

2023-2024

## Sports Paperwork Check-off Sheet

All lines of **ALL FORMS** are read and signed \_\_\_\_\_

Paramedic form has been notarized \_\_\_\_\_

Make sure your real name from birth certificate appears in full on the eligibility form \_\_\_\_\_

No forms are filled out or signed in pencil (blue or black ink only) \_\_\_\_\_

*Free Physicals Through Marshall Sports Medicine Institute*

*June 8<sup>th</sup> 2023*

*Registration*

<https://m.signupgenius.com/#!/showSignUp/20F0A48ADAB23A7FF2-20229>

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION  
2875 Staunton Turnpike - Parkersburg, WV 26104

Revised 6/23

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICIAN'S CERTIFICATE FORM  
(Form required each school year on or after May 1<sup>st</sup>. File in School Administration Office)

ATHLETIC PARTICIPATION / PARENTAL CONSENT

PART I

Name \_\_\_\_\_ School Year: \_\_\_\_\_ Grade Entering: \_\_\_\_\_  
Home Address: \_\_\_\_\_ Home Address of Parents: \_\_\_\_\_  
City: \_\_\_\_\_ City: \_\_\_\_\_  
Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Last semester I attended \_\_\_\_\_ (High School) or (Middle School). We have read the condensed eligibility rules of the WVSSAC athletics. If accepted as a team member, we agree to make every effort to keep up school work and abide by the rules and regulations of the school authorities and the WVSSAC.

INDIVIDUAL ELIGIBILITY RULES

Attention Athlete! To be eligible to represent your school in any interscholastic contest, you:

- \_\_\_\_\_ must be a regular bona fide student in good standing of the school. (See exception under Rule 127-2-3)
- \_\_\_\_\_ must qualify under the Residence and Transfer Rule (127-2-7)
- \_\_\_\_\_ must have earned at least 2 units of credit the previous semester. Summer School may be included. (127-2-6)
- \_\_\_\_\_ must have attained an overall "C" (2.00) average the previous semester. Summer School may be included. (127-2-6)
- \_\_\_\_\_ must not have reached your 15th (MS), 19th (HS) birthday before July 1 of the current school year. (127-2-4)
- \_\_\_\_\_ must be residing with parent(s) as specified by Rule 127-2-7 and 8.
  - \_\_\_\_\_ unless parents have made a bona fide change of residence during school term.
  - \_\_\_\_\_ unless an AFS or other Foreign-Exchange student (one year of eligibility only).
  - \_\_\_\_\_ unless the residence requirement was met by the 365 calendar days attendance prior to participation.
- \_\_\_\_\_ if living with legal guardian/custodian, may not participate at the varsity level. (127-2-8)
- \_\_\_\_\_ must be an amateur as defined by Rule 127-2-11.
- \_\_\_\_\_ must have submitted to your principal before becoming a member of any school athletic team Participation/Parent Consent/Physician Form, completely filled in and properly signed, attesting that you have been examined and found to be physically fit for athletic competition and that your parents consent to your participation. (127-3-3)
- \_\_\_\_\_ must not have transferred from one school to another for athletic purposes. (127-2-7)
- \_\_\_\_\_ must not have received, in recognition of your ability as a HS or MS athlete, any award not presented or approved by your school or the WVSSAC. (127-3-5)
- \_\_\_\_\_ must not, while a member of a school team in any sport, become a member of any other organized team or as an individual participant in an unsanctioned meet or tournament in the same sport during the school sport season (See exception 127-2-10).
- \_\_\_\_\_ must follow All Star Participation Rule. (127-3-4)
- \_\_\_\_\_ must not have been enrolled in more than (8) semesters in grades 9 to 12. Must not have participated in more than six semesters in grades 6-8. (Rule 127-2-5).
- \_\_\_\_\_ qualify under homeschool rule. (Rule 127-2-3.11, 127-2-7.2k, 126-26-3.1.1k)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above listed minimum standards but also all other standards set by your school and the WVSSAC. If you have any questions regarding your eligibility or are in doubt about the effect any activity or action might have on your eligibility, check with your principal or athletic director. They are aware of the interpretation and intent of each rule. Meeting the intent and spirit of WVSSAC standards will prevent athletes, teams, and schools from being penalized.

