.

My child and I are aware that participation in _____ at **St. Mary School** is a potentially hazardous activity. We assume all risks associated with participation in this sport, including but not limited to falls, contact with other participants, the effects of the weather, traffic, and other risk conditions.

I understand this informed consent form and hereby waive, release, and forever discharge any and all claims against **St. Mary School**, its administrators, employees, volunteers, or agents, **St Mary Parish**, its pastor and priests, employees, volunteers or agents, as well as the **Diocese of Camden** and the **Bishop of the Diocese of Camden**, for damages and/or injuries to the undersigned which may arise from participation in this sport and in consideration of maintaining this sports program and allowing my child to participate in same, I do hereby covenant, promise and agree to indemnify and hold harmless the **School** and the **Diocese of Camden** and all of the administrators, employees, volunteers and agents of both from and against any claim or claims brought by and/or upon behalf of my child or by and/or upon behalf of any other person arising out and and/or in any way connected with participation in this sport.

Current Grade _____ A B Date of Birth _____ Parish _____

Have you played this sport on a team before? _____

Where? _____

For how many seasons have you played this sport? _____

Child's Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

I hereby give my permission for _____ to participate in

_____ at **St. Mary School** during the season beginning _____.

As parent/guardian, I do hereby authorize the treatment of my child by qualified medical personnel in an emergency situation. I grant this authority only when I cannot be reached through a reasonable effort, or when any delay of treatment could endanger my child's life, cause disfigurement, physical impairment or undue discomfort.

Parent/Guardian Signature _____ Date _____

Child's Name _____

Address _____

_____ Phone _____

Email Address _____

Parents' Work Phone:

Mother's Name _____ **Phone** _____

Father's Name _____ **Phone** _____

Person to Contact in Emergency _____

Phone _____

Family Physician's Name _____

Pre-existing medical conditions of child/participant (e.g., allergies, chronic illness, etc.):

_____ **Asthma** _____ **Seizures** _____ **Diabetes** _____ **Heart Murmur** _____ **Allergies**

Other: _____

Shirt Size: Please Circle One

Youth S

Youth M

Youth L

Adult S

Adult M

Adult L

Adult XL

Parental Support

We ask for active participation of all parents in our program(s).
Please circle area(s) in which you would be willing to help. Thank you.

Coach

Asst. Coach

Concessions

PARENTAL PERMISSION FORM AND RELEASE OF LIABILITY

Dear Parent/Legal Guardian:

Your son or daughter is eligible to participate in the following program offered by [School Name], a ministry of [Parish Name] (the "Parish"): _____

PLEASE NOTE THAT, BY SIGNING THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, YOU ARE NOT ONLY REQUESTING THAT YOUR CHILD PARTICIPATE IN THIS ACTIVITY AND CONSENTING TO SUCH PARTICIPATION, BUT YOU ARE ALSO WAIVING LEGAL RIGHTS AND CLAIMS THAT MIGHT ARISE OUT OF SUCH PARTICIPATION.

We, as parents/guardians of _____ hereby give permission for our child to participate in, and consent to our child's participation in, the activities described above. In consideration of the permission granted by the Parish for our child to attend and participate in these activities:

1. We acknowledge that these activities involve the active participation in sports and sporting events, and we hereby certify to the Parish and The Diocese of Camden, New Jersey, that our child has been examined by a physician, who has expressed no medical objection to our child's participation in these activities.
2. If our child is injured or becomes ill during these activities, we consent and give our permission for our child to be diagnosed, treated and/or medicated in accordance with standard medical practice by licensed emergency or medical personnel. We agree to assume all financial responsibility for such treatment. We waive, release, and forever discharge any and all claims against the Parish, The Diocese of Camden, New Jersey, and their respective agents, servants, employees, officers, trustees, administrators, or volunteers, for damages and/or injuries to us or to our child which may arise from such medical treatment and we agree to indemnify, hold harmless, protect and defend the Parish, The Diocese of Camden, New Jersey, and their respective agents, servants, employees, officers, trustees, administrators and volunteers, from and against any claim or claims brought by or upon behalf of our child or by or on behalf of any other person arising out of or in any way connected with such medical treatment.
3. We hereby certify that we have explained to our child all of the guidelines and regulations of the Parish for these activities, and our child has informed us that he/she understands them and agrees to abide by them at all times. We understand that any infractions of these guidelines and regulations may result in immediate dismissal from these activities, whether such infraction occurs on or off parish property.
4. We recognize, acknowledge and agree that serious health risks exist due to the COVID-19 pandemic. We understand that the Parish is implementing various recommended and required rules, procedures, and protocols to minimize the spread of the virus. We also understand that these rules, procedures, and protocols may change as more is learned about the virus and as conditions change. We understand and appreciate the known and potential dangers of participating in the activity despite the Parish's reasonable efforts to mitigate such dangers.

