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Oak Bluffs School

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Student Athlete Participation Form
Middle School Sports
Oak Bluffs School

ALL students interested in participating in our Island Wide interscholastic sports program need to complete this form and agree to follow the guidelines for sports programs including; parental permission, annual physical checkup, be a student in good academic standing and behavioral responsibilities as well as in good standing for practice and team responsibilities.

Parental Permission

I _____ give my child _____
permission to be a member of the Oak Bluffs Blazers sports team for this school year. I agree to assist my child in being at scheduled practices and games.

Student Signature

I _____ am interested in being a participant in the Oak Bluffs Blazers sport team (s). I will do my best at each scheduled practice and game. I understand that as a student at the Oak *Bluffs* School, my academic class work/homework come before practice/games activities and I will do my best to meet the expectations of my teachers and coach(s).

Medical Physical Information

Pediatrician (Doctors Name) _____

(Copy of physical form for sports in Nurse Schaefer's office)

Students Name (print) _____ Grade _____ Section _____



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Dear Parents:

Oak Bluffs School 6th -8th graders are eligible to participate in school sports, competing against other intermediate and elementary schools. To protect the safety and well being of young athletes, Massachusetts law requires that coaches, athletic directors, school nurses, parents, and student-athletes learn about the consequences of head injuries and concussions. This law applies to all public middle and high schools.

In order for student-athletes to participate in practices and games, their parents must participate in an *interscholastic head injury safety training program*. It is recommended that student-athletes also participate in the training. The easiest way to complete this is online. Website addresses for free courses are listed below. Should you require a printed version of the information, please contact us.

www.cdc.gov/concussion/11/HeadsUp/online_training.html

www.nfhslearn.com/electiveDetail.aspx?courseID=15000

Once you have completed the training, please fill out the bottom portion of this letter and return it to Coach Magaraci, the Oak Bluffs School Athletic Director. Please note that such training is a prerequisite for student-athlete participation. Accordingly, thank you for your prompt attention to this. Should you have any questions, please contact us.

Sincerely,
Mike Magaraci

Student name: _____ Grade: _____

I have completed training in interscholastic head injury safety.

Parent signature

Date

Please check box if your child also completed the training. []

Martha's Vineyard Elementary Schools/ Nursing Department

Pre-Participation Head Injury Form

Student's Name: _____

Date of Birth: _____ Grade: _____

Massachusetts legislation requires Martha's Vineyard Elementary School to obtain a concussion history from each student participating in athletics. This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the school nurse, prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Has student ever experienced a traumatic head injury (a blow to the head)? Yes _____
No _____

If yes, when? Dates (month/year):

Has student ever received medical attention for a head injury? Yes _____ No _____

If yes, when? Dates (month/year): _____ If yes, please
describe the circumstances:

Was student diagnosed with a concussion? Yes _____ No _____

If yes, when? Dates (month/year):

Duration of Symptoms (such as headache, difficulty concentrating, fatigue) for most recent concussion: _____

Martha's Vineyard Elementary School may release medical information regarding any head injury and concussion history to my child's primary care physician, neurologist, or other treating physician. I understand that general information about the injury and concussion history may be provided to my child's guidance counselor, teachers, and coaches, on a need to know basis, for the purposes of providing temporary academic/activity modifications, if necessary.

I have received and read the CDC concussion fact sheets provided to me by Martha's Vineyard Elementary School.

Student's Name: _____ Parent's
Name: _____

Student's Signature: _____ Parent's
Signature: _____

Date: _____

Date: _____



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF 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 an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

Most concussions occur without loss of consciousness.

Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.

Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF

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

SYMPTOMS REPORTED BY ATHLETES

- Headache or "pressure" in head
- 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
- Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

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

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.

After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Oak Bluffs School
Jr. High Interscholastic Sports
Policies and Procedures

Interscholastic Sports by Season:

Jr. High Football Girs/ Boys Track & Field	August-November Fall
Girls/Boys Basketball	Late Fall-Early Winter
Coed Volleyball	Winter

The Jr. High league consists of our neighboring towns and the Charter School. Jr. High Football falls under the High School Football organization of the Touchdown Club, with practice starting in mid-August, there is a fee for uniforms and off island games.

Registration Details:

All students in grades 6-8 are invited to participate in any sport (gender specific). Necessary forms for participation include: an annual physical examination and a signed parental permission consent form. Coaches for each sport will post a sign-up sheet and host a meeting to inform athletes of the practice and game schedule, at the beginning of each season. ALL Middle School sports will be finished on the Friday before April vacation.

Student Athlete Polices:

All students in grades 6-8 are eligible to participate in interscholastic sports programs provided that they are both **ACADEMICALLY AND BEHAVIORALLY ELIGIBLE** for each week of the sport season. Please refer to the Oak Bluffs School handbook for a description of eligibility.

Attendance:

Student athletes **MUST** attend school on days there are games/practice being held. **NO** student will be allowed to **PRACTICE** and **or PARTICIPATE IN A GAME** if he/she was **ABSENT** or **TARDY** the day of.

Uniforms:

The Oak Bluffs school provides uniforms for each sport except Football. These uniforms will be signed for by the student and are expected to be worn during all sporting events then returned to the Coach at the end of the season.

Away Game Attire:

Boys: button down shirt, tie, khaki pants with belt and dress shoes
Girls: dress shirt, skirt/khaki pants and dress shoes (no high heels)

SPORT ELIGIBILITY

ELIGIBILITY

Students have the **PRIVILEGE** to participate in extracurricular events, special school activities, **SPORTS PRACTICES/GAMES**, play rehearsal/performances, Math team, student council and school dances and canteens.

INELIGIBILITY

Please refer to the Oak Bluffs student handbook for guidelines for ineligibility (including class work, homework, projects, etc.) that student will lose his/her PRIVILEGE to participate in ANY extracurricular event for the week. This includes: **Sports Practices/Games**

Play rehearsals/performances

Math team

Student Council

School Dances & Canteens

School Trips

Student Name: _____

Student Signature _____ Date Signed __/__/__