PART II - PARENTAL CONSENT

In accordance with the rules of the WVSSAC, I give my consent and approval to the participation of the student named above for the sport NOT MARKED OUT BELOW:

BASEBALL	CROSS	GOLF	SWIMMING	VOLLEYBALL
BASKETBALL	COUNTRY	SOCCER	TENNIS	WRESTLING
CHEERLEADING	FOOTBALL	SOFTBALL	TRACK	BAND

MEDICAL DISQUALIFICATION OF THE STUDENT-ATHLETE / WITHHOLDING A STUDENT-ATHLETE FROM ACTIVITY

The member school's team physician has the final responsibility to determine when a student-athlete is removed or withheld from participation due to an injury, an illness or pregnancy. In addition, clearance for that individual to return to activity is solely the responsibility of the member school's team physician or that physician's designated representative.

I understand that participation may include, when necessary, early dismissal from classes and travel to participate in interscholastic athletic contests. I will not hold the school authorities or West Virginia Secondary School Activities Commission responsible in case of accident or injury as a result of this participation. I also understand that participation in any of those sports listed above may cause permanent disability or death. Please check appropriate space: He/She has student accident insurance available through the school ( ); has football insurance coverage available through the school ( ); is insured to our satisfaction ( ).

I also give my consent and approval for the above named student to receive a physical examination, as required in Part IV, Physician's Certificate, of this form, by an approved health care provider as recommended by the named student's school administration.

I consent to WVSSAC's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices or Scrimmages and Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

I have read/reviewed the concussion and Sudden Cardiac Arrest information as available through the school and at WVSSAC.org. (Click Sports Medicine)

Date: \_\_\_\_\_ Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_



**PART III – STUDENT'S MEDICAL HISTORY**  
(To be completed by parent or guardian prior to examination)

Name \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade \_\_\_\_ Age \_\_\_\_

Has the student ever had:

- Yes No 1. Chronic or recurrent illness? (Diabetes, Asthma, Seizures, etc.)  
 Yes No 2. Any hospitalizations?  
 Yes No 3. Any surgery (except tonsils)?  
 Yes No 4. Any injuries that prohibited your participation in sports?  
 Yes No 5. Dizziness or frequent headaches?  
 Yes No 6. Knee, ankle or neck injuries?  
 Yes No 7. Broken bone or dislocation?  
 Yes No 8. Heat exhaustion/sun stroke?  
 Yes No 9. Fainting or passing out?  
 Yes No 10. Have any allergies?  
 Yes No 11. Concussion? If Yes \_\_\_\_\_

Date(s)

- Yes No 12. Have any problems with heart/blood pressure?  
 Yes No 13. Has anyone in your family ever fainted during exercise?  
 Yes No 14. Take \_\_\_\_\_ any medicine? List  
 Yes No 15. Wear glasses \_\_\_\_\_, contact lenses \_\_\_\_\_, dental appliances \_\_\_\_\_?  
 Yes No 16. Have any organs missing (eye, kidney, testicle, etc.)?  
 Yes No 17. Has it been longer than 10 years since your last tetanus shot?  
 Yes No 18. Have you ever been told not to participate in any sport?  
 Yes No 19. Do you know of any reason this student should not participate in sports?  
 Yes No 20. Have a sudden death history in your family?  
 Yes No 21. Have a family history of heart attack before age 50?  
 Yes No 22. Develop coughing, wheezing, or unusual shortness of breath when you exercise?  
 Yes No 23. (Females Only) Do you have any problems with your menstrual periods.

PLEASE EXPLAIN ANY "YES" ANSWERS OR ANY OTHER ADDITIONAL CONCERNS.

I also give my consent for the physician in attendance and the appropriate medical staff to give treatment at any athletic event for any injury.

