

North Florida Christian School Athletic Health and Safety Statement

At North Florida Christian School our first concern is to ensure the safety and well-being for all student athletes. The athletic activity is secondary in regards to the health of our young people.

It is imperative that parents take the recommended precautions to ensure their child has been properly screened and evaluated before any activity can occur, even preseason conditioning or weight training.

Physical Screening and Medical History

All prospective athletes must be medically screened before any activities can take place. Medical screening is good for one year and is kept on file in the athletic office of the school. The FHSAA requires that a complete medical history form be completed by the parent along with a doctor's physical in order to have clearance to participate. This is referred to as the EL2 forms for the FHSAA. The EL3 form is the FHSAA consent form which must be completed in its entirety and signed by the parent. These forms, along with the school consent forms, must be turned in prior to any activity.

Medical History - It is important that you as a parent/legal guardian take the time to carefully answer each question of the medical history form. This form should be shared with your medical doctor and discussed during the physical evaluation. This form will also be viewed by school administration.

Medical Doctor - Your family physician/pediatrician would best know the medical history of your family and your child. It is recommended that your physician follow the American Heart Association's 12 Element Recommendations for Pre-participation Cardiovascular Screening of Competitive Athletes. This 12 Element screening process includes the (1) personal history of your child, (2) knowledge of your family's health history, and (3) a thorough physical examination and cardiovascular screening of your child.

Sudden Cardiac Death (SCD) - Over the past several years sudden cardiac death of apparently healthy young people has made national news on multiple occasions. Although recent studies indicate these deaths occur at a relatively low rate of 1 in 50,000 athletes, it is always unsettling and leaves one to question if the athlete's condition could have been better diagnosed. Although there is not a final answer to this question it has been shown that physicians who follow the AHA- 12 Element Screening often detect signs of possible problems. Some studies have indicated that the addition of an EKG could increase the detection of possible symptoms that might lead to SCD. You may discuss the pros and cons of an EKG screening with your child's medical doctor.

Sickle Cell Testing - It is strongly recommended that you have your child tested for sickle cell. This test is inexpensive and effective. The results of these tests should be indicated on your child's FHSAA EL2 medical history form. Questions #39 and #40 on the EL2 form cover sickle cell and sickle cell trait. *If you child has tested positive for sickle cell trait please be sure to discuss this with the athletic department and your child's coach prior to activity.*

Concussion Policy - It is the school policy that any player that shows symptoms of a concussion or loss of consciousness during an activity (practice or game) not return to that activity until they have been evaluated and released by a medical physician. These symptoms may include, but not be limited to, dizziness, lack of consciousness, blacking out, or loss of short term memory. When a certified athletic trainer or medical doctor is available, their determination of the symptoms and ability of the child to participate will always over rule the coach.

I have read the statement concerning the overall health and safety for young competitive athletes.

(Signature of parent or legal guardian)

(Date)

Student Name _____ Grade _____