LAMAR ATHLETIC PACKET 2018

PARENTS

WELCOME TO ATHLETICS AT LAMAR HIGH SCHOOL.

THIS PACKET IS WHAT NEEDS TO BE COMPLETED IN ORDER FOR YOUR STUDENT TO PARTICIPATE IN SPORTS AT LAMAR HIGH SCHOOL.

PLEASE TURN IN ONLY COMPLETED PACKETS, INCLUDING INSURANCE

PLEASE WRITE CLEARLY AND FILL OUT ALL PAGES, WE NEED TO BE ABLE TO READ IT

PARENTS PLEASE REMEMBER TO MAKE A COPY OF ALL OF YOUR STUDENTS PAPERWORK

INSURANCE

• HISD INSURANCE - CASH OR CHECK, $35.00. YOU CAN PAY THIS IN THE BUSINESS OFFICE, 2ND FLOOR MAIN OFFICE. PLEASE HAVE YOUR RECEIPT ATTACHED TO YOUR PACKET WHEN YOU TURN YOUR PAPERWORK IN.

• IF A CHECK, MAKE IT OUT TO LAMAR HIGH SCHOOL WITH YOUR STUDENT’S NAME AND SPORT/S IN THE MEMO.

• HISD INSURANCE MAY BE PURCHASED ON SCHOOL PAY AFTER JULY 1ST, YOU NEED TO ATTACH RECEIPT OF PAYMENT TO YOUR ATHLETIC PACKET.

• WAIVER, PARENT MUST COME INTO THE ATHLETIC OFFICE TO COMPLETE A WAIVER THIS MEANS YOU ARE NOT PURCHASING THE HISD INSURANCE, THIS FORM MUST BE NOTARIZED AT THE TIME YOU SIGN IT, YOU MUST HAVE A COPY OF YOUR ID AS WELL AS YOUR STUDENT’S PROOF OF INSURANCE. THE WAIVER IS NOT INCLUDED IN THE PACKET

• ALL ATHLETIC PAPERWORK, INCLUDING INSURANCE, MUST BE ON FILE BEFORE YOUR STUDENT CAN TRY-OUT OR PARTICIPATE IN THEIR SPORT, IF DOING MULTIPLE SPORTS ONLY ONE SET OF PAPERWORK IS NECESSARY.

• WE WILL BEGIN ACCEPTING COMPLETE ATHLETIC PACKETS AFTER JUNE 15TH

If you need any help or have any questions please feel free to contact Liza Allred @ lallred@houstonisd.org or 713-522-5960 ext 008234
**PREPARTICIPATION PHYSICAL EVALUATION — MEDICAL HISTORY**

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

<table>
<thead>
<tr>
<th>Student’s Name: (print)</th>
<th>Sex</th>
<th>Age</th>
<th>Date of Birth</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>Grade</th>
<th>Personal Physician</th>
<th>School</th>
<th>Phone</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**In case of emergency, contact:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Phone (H)</th>
<th>(W)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Explain “Yes” answers in the box below**. Circle questions you don’t know the answers to.

1. Have you had a medical illness or injury since your last check up or sports physical? □ Yes □ No  
2. Have you been hospitalized overnight in the past year? □ Yes □ No  
3. Have you been treated for injuries in a hospital or under the care of a physician? □ Yes □ No  
4. Have you ever been treated for a heart murmur? □ Yes □ No
5. Has a family history of inherited heart problems or sudden unexpected death before age 50? □ Yes □ No
6. Has a family history of cardiovascular disease (e.g., coronary artery disease, myocardial infarction)? □ Yes □ No
7. Have you had any blood transfusions? □ Yes □ No
8. Have you had any surgery? □ Yes □ No
9. Have you ever had a head injury or concussion? □ Yes □ No
10. Have you ever been knocked out, become unconscious, or lost your memory? □ Yes □ No  
    If yes, how many times? ________
    When was your last concussion? ________
    How severe was it? (Explain below)
    Have you ever had a seizure? □ Yes □ No
    Have you had frequent or severe headaches? □ Yes □ No
    Have you ever had numbness or tingling in your arms, hands, legs, or feet? □ Yes □ No
    Have you ever had a stinger, burn, or pinched nerve? □ Yes □ No
    Are you misusing any animals? □ Yes □ No
    Are you under a doctor’s care? □ Yes □ No
    Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? □ Yes □ No
    Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? □ Yes □ No
    Have you ever had dizziness or after exercise? □ Yes □ No
    Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? □ Yes □ No
    Have you ever become ill from exercising in the heat? □ Yes □ No
    Do you have any problems with your eyes or vision? □ Yes □ No