SIGNATURE OF PARENT OR GUARDIAN \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

**PART IV – VITAL SIGNS**

Height \_\_\_\_\_ Weight \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_  
 Visual acuity: Uncorrected \_\_\_\_/\_\_\_\_; Corrected \_\_\_\_/\_\_\_\_; Pupils equal diameter: Y N

**PART V – SCREENING PHYSICAL EXAM**

This exam is not meant to replace a full physical examination done by your private physician.

Mouth:		Respiratory:		Abdomen:	
Appliances	Y N	Symmetrical breath sounds	Y N	Masses	Y N
Missing/loose teeth	Y N	Wheezes	Y N	Organomegaly	Y N
Caries needing treatment	Y N	Cardiovascular:			
Enlarged lymph nodes	Y N	Murmur	Y N		
Skin - infectious lesions	Y N	Irregularities	Y N		
Peripheral pulses equal	Y N	Murmur with Valsalva	Y N		

Any "YES" under Cardiovascular requires a referral to family doctor or other appropriate healthcare provider.

Musculoskeletal: (note any abnormalities)

Neck:	Y N	Elbow:	Y N	Knee/Hip:	Y N	Hamstrings:	Y N
Shoulder:	Y N	Wrist:	Y N	Ankle:	Y N	Scoliosis:	Y N

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response)

	Not at all	Several Days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge.	0	1	2	3
Not being able to stop or control worrying.	0	1	2	3
Little interest or pleasure in doing things.	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

**RECOMMENDATIONS BASED ON ABOVE EVALUATION:**

After my evaluation, I give my:

\_\_\_\_\_ Full Approval;

\_\_\_\_\_ Full approval; but needs further evaluation by Family Dentist \_\_\_\_\_; Eye Doctor \_\_\_\_\_; Family Physician \_\_\_\_\_; Other \_\_\_\_\_;

\_\_\_\_\_ Limited approval with the following restrictions: \_\_\_\_\_;

\_\_\_\_\_ Denial of approval for the following reasons: \_\_\_\_\_.

MD/DO/DC/Advanced Registered Nurse Practitioner/Physician's Assistant \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date



## Marshall Sports Medicine Institute

### Baseline Concussion Testing Program

Dear Parents and Athletes,

Our school is participating in a sports concussion testing program through our association with the Marshall Sports Medicine Institute. Your son's/daughter's participation is highly encouraged, but voluntary. These baseline tests are provided at no cost, compliments of the Marshall Sports Medicine Institute.

We will be conducting Neurocognitive Baseline Concussion Testing, which refers to testing under normal conditions before injury, usually conducted in the pre-season. This is neither intelligence nor achievement testing. The baseline test gives us a snapshot of how one's brain functions in normal, everyday circumstances by evaluating memory, brain processing speed, attention, concentration, reaction time, and post-concussion symptoms. This baseline information is then stored on a secure, HIPAA compliant server for accessing later if an athlete is concussed and needs post-injury testing.

In the event an athlete sustains a concussion, the athlete is tested again "post-injury" by physicians at the Marshall Sports Medicine Institute; or an outside physician of your choice. Usual office visit charges will likely apply for post-injury testing, as with any doctor visit or clinical test. It is fairly common however for most insurance companies to consider the post-test a covered medical service. Please check with your insurance provider as needed.

Post-injury testing scores are then compared to the baseline scores acquired earlier and assessed for deficiencies or abnormalities. The physician will objectively base their decision for return to play on post-test comparisons, depending on when post-test scores return to baseline (normal), among other clinical considerations.

If you should have additional questions about participation in this program, please contact the Marshall Sports Medicine Institute's concussion services coordinator, Tom Belmaggio, MS, ATC, CSCS, at (304) 691-1880 or your school's administration.

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I hereby give my consent and approval for my son/daughter to participate in my school's Baseline Concussion Testing Program.

