ATHLETIC INSURANCE COVERAGE

OMAHA PUBLIC SCHOOLS - STUDENT FORM

FOR OPP SCREENING EXAMS ONLY.
THE ABOVE INFORMATION IS USED.

Student's name and address:
Your school's athletic office.
Non-screening exams available at your school.

Questions:
If you have any questions or concerns, please contact 402-557-407 or

Day of the physical:
Parents/guardians are welcome to accompany their student to

Ops Sports Physical Form: Parents/guardians must complete and sign all portions of the OPS Sports Physical Form. The form must be filled out completely and thoroughly. Parents/Guardians are responsible for completing all sections of the form. The form is due by the deadline.

Limitations to Physical Screening Exam: The physical is strictly a screening exam. No medical diagnosis or treatment options are provided.

OMAHA PUBLIC SCHOOLS (OPS) is pleased to offer pre-season physical exams. This form may be

Pre-Season Physical Screening Exams

OMAHA PUBLIC SCHOOLS
WE HAVE READ THIS DOCUMENTAL AND KNOW IT CONTAINS A RELEASE PROVISION.

WE HAVE READ THE CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.

NAME OF STUDENT (PRINT NAME)

DATE SIGNATURE:

[Handwritten note: Parents' signatures and dates]
**Cardiovascular Health**

- Hypertension
- High cholesterol
- A heart condition
- High blood pressure
- A history of diabetes
- A history of heart disease
- High blood pressure

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**Health History**

- Age
- Gender
- Past medical history
- Family history
- Allergies

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**Explain YES.** Answer below circle questions you do not know the answers to.

- **Past medical history:**
  - Have you ever had a heart attack?
  - Have you ever been diagnosed with diabetes?
  - Have you ever been diagnosed with cancer?
  - Have you ever been diagnosed with a neurological condition?
  - Have you ever been diagnosed with a mental health condition?

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**Physical Examination**

- Height
- Weight
- Blood pressure
- Pulse
- Respirations

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**Prescription Drugs**

- Name
- Dose
- Frequency
- Purpose

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**Allergies**

- Food
- Medication
- Other

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**Health History**

- High blood pressure
- High cholesterol
- Diabetes
- Heart condition
- Stroke

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**Insurance Information**

- Name
- Address
- Phone
- Email

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Date

Date

Student Athlete Signature

Student Athlete Name

Sport(s)

I hereby attest that I have read, fully understood, and will abide by the above statements.

Participating in OPS athletics until this form is signed by a parent/guardian.

All questions regarding the above statements, further understand that I will not be allowed to play. Physician, coach, student athlete, athletic trainer, parent, right to voice concern for the safety of a student athlete and prohibit he or she from returning to play. At any point following a suspected concussion, any of the following individuals reserves the right to voice concern for the safety of a student athlete and prohibit him or her from returning to play.

• In certain instances, repeat concussion can cause permanent brain damage, even death; and

• Repeat concussion if the individual remains to play before symptoms have resolved:

• Following a concussion, the brain needs time to heal. There is an increased likelihood for a concussion on the field while playing, and classroom performance:

• A concussion can affect ones ability to perform everyday activities, affect reaction time, balance, sleep quality, and classroom performance:

• A concussion is a brain injury, which I am responsible for reporting:

Academic, information and facts sheet:

After reading the Omaha Public Schools Sport Medicine Advisory Committee Parent and Student Athlete Concussion Information and Facts Sheet and understand the importance of reporting a head injury and/or concussion to parents, coaches and athletic training staff:

Student Athlete and Parent Concussion Information and Facts Sheet has been provided with the Omaha Public Schools Sport Medicine Advisory Committee Parent and Student Athlete Concussion Information and Facts Sheet.

I understand there is a possibility that participation in any sport may result in a head injury and/or concussion.

ACKNOWLEDGMENT FORM

OMAHA PUBLIC SCHOOLS HEAD INJURY/CONCUSSION
WHAT DOES A CONCUSSION LOOK LIKE?

