

NORTHWOOD UNIVERSITY

RELEASE AND WAIVER OF LIABILITY/CONSENT FOR MEDICAL CARE

While enrolled in a summer sports camp at Northwood University (“Northwood”), my son/daughter may participate in sports or other events or contests of an athletic nature (“Athletic Events”) sponsored entirely or in part by Northwood. I understand that the participation of my son/daughter in Athletic Events involves risk of injury to him/her and his/her property and that no amount of precaution by Northwood can eliminate such risk. Because of this and in consideration of Northwood’s willingness to sponsor Athletic Events and to allow my son/daughter to participate in Athletic Events, I agree as follows:

1. My son/daughter will participate in Athletic Events in a careful and prudent manner and will attempt whenever possible to minimize the risk of injury to himself/herself
2. I hereby release Northwood, its agents, officers, employees, and trustees from liability for any injury to my son/daughter or his/her property suffered at, or arising out of participation in an Athletic Event, including any such injury to his/her person or property caused in whole or in part by the negligence of Northwood, its agents, officers, employees, or trustees. I give this waiver and release intending to legally bind myself and my heirs, representatives, successors, and assigns.
3. I hereby authorize the camp director or his/her designee to act in the best interest of my son/daughter in seeking medical attention in the event of an accident.
4. I know of no medical condition or injury that would preclude my son/daughter from participating safely in Athletic Events.

I HAVE CAREFULLY READ THIS RELEASE AND WAIVER OF LIABILITY/CONSENT FOR MEDICAL CARE. I UNDERSTAND ITS TERMS AND HAVE SIGNED VOLUNTARILY.

Date: _____ Signature of Parent/Guardian: _____

Name of Camper: _____ Camper’s Date of Birth: _____

Health Insurance: _____ ID/Policy/Group #: _____

Name of Insurance Subscriber: _____ Subscriber’s Date of Birth: _____

Emergency Contact: _____ Phone: _____

Second Emergency Contact: _____ Phone: _____

Allergies/Medications Currently Taking/Other Medical Considerations: _____

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

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

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Michigan Department
of Community Health



Rick Snyder, Governor
James K. Haveman, Director

▶ **“IT’S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON”**

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

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HEADS UP

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