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Athlete Name

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School

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Signature of Parent / Guardian

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Date



**CABELL COUNTY PUBLIC SCHOOLS**  
**P.O. BOX 446**  
**2850 FIFTH AVENUE**  
**HUNTINGTON, WEST VIRGINIA 25702**

Student's Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Blood Type (if known) \_\_\_\_\_  
Parent or Guardian \_\_\_\_\_ Relationship \_\_\_\_\_  
Home Address \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Contact Other Than Parent \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
Name of Family Physician \_\_\_\_\_ Family Physician's Office Number \_\_\_\_\_  
Known Allergies \_\_\_\_\_  
Hospitalization Insurance: Name of Company \_\_\_\_\_  
Policy No. \_\_\_\_\_ Medical? \_\_\_\_\_ Surgical? \_\_\_\_\_ Accident? \_\_\_\_\_

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, X-ray examinations and immunizations for the named student. In the event of serious illness, the need for minor surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me or the other person listed above, the treatment necessary for the best interest of the above named student may be given.

In the event that an emergency arises during a practice session, an effort will be made to contact the parents or guardians as soon as possible. Permission is also granted to the athletic trainer, coaches, Emergency Medical Technician (EMT) or Paramedic to provide the needed emergency treatment to the athlete prior to his or her admission to the medical facilities.

Signature of parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Athletes are also covered under an "All Athletic Plan". This coverage is an "excess" contract that picks up where other insurance stops. If the covered person is covered by any other individual, franchise, blanket or group insurance which provides benefits for medical care or treatment, the Plan will pay only the covered expenses which are not paid under the other insurance. Claims should be submitted under this contract only if there is no other insurance or if the other insurance does not provide coverage for the expense.

County of **CABELL**, State of **WEST VIRGINIA**  
Sworn to and subscribed before me this \_\_\_\_\_  
Day of \_\_\_\_\_, 20\_\_\_\_\_  
Witness my hand and official seal.  
\_\_\_\_\_, Notary Public  
My commission Expires \_\_\_\_\_

Form: S-0001  
Revised: 7/97

CABELL COUNTY BOARD OF EDUCATION

**STUDENT DRUG TESTING CONSENT FORM**

**STATEMENT OF PURPOSE AND INTENT**

Participation in school sponsored interscholastic extra-curricular activities and permission to drive to school and park on campus in Cabell County Schools is a privilege. Activity Students carry a responsibility to themselves, their fellow students, their parents, and their school to set the highest possible examples of conduct, which includes avoiding the use or possession of illegal drugs. Students who elect to drive a privately owned vehicle to and from school and park on school property also carry an added accountability for the safe operation of a vehicle while on school property.

Drug use of any kind is incompatible with the physical, mental, and emotional demands placed upon participants in interscholastic extra-curricular activities and upon the positive image these students project to other students and to the community on behalf of Cabell County Schools. For the safety, health, and well being of students who drive to school and/or participate in interscholastic extra-curricular activities in Cabell County Schools, the County has adopted the attached *Student Drug Testing Policy* and the "Student Drug Testing Consent Form" for use by all participating students at the high school level.

Participation in  
Extra-Curricular Activities or Driving to School

Each Activity Student and Driving Student shall be provided with a copy of the *Student Drug Testing Policy* and "Student Drug Testing Consent Form" which shall be read, signed and dated by the student, parent or custodial guardian, and coach/sponsor before such student shall be eligible to practice or participate in any interscholastic activities or before issuance of a driving/parking pass.

The Opt-in Participant and parent or custodial guardian shall also consent to read and sign a consent form.

The consent shall be to provide a urine sample:

1. As chosen by the random selection basis, and
2. At any time requested based on reasonable suspicion to be tested for illegal or performance-enhancing drugs.

No student shall be allowed to practice or participate in any activity, governed by the policy, or drive to school unless the student has returned the properly signed "Student Drug Testing Consent Form."



