



MEDICAL RELEASE/CONCUSSION AWARENESS/SUDDEN CARDIAC ARREST INFORMATION SHEET

***** KEEP THIS DOCUMENT FOR YOUR RECORDS*****

GMC PREP MEDICAL RELEASE AND CONSENT FOR TREATMENT

- I grant consent, that in the event all reasonable attempts by authorized school personnel to contact me have been unsuccessful, for the Principal of Georgia Military College Prep School, or designated representative, to consent on my behalf to any x-ray examination, anesthetic, medical treatment, and hospital care of my minor child, as fully and effectively as if I were personally present.
- I authorize the above-mentioned officials of Georgia Military College to serve in "loco parentis" for the transfer of an authorization of administration of any treatment deemed necessary for the treatment of my minor child.
- I authorize that Georgia Military College staff members can administer medications or treatments to my minor child according to the School Physician's Standing Orders/Nurse Protocol, including over-the-counter medications, and minor first aid.
- My signature serves as a medical release that authorizes GMC Staff members to administer medical treatment and to request further emergency treatment as necessary.
- I authorize the certified Athletic Trainer to evaluate and treat my child in the event of illness or injury according to the NATA standards of practice. I will notify the Certified Athletic Trainer and Health Services within 48 hours of any occurrence of injury in order to ensure that all necessary forms are completed in a timely manner (see notification of athletic insurance policy).
- **I will be responsible for any medical or hospital fees or costs associated with the illness or treatment of this minor.**
- This authorization is granted pursuant to the provision of O.C.G.A. 31-9-2 (2) (4) of the Georgia Medical Consent Law.

GMC PREP STUDENT/PARENT CONCUSSION AWARENESS POLICY

DANGERS OF CONCUSSION: Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death. **Student and parental education in this area is crucial - that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student. One copy needs to be returned to the school, and one retained at home.**

COMMON SIGNS AND SYMPTOMS OF CONCUSSION: Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness, nausea or vomiting, blurred vision, sensitivity to light and sounds, fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments, unexplained changes in behavior and personality, loss of consciousness (NOTE: This does not occur in all concussion episodes.).

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. NOTE: An appropriate health care professional may include, licensed physician (MD/DO) or another licensed individual under the

supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management. a) No athlete is allowed to return to a game or a practice on the same day that a concussion has been diagnosed, OR (b) cannot be ruled out. b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance. c) It is mandatory that every coach in each GHSA sport participate in a free, online course on concussion management prepared by the NFHS and available at www.nfhslearn.com at least every two years- beginning with the 2013-2014 school year.) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

GMC PREP STUDENT/PARENT SUDDEN CARDIAC ARREST POLICY

1. **Learn the Early Warning Signs**-If you or your child has had one or more of these signs, see your primary care physician:
 - Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
 - Unusual chest pain or shortness of breath during exercise
 - Family members who had sudden, unexplained and unexpected death before age 50
 - Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome
 - A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
2. **Learn to Recognize Sudden Cardiac Arrest**- If you see someone collapse, assume he/she has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (Seizure like activity). Send for help and start CPR. You cannot hurt him/her.
3. **Learn Hands-Only CPR** - Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it’s easier than ever. Call 911 (or ask bystanders to call 911 and get an AED). Push hard and fast in the center of the chest. Kneel at the victim’s side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song “Stayin’ Alive.” If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

ATHLETIC INSURANCE POLICY

Secondary athletic insurance is an insurance policy that offers additional coverage specific to Georgia Military College/Prep School Athletics. This policy is a supplement to your primary insurance policy and will cover any additional medical costs not covered by your primary insurance policy. In the event of a claim, YOUR PRIMARY INSURANCE WILL BE BILLED FIRST. Any additional cost not covered by your insurance will then be covered by this policy to avoid any out of pocket expense up to the \$25,000 limit per occurrence.

1. Georgia Military College Sports Medicine will NOT cover an injury that is NOT sustained during supervised athletic participation. Coverage includes but is not limited to games, practices, workouts, conditioning, etc.
 - a. Prep **Elementary** School Sports Covered: Basketball, Cheerleading, Cross Country, Football, Soccer, Wrestling.
 - b. Prep **Middle/High** School Sports Covered: Baseball, Basketball, Cheerleading, Cross Country, Football, Golf, Raiders, Rifle, Soccer, Softball, Tennis, Track & Field, Wrestling.
2. Sports Medicine Staff are the ONLY individuals that can file an athletic insurance claim.
3. The Certified Athletic Trainer MUST be notified of the injury sustained in order for approval of the use of the Georgia Military College Secondary Insurance Policy. The only exception to this policy is an obvious emergency situation. Notification to the athletic training staff must be made within 48 hours of all injuries.
4. If an appointment with a physician, diagnostic procedure, or any healthcare claim is generated prior to the notice of the injury to Georgia Military College Sports Medicine Staff; the claim WILL NOT BE COVERED by the GMC Secondary Insurance Policy.