

Please print, sign and turn in with your registration fee.

**RNST Registration Form
Student Waiver**

Student Name(please print) _____

I have my own insurance and/or will be responsible for all services rendered by a doctor or hospital. I am aware of the risks of participation in high school athletic programs. I give permission for my son/daughter to be sent to our family doctor, or another doctor of his/her choice, for an examination or treatment deemed necessary by a coach, resulting from his/her activities in high school athletics.

The undersigned, herewith,

- A. Grants the above named student permission to participate in club ski activities.
- B. Grants permission to take the student on supervised trips connected with the ski team activities. Participants are responsible for their own transportation to and from practices and other scheduled club events. An exception to this would be bus transportation provided for the team to meets, retreats, camps, etc.
- C. Understands that the student must refrain from practice or play during medical treatment until he/she is given a written permit by the attending physician to resume participation.
- D. Certifies that the above named student is physically fit to participate in all high school ski team activities.
- E. Because of the nature of skiing, I understand that RASC, ski location sites, owners, chaperones, and coaches cannot be held liable for any accidents my child may sustain. However, I authorize the staff to secure any emergency treatment my child may need.
- F. Full permission for any purpose is granted to use my name, photos, video or other record of my participation connected to the Rochester Nordic Ski Team.
- G. I have read, understand and acknowledge the 2011-2012 Athletic Eligibility Information and I agree to abide by Team Member Conduct as stated in this document.
- H. I have read and will comply with the Concussion instructions.

Date _____ Signed _____ (Signature of the parent/guardian)

Date _____ Signed _____ (Signature of the student)

Rochester Nordic Ski Team
Program for the 2011 / 2012 Ski Season

CONCUSSION FACT SHEET FOR PARENTS AND STUDENTS

IF YOU THINK YOU HAVE CONCUSSION, DON'T HIDE IT - REPORT IT! TAKE TIME TO RECOVER. IT IS BETTER TO MISS ONE PRACTICE OR MEET THAN THE WHOLE SEASON.

I understand that it is my responsibility to report all injuries and illnesses to my RNST coach, and I have read and am aware of the following information:

- A concussion is a brain injury, which I am responsible for reporting to my RNST coach
- A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.
- You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
- If I suspect a fellow skier has a concussion, I am responsible for reporting the injury to my RNST coach
- I will not return to ski practice or meet if I have received a blow to the head or body that results in concussion-related symptoms.
- Following concussion the brain needs time to heal. You are much more likely to have a repeat concussion if you return to skiing before your symptoms resolve.
- In rare cases, repeat concussions can cause permanent brain damage, and even death

Signature of RNST skier

Printed name of RNST skier

Date

What is a concussion?

A concussion is a brain injury that is caused by a blow to the head or body (from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a ski.

- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

What should I do if I think I have a concussion?

Don't hide it. Tell your coach. Never ignore a blow to the head. **Report it.** Do not return to practice with symptoms. The sooner you get checked out, the sooner you may be able to get back to skiing. **Get checked out.** A health care professional can tell you if you have had a concussion and when you are cleared to return to practice.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy, or unusually irritable.
- Concentration or memory problems (forgetting facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.