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, coach, or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student’s participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

<table>
<thead>
<tr>
<th>Student Signature</th>
<th>Parent/Guardian Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games, or matches. **THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRAMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

**For School Use Only:**

This Medical History Form was reviewed by: Printed Name __________ Date __________ Signature __________

**EXPLAIN ‘YES’ ANSWERS IN THE BOX BELOW** (attach another sheet if necessary):
PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION

Student's Name ___________________ Sex ______ Age ______ Date of Birth ______

Height ______ Weight ______ % Body fat (optional) ______ Pulse ______ BP _______
________/________/_________ (_____/_____/_______) brachial blood pressure while sitting

Vision: R 20/____ L 20/____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

As a minimum requirement, this Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It must be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * Local district policy may require an annual physical exam.

<table>
<thead>
<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
<th>INITIALS*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes/Ears/Nose/Throat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lymph Nodes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart-Auscultation of the heart in the supine position.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart-Auscultation of the heart in the standing position.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart-Lower extremity pulses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pules legs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdomen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genitalia (males only)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MUSCULOSKELETAL</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Neck</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder/Arm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elbow/Forearm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wrist/Hand</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hip/Thigh</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg/Ankle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*station-based examination only

CLEARANCE

☐ Cleared

☐ Cleared after completing evaluation/rehabilitation for:

☐ Not cleared for: __________________________ Reason: __________________________

Recommendations: __________________________

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) __________________________ Date of Examination: __________________________

Address: __________________________________________________________

Phone Number: __________________________

Signature: __________________________

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.
HOUSTON INDEPENDENT SCHOOL DISTRICT
ATHLETIC DEPARTMENT

PARENT'S APPROVAL FOR PARTICIPATION IN ATHLETICS AND EMERGENCY MEDICAL AUTHORIZATION

I hereby certify that ________________________ has my approval to play at home or away from
(Student)
home on the athletic teams of the _____________________________ Middle/High School, grade ________, as
follows: (School)
Baseball/Basketball/Cheerleader/CrossCountry/Football/Golf/Soccer/Softball/Swimming/Tennis/Track/Volleyball/Wrestling
(Parent will check sports or events he/she does not approve.)

I understand and agree that the HISD Board of Education and the employees and agents of HISD assume no responsibility or
liability for any accident or injury as a result of any aspect of participation in the sports listed above.

I understand and acknowledge that participation in the above-listed sports creates the potential for receiving an injury. With
the knowledge of this potential risk of injury, I am giving my son/daughter permission to participate in athletics and accept full
responsibility for this decision.

In the event of an injury, I hereby grant permission to school officials and employees to render, secure, and authorize
necessary medical treatment.

I understand that medical expenses for injuries will be paid only according to the HISD Department of Athletics rules, and
such payments do not waive HISD's general immunity or create any liability for injuries or damages.

My insurance company is ______________________________________
Policy Number ___________________________ Group Number _______________________
(both parents, if possible)

Date ______________ Telephone ______________ Home Address __________________________
Signed ___________________________ (Parent or Guardian)

Date ______________ Telephone ______________ Home Address __________________________
Signed ___________________________ (Parent or Guardian)

I certify that this release was signed in my presence.