5. We recognize, acknowledge, and agree that participation in these activities includes possible exposure to and illness from infectious diseases including COVID-19. While rules, procedures, protocols, and personal discipline may reduce the risk, the risk of serious illness and death does exist. We knowingly and freely assume such risks and assume full responsibility for our child's participation in this activity. We willingly agree to review the rules and conditions for participation with regard to precautions intended to minimize the risk of contracting or spreading the virus with our child and agree that our child will comply with such rules and conditions. We acknowledge and agree that our child and may be dismissed from the activity for failure to comply.
6. We hereby waive, release, and forever discharge any and all claims against the Parish, The Diocese of Camden, New Jersey, and their respective agents, servants, employees, officers, trustees, administrators, and volunteers, for damages, injuries, and/or illnesses to us or to our child which may arise from participation in these activities. This release includes, but is not limited to, any and all claims related to exposure to, or infection with, COVID-19 which may arise from participation in this activity.
7. We agree to indemnify, hold harmless, protect and defend, the Parish, The Diocese of Camden, New Jersey, and their respective agents, servants, employees, officers, trustees, administrators or volunteers, from any and all claims, losses, liabilities, damages, suits, fines, penalties, costs and expenses, including reasonable attorneys' fees, brought or incurred by or upon behalf of our child or by or on behalf of any other person whomsoever or entity whatsoever arising out of or in any way connected with our child's participation in these activities.

Parents' Signatures: _____

Print Parents' Names: _____

Date: _____

Sports-Related Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities nationwide, and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

Legislation (P.L. 2010, Chapter 94) signed on December 7, 2010, mandated measures to be taken in order to ensure the safety of K-12 student-athletes involved in interscholastic sports in New Jersey. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries. The legislation states that:

- All Coaches, Athletic Trainers, School Nurses, and School/Team Physicians shall complete an Interscholastic Head Injury Safety Training Program by the 2011-2012 school year.
- All school districts, charter, and non-public schools that participate in interscholastic sports will distribute annually this educational fact to all student athletes and obtain a signed acknowledgement from each parent/guardian and student-athlete.
- Each school district, charter, and non-public school shall develop a written policy describing the prevention and treatment of sports-related concussion and other head injuries sustained by interscholastic student-athletes.
- Any student-athlete who participates in an interscholastic sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion treatment and has completed his/her district's graduated return-to-play protocol.

Quick Facts

- Most concussions do not involve loss of consciousness
- You can sustain a concussion even if you do not hit your head
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause a concussion

Signs of Concussions (Observed by Coach, Athletic Trainer, Parent/Guardian)

- Appears dazed or stunned
- Forgets plays or demonstrates short term memory difficulties (e.g. unsure of game, opponent)
- Exhibits difficulties with balance, coordination, concentration, and attention
- Answers questions slowly or inaccurately
- Demonstrates behavior or personality changes
- Is unable to recall events prior to or after the hit or fall

Symptoms of Concussion (Reported by Student-Athlete)

- | | |
|--------------------------------------|--|
| • Headache | • Sensitivity to light/sound |
| • Nausea/vomiting | • Feeling of sluggishness or foginess |
| • Balance problems or dizziness | • Difficulty with concentration, short term memory, and/or confusion |
| • Double vision or changes in vision | |

What Should a Student-Athlete do if they think they have a concussion?

