



Northwest Christian Schools Elementary Athletics Grades 1-6

The athletic program at NWC wants to help athletes grow in their understanding and love for our Lord Jesus Christ. This program desires to nurture attitudes and habits that will contribute toward the wise use of God-given talents and develop responsible behavior through the application of Biblical principles in areas such as self-control, sportsmanship, team unity, respect for authority, and witnessing for Christ.

Code of Conduct

- _____ I will do my best to maintain a Godly attitude.
- _____ I will do my best to show sportsmanship during the season.
- _____ I will do my best to grow as a “team” player.
- _____ I will do my best to stay academically eligible (a “C” average) *
- _____ I will be an encourager to my teammates.
- _____ I will do my best to have a positive attitude.
- _____ I will respect my coaches’ leadership.
- _____ I will give 100% effort in practice and in games.

* may be subject to teacher’s discretion under certain circumstances.

I can agree to the following standards for the 2015-2016 season.

Player Signature _____

Parent Signature _____

Parental Approval and Waiver

I approve of my child’s participation in athletics at Northwest Christian Schools Athletic Program. I have either enrolled my student in the Student accident insurance Program or have adequate insurance carried on my family. I will assume all financial responsibility not covered by the Student Accident Insurance or my insurance for injuries received by my student while he/she is participating in school related athletic programs. I understand the transportation to and from practices and games is my responsibility.

Signature of Parent or Guardian _____

Date _____

Please fill out BOTH pages!!!

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a ding, getting your bell rung, or what seems to be a mild bump or blow to the head can be serious. You can't see a 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 your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Signs Observed by Parents or Guardians

- 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 behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- 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
- Does not feel right

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

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

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon while the brain is still healing risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.

Student's Signature

Date

Parent's Signature

Date

Please fill out BOTH SIDES!!!