Symptoms:
1. Appears delayed or sudden
2. Confused on assignment
3. Forgetful plays
4. Moves clumsily or displays problems
5. Loss of balance and coordination
6. Shows confusion (even briefly)
7. Does not "feel right"
6. Feeling slowed down, foggy, or groggy
5. Sensitivity to light or noise
4. Double or blurry vision
3. Balance problems or dizziness
2. Nausea
1. Headache or "pressure" in the head

Signs:
1. Appear delayed or sudden
2. Confused on assignment
3. Forgetful plays
4. Moves clumsily or displays problems
5. Loss of balance and coordination
6. Shows confusion (even briefly)
7. Does not "feel right"

WHAT DOES A CONCUSSION LOOK LIKE?

According to the Center for Disease Control and Other Publications:
- Each year 300,000 athletes suffer sports-related concussions
- The national estimate for concussions in high school athletes is 136,000
- In ages 15-24, sports are the 2nd leading cause of traumatic brain injury
- In most studies done on concussions focusing on the "mending" phase and rules, we cannot ignore the fact that the young brain is still developing and the effects of concussions are not fully understood.
- Most studies done on concussion focus on the "mending" phase and rules; we cannot ignore the fact that the young brain is still developing and the effects of concussions are not fully understood.
- High school athletes who sustain a concussion demonstrate prolonged memory dysfunction.
- A concussion is: "getting your bell rung" and "getting dinged."
- Knowledgeable and properly managed a concussion can lead to a catastrophic injury.
- Second impact syndrome is preventable: if concussions are recognized and properly managed.
- Concussions that are often unrecognized, undiagnosed, and/or mismanaged.

According to a study by Dr. Michael Throckmorton and the College of Medicine:
- On April 14, 2011, LE 260 - "The Concussion Awareness Act" was signed into law with the signatures of Governor Andrew Cuomo. The law requires every school district to develop a policy for reporting concussions. The law requires that every school district to develop a policy for reporting concussions.

According to the National Center for Education Statistics (NCES) and the U.S. Census Bureau:
- In the fall of 2008, the Certified Athletic Trainers and Physicians working with OPS began implementing best practices in the recognition and management of concussions in youth sports.
- Concussions may result in a loss of balance, dizziness, headache, confusion, fatigue, and inattention.
- Concussions should be treated as serious injuries and treated promptly.
- Concussions that are often unrecognized, undiagnosed, and/or mismanaged.

Source:

The top reasons for concussion were:
1. Did not think the contact was a game.
2. Didn't want to leave.
3. Didn't realize a concussion was sustained.
4. Didn't want to let down the team.
5. Didn't want to let down the family.

Second Impact Syndrome:
- Knowledgeable and properly managed, a concussion can lead to a catastrophic injury.
### What to do if you suspect your child has suffered a concussion

**Symptoms which begin to interfere with the student’s daily activities**
- Weakness or numbness in arms or legs
- Increasing confusion or inability to think clearly
- Cannot recognize people or places
- Slurred speech
- Repeated vomiting
- Seizures
- Headaches that worsen
- Looks very drowsy and cannot be awakened

If any of the following signs or symptoms are present:

A student athlete should be taken to the Emergency (ER) department.

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### School’s Certified Athletic Trainer

For complete details, please see your local school’s certified athletic trainer.

1. The student athlete will not be allowed to return to play until:
   - Informed by qualified medical personnel;
   - Exhaled by qualified medical personnel;
   - Supervised by a medical professional;
   - Exhaled to return to practice or competition until the student athlete will be evaluated by a qualified medical professional;
   - Supervised by a medical professional;
   - Exhaled to return to practice or competition until the student athlete will be evaluated by a qualified medical professional;

2. The student athlete will be removed from athletic competition, if:
   - Sustained a concussion and has multiple symptoms of concussion;
   - Sustained a concussion and has multiple symptoms of concussion;
   - Sustained a concussion and has multiple symptoms of concussion;