Principal or Notary (no stamped signature) (first year of participation requirement)

PLACE OF EMPLOYMENT (both parents, if possible)

(Father) (Mother)
Name of Firm ___________________________ Name of Firm ___________________________
Address ___________________________ Address ___________________________
Phone ___________________________ Phone ___________________________

NOTE TO THE COACH: You must have a completed form before the student may participate in or practice for any sport.
File the original in the office of the school attended. You must file a copy every school year. A notarized copy or a copy
signed by the parents in the presence of the principal must be filed for the first year of participation at the school the student
attends. Thereafter, a parent approval signed by the parents or parent must be submitted before the student may participate.
Student Media Consent and Release Form

Throughout the school year, students may be highlighted in efforts to promote HISD activities and achievements. For example, students may be featured in materials to train teachers and/or increase public awareness of our schools through newspapers, radio, TV, the web, DVDs, displays, brochures, and other types of media.

I, as the parent or guardian of ______________________, hereby give HISD and its employees, representatives, and authorized media organizations permission to print, photograph, and record my child for use in audio, video, film, or any other electronic, digital and printed media.

a. This is with the understanding that neither HISD nor its representatives will reproduce said photograph, interview, or likeness for any commercial value or receive monetary gain for use of any reproduction/broadcast of said photograph or likeness. I am also fully aware that I will not receive monetary compensation for my child’s participation.

b. I further release and relieve HISD, its Board of Trustees, employees, and other representatives from any liabilities, known or unknown, arising out of the use of this material.

I certify that I have read the Media Consent and Release Liability statement and fully understand its terms and conditions.

Please understand that failure to return this release form within ten (10) school days from the date of distribution will constitute approval of the above requests.

Please Print
Name of child ___________________________ Grade ______

Address ___________________________________________________________

City, State, Zip _____________________________________________________

Signature of parent or guardian _______________________________________

Date________________________ Phone Number ________________________

ACKNOWLEDGEMENT OF RULES

Attention School Authorities: This form must be signed yearly by both the student and parent/guardian and be on file at your school before the student may participate in any practice session, scrimmage, or contest. A copy of the student’s medical history and physical examination form signed by a physician or medical history form signed by a parent must also be on file at your school.

Student’s Name ___________________________ Date of Birth ___________________________
Current School ____________________________

Parent or Guardian’s Permit

I hereby give my consent for the above student to compete in University Interscholastic League approved sports, and travel with the coach or other representative of the school on any trips.

Furthermore, as a condition of participation and for the purpose of ensuring compliance with University Interscholastic League (UIL) rules, I consent to the disclosure of personally identifiable information, including information that may be subject to the Family Educational Rights and Privacy Act (FERPA), regarding the above named student between and among the following: the high school or middle school where the student currently attends or has attended; any school the student transfers to; the relevant District Executive Committee and the UIL. I further understand that all information relevant to the student’s UIL eligibility and compliance with other UIL rules may be discussed and considered in a public forum. I acknowledge that revocation of this consent must be in writing and delivered to the student’s school and the UIL.

It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.

I have read and understand the University Interscholastic League rules on the reverse side of this form and agree that my son/daughter will abide by all of the University Interscholastic League rules.

The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.

If, in the judgement of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, licensed athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

I have been provided the UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.


Your signature below gives authorization that is necessary for the school district, its licensed athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

To the Parent: Check any activity in which this student is allowed to participate.

☐ Baseball  ☐ Football  ☐ Softball  ☐ Tennis
☐ Basketball  ☐ Golf  ☐ Swimming & Diving  ☐ Track & Field
☐ Cross Country  ☐ Soccer  ☐ Team Tennis  ☐ Volleyball

Date ____________________________
Signature of parent or guardian ____________________________
Street address ____________________________
City ____________________________ State ___________ Zip ____________
Home Phone ____________________________ Business Phone ____________________________
GENERAL INFORMATION

School coaches may not:

• Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: See Section 1209 of the Constitution and Contest Rules).
• Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball.
• Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

GENERAL ELIGIBILITY RULES

According to UIL standards, students could be eligible to represent their school in interscholastic activities if they:

• are not 19 years of age or older on or before September 1 of the current scholastic year. (See Section 446 of the Constitution and Contest Rules for exception).
• have not graduated from high school.
• are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
• are full-time students in the participant high school they wish to represent.
• initially enrolled in the ninth grade not more than four years ago.
• are meeting academic standards required by state law.
• live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school, no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
• have observed all provisions of the Awards Rule.
• have not been recruited. (Does not apply to college recruiting as permitted by rule.)
• have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
• have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not receive valuable consideration for allowing their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
• did not change schools for athletic purposes.