- **Don't hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- **Report it.** Don't return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return-to-play.
- **Take time to recover.** If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a student-athlete continues to play with a concussion or returns to play too soon?

- Continuing to play with the signs and symptoms of a concussion leaves the student-athlete vulnerable to second impact syndrome.
- Second impact syndrome is when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second impact syndrome can lead to severe impairment and even death in extreme cases.

Should there be any temporary academic accommodations made for Student-Athletes who have suffered a concussion?

- To recover cognitive rest is just as important as physical rest. Reading, texting, testing-even watching movies can slow down a student-athletes recovery.
- Stay home from school with minimal mental and social stimulation until all symptoms have resolved.
- Students may need to take rest breaks, spend fewer hours at school, be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:

- **Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms; next day advance.
- **Step 2:** Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
- **Step 3:** Sport-specific exercise including skating, and/or running; no head impact activities. The objective of this step is to add movement.
- **Step 4:** Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.
- **Step 5:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
- **Step 6:** Return to play involving normal exertion or game activity.

For further information on Sports-Related Concussions and other Head Injuries, please visit:

www.cdc.gov/concussion/sports/index.html

www.nfhs.com

www.ncaa.org/health-safety

www.bianj.org

www.attnj.org

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date

Website Resources

- Sudden Death in Athletes
www.cardiachealth.org/sudden-death-in-athletes
- Hypertrophic Cardiomyopathy Association
www.4hcm.org
- American Heart Association www.heart.org

Collaborating Agencies:

American Academy of Pediatrics New Jersey Chapter

3836 Quakerbridge Road, Suite 108
Hamilton, NJ 08619
(p) 609-842-0014
(f) 609-842-0015
www.aapnj.org



American Heart Association

1 Union Street, Suite 301
Robbinsville, NJ, 08691
(p) 609-208-0020
www.heart.org



New Jersey Department of Education

PO Box 500
Trenton, NJ 08625-0500
(p) 609-292-5935
www.state.nj.us/education/



New Jersey Department of Health

P. O. Box 360
Trenton, NJ 08625-0360
(p) 609-292-7837
www.state.nj.us/health

Lead Author: American Academy of Pediatrics,
New Jersey Chapter

Written by: Initial draft by Sushma Raman Hebbar,
MD & Stephen G. Rice, MD PhD

Additional Reviewers: NJ Department of Education,
NJ Department of Health and Senior Services,
American Heart Association/New Jersey Chapter, NJ
Academy of Family Practice, Pediatric Cardiologists,
New Jersey State School Nurses

Revised 2014: Christene DeWitt-Parker, MSN, CSN, RN;
Lakota Kruse, MD, MPH; Susan Martz, EdM;
Stephen G. Rice, MD; Jeffrey Rosenberg, MD,
Louis Teichholz, MD; Perry Weinstock, MD

SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

The Basic Facts on Sudden Cardiac Death in Young Athletes

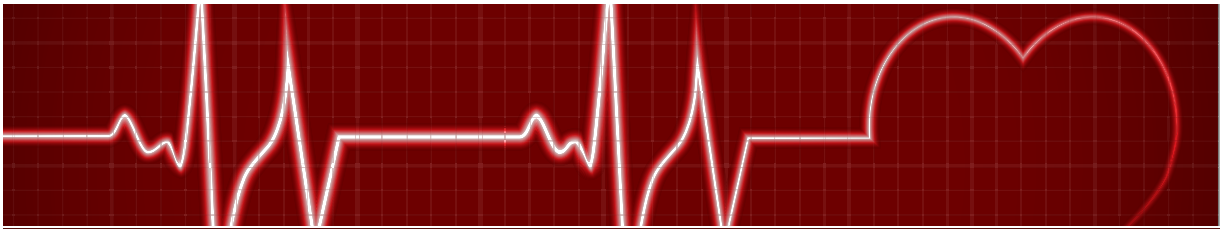


STATE OF NEW JERSEY
DEPARTMENT OF EDUCATION

American Heart
Association



Learn and Live



SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

Sudden death in young athletes between the ages of 10 and 19 is very rare. What, if anything, can be done to prevent this kind of tragedy?