3. The student athlete will not be allowed to return to play until:
   - Informed by qualified medical personnel;
   - Exhaled by qualified medical personnel;
   - Supervised by a medical professional;
   - Exhaled to return to practice or competition until the student athlete will be evaluated by a qualified medical professional;

4. The student athlete will not be allowed to return to practice or competition until the student athlete will be evaluated by a qualified medical professional;

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### POTENTIAL LIFE-ALTERING EVENT

MANAGEMENT CAN BE PREVENTED ONLY THROUGH IMMEDIATE AND PROPER TREATMENT

SHOULD NOT BE TAKEN LIGHTLY

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### Brain Injuries (Concussions)

For complete details, please see your local school’s certified athletic trainer.

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### Guideline

**Goal**

To prevent injury through proper management.

### Guideline

**Injury**

Sustained a concussion and has multiple symptoms of concussion; sustained a concussion and has multiple symptoms of concussion; sustained a concussion and has multiple symptoms of concussion.

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Source: Centers for Disease Control and Prevention

Sports Medicine Advisory Committee

The goals and outcomes of the OPS Sports Medicine Advisory Committee.
For more information: Contact your Riddell sales representative or call 1-800-277-5338

Riddell SPEEDFLEX with INSITE

How it Works:

1. IMPACT
   - Accelerometers measure acceleration

2. ANALYZE
   - The instrumented helmet evaluates whether an impact occurs, and the player unit live-zero sensor pad quantifies the impact

3. TRANSMIT
   - If an impact of severity or magnitude exceeds a preset threshold, the helmet transmits a signal

4. ALERT
   - The alert is shown through amber LEDs, the player unit's Live Zero sensor, and the alert light on the player unit

5. ACT
   - Quick access to information

- Triage Opportunities
- Multiple Alert Alarms
- Single Alert Alert Location
- Single Alert Alerts
- Alert No Alarms
- Alert No Location
- Alert & Multi Alert Alerts
- Alert Position & Alert Alert

ASPP

INSITE Analytics

Impact Alarms

INSITE Alarms are based upon

Unit accelerations and G's

Contact your Riddell sales representative or call 1-800-277-5338
Riddell ImTyle Sensor Usage Guidelines

Omaha Public Schools

APPLIES TO HIGH SCHOOL STUDENTS

THE FOLLOWING INFORMATION ABOUT HELMETS ONLY

When an alert is detected and there is no AT available for evaluation, from participation and the AT-on site will be conducted.
(2) Any time during practices or games if a potential observable sign is detected, the player will be removed for evaluation.

1. In evaluating the player, and if a potential observable sign is detected, the designated coach should seek out the player and observe for signs of a potential concussion.


The ImTyle is designed as a tool to assist coaches in making medical decisions. It is not meant to be the sole decision maker. The ImTyle should never be used in place of medical advice. The ImTyle should be used in conjunction with medical professionals. The ImTyle is not a medical device and should not be used for medical diagnosis. The ImTyle is a tool to assist coaches in making medical decisions. It is not meant to be the sole decision maker. The ImTyle should never be used in place of medical advice. The ImTyle should be used in conjunction with medical professionals.
References


Time

- Did your team win the game last week?
- What team did you play against last week?
- Where were we playing today?
- What quarter or half is it now?
- Where is the game played?

Questions:

1. Macdonald's questions or appropriate sport-specific
2. Observable signs:
   - Unsteady gait
   - Irregularities, restless, agitated or combative
   - Vertigo
3. Maccabe's questions or appropriate sport-specific
4. Symptoms reported by the athlete (does not re-
   determine conscious state
5. If the rapid screening protocol produces
   - Blurred vision
   - Difficulty concentrating
   - Dizziness
   - Pressure in head
   - Headache
   - Sensitivity to light
   - Sensitivity to noise
   - Nausea
   - Tinnitus
   - Swelling

but not be limited to the following:

acute a grade 1 symptom check-list and may include,
(4) Symptoms reported by the athlete (does not re-