I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

I have read the regulations cited above and agree to follow the rules.

Date __________________________ Signature of student __________________________
CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student ____________________________

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention - Teach and practice safe play & proper technique.
   - Follow the rules of play.
   - Make sure the required protective equipment is worn for all practices and games.
   - Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion - The signs and symptoms of concussion may include but are not limited to: headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157: A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or participate again following the force or impact believed to have caused the concussion until:
   (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
   (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
   (3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
   (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student: (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play; (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and (C) have signed a consent form indicating that the person signing:
      (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol; (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol; (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and (iv) understands the immunity provisions under Section 38.159.

Parent or Guardian Signature ____________________________ Date ____________

Student Signature ____________________________ Date ____________
What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?

**Inherited** (passed on from family) conditions present at birth of the heart muscle:

- Hypertrophic Cardiomyopathy - hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.

- Arrhythmogenic Right Ventricular Cardiomyopathy - replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.

- Marfan Syndrome - a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.

**Inherited conditions present at birth of the electrical system:**

- Long QT Syndrome - abnormality in the ion channels (electrical system) of the heart.

Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome - other types of electrical abnormalities that are rare but run in families.

**NonInherited** (not passed on from the family, but still present at birth)

- **Coronary Artery Abnormalities** - abnormality of the blood vessels that supply blood to the heart muscle. This is the second most common cause of sudden cardiac arrest in athletes in the U.S.

- Aortic valve abnormalities - failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.

- **Non-compaction Cardiomyopathy** - a condition where the heart muscle does not develop normally.

- **Wolff-Parkinson-White Syndrome** - an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.

**Conditions not present at birth but acquired later in life:**

- **Commotio Cordis** - concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.

- **Myocarditis** - infection or inflammation of the heart, usually caused by a virus.

- **Recreational/Performance-Enhancing drug use.**

- **Idiopathic:** Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms and warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

What is the treatment for Sudden Cardiac Arrest?

Time is critical and an immediate response is vital.

- CALL 911
- Begin CPR
- Use an Automated External Defibrillator (AED)

What are ways to screen for Sudden Cardiac Arrest?

The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.

The UIL Pre-Participation Physical Evaluation - Medical History form includes ALL 14 of these important cardiac elements and is mandatory annually.
<table>
<thead>
<tr>
<th>What are the current recommendations for screening young athletes?</th>
<th>Are there additional options available to screen for cardiac conditions?</th>
<th>Can Sudden Cardiac Arrest be prevented just through proper screening?</th>
</tr>
</thead>
<tbody>
<tr>
<td>The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. 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. It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important 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 because it is essential to identify those at risk for sudden cardiac death. The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1st and 3rd years of high school participation. 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 additional evaluation or testing is recommended for cardiac issues/concerns. Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of &quot;false positives&quot;, which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of &quot;false negatives&quot;, since not all cardiac conditions will be identified by additional screening. A proper evaluation (Preparticipation Physical Evaluation - Medical History) should find many, but not all, conditions that could 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 a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>When should a student athlete see a heart specialist? If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may 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, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.</td>
<td>Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest. The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1.5 minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.</td>
<td>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). Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public schools the following must be available: An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED.</td>
</tr>
</tbody>
</table>

**Student & Parent/Guardian Signatures**

I certify that I have read and understand the above information.

**Parent/Guardian Signature**

**Parent/Guardian Name (Print)**

**Date**

**Student Signature**

**Student Name (Print)**

**Date**
University Interscholastic League

Parent and Student Agreement/Acknowledgement Form
Anabolic Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): ___________________________________________ Grade (9-12) _____

Student Signature: ___________________________ Date: ___________

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student’s high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Name (Print): ___________________________________________

Signature: ___________________________ Date: ___________

Relationship to student: __________________________________________

School Year (to be completed annually) _________________