What is sudden cardiac death in the young athlete?

Sudden cardiac death is the result of an unexpected failure of proper heart function, usually (about 60% of the time) during or immediately after exercise without trauma. Since the heart stops pumping adequately, the athlete quickly collapses, loses consciousness, and ultimately dies unless normal heart rhythm is restored using an automated external defibrillator (AED).

How common is sudden death in young athletes?

Sudden cardiac death in young athletes is very rare. About 100 such deaths are reported in the United States per year. The chance of sudden death occurring to any individual high school athlete is about one in 200,000 per year.

Sudden cardiac death is more common: in males than in females; in football and basketball than in other sports; and in African-Americans than in other races and ethnic groups.



What are the most common causes?

Research suggests that the main cause is a loss of proper heart rhythm, causing the heart to quiver instead of pumping blood to the brain and body. This is called ventricular fibrillation (ven-TRICK-you-lar fib-roo-LAY-shun). The problem is usually caused by one of several cardiovascular abnormalities and electrical diseases of the heart that go unnoticed in healthy-appearing athletes.

The most common cause of sudden death in an athlete is hypertrophic cardiomyopathy (hi-per-TRO-fic CAR-dee-oh-my-OP-a-thee) also called HCM. HCM is a disease of the heart, with abnormal thickening of the heart muscle, which can cause serious heart rhythm problems and blockages to blood flow. This genetic disease runs in families and usually develops gradually over many years.

The second most likely cause is congenital (con-JEN-it-al) (i.e., present from birth) abnormalities of the coronary arteries. This means that these blood vessels are connected to the main blood vessel of the heart in an abnormal way. This differs from blockages that may occur when people get older (commonly called "coronary artery disease," which may lead to a heart attack).

SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

Other diseases of the heart that can lead to sudden death in young people include:

- Myocarditis (my-oh-car-DIE-tis), an acute inflammation of the heart muscle (usually due to a virus).
- Dilated cardiomyopathy, an enlargement of the heart for unknown reasons.
- Long QT syndrome and other electrical abnormalities of the heart which cause abnormal fast heart rhythms that can also run in families.
- Marfan syndrome, an inherited disorder that affects heart valves, walls of major arteries, eyes and the skeleton. It is generally seen in unusually tall athletes, especially if being tall is not common in other family members.

Are there warning signs to watch for?

In more than a third of these sudden cardiac deaths, there were warning signs that were not reported or taken seriously. Warning signs are:

- Fainting, a seizure or convulsions during physical activity;
- Fainting or a seizure from emotional excitement, emotional distress or being startled;
- Dizziness or lightheadedness, especially during exertion;
- Chest pains, at rest or during exertion;

- Palpitations - awareness of the heart beating unusually (skipping, irregular or extra beats) during athletics or during cool down periods after athletic participation;
- Fatigue or tiring more quickly than peers; or
- Being unable to keep up with friends due to shortness of breath.

What are the current recommendations for screening young athletes?

New Jersey requires all school athletes to be examined by their primary care physician ("medical home") or school physician at least once per year. The New Jersey Department of Education requires use of the specific Annual Athletic Pre-Participation Physical Examination Form.

This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.

The primary healthcare provider needs to know if any family member died suddenly during physical activity or during a seizure. They also need to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually for each exam because it is so essential to identify those at risk for sudden cardiac death.

The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no further evaluation or testing is recommended.

When should a student athlete see a heart specialist?

If the primary healthcare provider or school physician has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist will perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, will likely also be done. The specialist may also order a treadmill exercise test and a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

Can sudden cardiac death be prevented just through proper screening?

A proper evaluation should find most, but not all, conditions that would cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus.

This is why screening evaluations and a review of the family health history need to be performed on a yearly basis by the athlete's primary healthcare provider. With proper screening and evaluation, most cases can be identified and prevented.

Why have an AED on site during sporting events?

The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).

Effective September 1, 2014, the New Jersey Department of Education requires that all public and nonpublic schools grades K through 12 shall:

- Have an AED available at every sports event (three minutes total time to reach and return with the AED);
- Have adequate personnel who are trained in AED use present at practices and games;
- Have coaches and athletic trainers trained in basic life support techniques (CPR); and
- Call 911 immediately while someone is retrieving the AED.

Sudden Cardiac Death Pamphlet
Sign-Off Sheet

Name of School District: _____

Name of Local School: _____

I/We acknowledge that we received and reviewed the Sudden Cardiac Death in Young Athletes pamphlet.

Student Signature: _____

Parent or Guardian
Signature: _____

Date: _____

St. Mary School
PLAYER CODE OF CONDUCT

1. Maintain a passing grade in all subjects, including effort and conduct.
2. Play for fun, in a positive, enthusiastic manner, reflecting Christian values.
3. Work hard to improve your skills.
4. Be a team player – get along with your teammates.
5. Learn teamwork, sportsmanship and discipline.
6. Be on time for games and practices. Call your coach as soon as possible, if you will be absent.
7. Learn the rules and play by them.
8. Always be a good sport.
9. Respect your coach, your teammates, your parents, opponents and officials.
10. Never argue with an official's decision.
11. Make a commitment to the team, coaches and our school.

Signature _____

ST. MARY SCHOOL SPORT PARENT CODE OF CONDUCT

The essential elements of Christian values and character building in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these six pillars of character.”

I therefore agree:

- 1. I will not force my child to participate in sports.**
- 2. I will remember that children participate to have fun and that the game is for youth, not adults.**
- 3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.**
- 4. I will inform the coach of my child’s absence from school on days of scheduled games.**
- 5. I will learn the rules of the game and the policies of the league.**
- 6. I (and my guests) will be positive Christian role models for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.**
- 7. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing or taunting; refusing to shake hands; or using profane language or gestures.**
- 8. I will not encourage behaviors or practices that would endanger the health and well being of the athletes.**
- 9. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.**
- 10. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.**
- 11. I will teach my child that doing one’s best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.**
- 12. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.**
- 13. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.**
- 14. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.**
- 15. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.**
- 16. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.**
- 17. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.**

18. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I ALSO AGREE THAT IF I FAIL TO ABIDE BY THE AFOREMENTIONED RULES AND GUIDELINES, I WILL BE SUBJECT TO DISCIPLINARY ACTION THAT COULD INCLUDE, BUT IS NOT LIMITED TO THE FOLLOWING:

- *Verbal warning by official, coach, and/or head of league**
- *Written warning**
- *Parental game suspension with written documentation of incident kept on file**
- *Game forfeit through the official or coach**
- *Parental season suspension**

PARENT/GUARDIAN

Signature_____

HEALTH HISTORY UPDATE QUESTIONNAIRE

Name of School _____

To participate on a school-sponsored interscholastic or intramural athletic team or squad, each student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student's parent or guardian.

Student _____ Age _____ Grade _____

Date of Last Physical Examination _____ Sport _____

Since the last pre-participation physical examination, has your son/daughter:

1. Been medically advised not to participate in a sport? Yes _____ No _____

If yes, describe in detail _____

2. Sustained a concussion, been unconscious or lost memory from a blow to the head? Yes _____ No _____

If yes, explain in detail _____

3. Broken a bone or sprained/strained/dislocated any muscle or joints? Yes _____ No _____

If yes, describe in detail _____

4. Fainted or "blacked out?" Yes _____ No _____

If yes, was this during or immediately after exercise? _____

5. Experienced chest pains, shortness of breath or "racing heart?" Yes _____ No _____

If yes, explain _____

6. Has there been a recent history of fatigue and unusual tiredness? Yes _____ No _____

7. Been hospitalized or had to go to the emergency room? Yes _____ No _____

If yes, explain in detail _____

8. Since the last physical examination, has there been a sudden death in the family or has any member of the family under age 50 had a heart attack or "heart trouble?" Yes _____

9. Started or stopped taking any over-the-counter or prescribed medications? Yes _____ No _____

If yes, name of medication(s) _____

Date: _____ Signature of parent/guardian _____

PLEASE RETURN COMPLETED FORM TO THE SCHOOL NURSE'S OFFICE