Section to be Filled Out by Activity Student, Driving Student or Opt-in Participant

Please Print or Type:

Student's Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

I, the above named student, understand after having read the *Student Drug Testing Policy* and "Student Drug Testing Consent Form" that, out of care for my safety and health, Cabell County Schools enforces the rules applying to the consumption or possession of illegal and performance-enhancing drugs. As a member of a Cabell County Schools interscholastic extra-curricular activity or one who drives and parks on school property, or an Opt-in participant, I realize that the personal decision that I make daily in regard to the consumption or possession of illegal or performance-enhancing drugs may affect my health and well-being as well as the possible endangerment of those around me and reflect upon any organization with which I am associated. If I choose to violate school policy regarding the use or possession of illegal or performance-enhancing drugs any time while I am involved in in-season or off-season activities or driving, I understand upon determination of that violation I will be subject to the restrictions as outlined in the Policy.

Check all that apply: ☐ Activity Student ☐ Driving Student ☐ Opt-in Participant

Signature of Student \_\_\_\_\_ Date \_\_\_\_\_

Section to be Filled Out by Parent/Guardian and Principal/Coach/Sponsor

We have read and understood the Cabell County Schools *Student Drug Testing Policy* and "Student Drug Testing Consent Form." We voluntarily agree on behalf of the student named above that, in order to participate in interscholastic extra-curricular activities; and/or to be granted permission to drive to and park on property of Cabell County Schools; and/or by electing to have him/her included in the testing pool as an Opt-in Participant, the student must submit to drug testing and must also agree to be subject to the terms of Cabell County Schools' drug testing policy. We accept the method of obtaining urine samples, testing and analysis of such specimens, and all other aspects of the program. We further agree and consent to the disclosure of the sampling, testing, and results as provided in this program.

Signature of Parent or Custodial Guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of Principal/Coach/Sponsor \_\_\_\_\_ Team/Activity \_\_\_\_\_ Date \_\_\_\_\_

# Huntington High School Athletic Eligibility Form

\*\*\*Write Clearly\*\*\*

Athletes Name (as appears on birth certificate):

\_\_\_\_\_

Grade Level: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Current Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fathers/Guardian Name: \_\_\_\_\_

Mothers/Guardian Name: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Current Phone #(home): \_\_\_\_\_

Emergency Phone # (cell/relative): \_\_\_\_\_

School Attended LAST semester: \_\_\_\_\_

**\*\*If outside of Huntington Area list the City/State/Country\*\***

Not Counting This Current Semester; how many semesters have you  
attended Huntington High School? \_\_\_\_\_



# DON'T LET AN INJURY LEAD TO AN OPIOID ADDICTION

2 MILLION ATHLETES ARE EXPECTED TO SUFFER A SPORTS INJURY THIS YEAR

MANY OF THESE ATHLETES WILL BE PRESCRIBED OPIOID PAINKILLERS

75% OF HIGH SCHOOL HEROIN USERS STARTED WITH PRESCRIPTION OPIOIDS

## HIGH SCHOOL ATHLETES ARE AT RISK OF BECOMING ADDICTED TO PRESCRIPTION DRUGS

- 28.4% used medical opioids at least once over a three year period.
- 11% of high school athletes have used an opioid medication for nonmedical reasons.
- Nearly 25% of students who chronically use prescription opioids also use heroin.

## WHAT ARE OPIOIDS?

Opioids are a powerful and addictive type of prescription painkiller that have similar chemical properties and addiction risks as heroin. While opioids may provide temporary relief, they do nothing to address the underlying injury and can have serious side effects.

These drugs may lead to: dependence, tolerance, accidental overdose, coma and death.

The most common prescribed opioid painkillers in West Virginia are:

- Oxycodone (OxyContin)
- Hydrocodone (Lortab and Vicodin)

## HOW TO PROTECT YOUR CHILD

- Talk to your healthcare provider about alternative pain management treatment options (see below).

First-time prescription opioid users have a 64% higher risk of early death than patients who use alternative pain medication.

- If your child is prescribed an opioid painkiller, talk about the dangers of misusing medication, including overuse and medication sharing.
- Monitor your child's intake of prescription medication to ensure he/she is following dosage instructions.
- Safely dispose of any unused medication through a prescription drug drop box or a DEA Take-Back program.

## NON-NARCOTIC PAIN MANAGEMENT ALTERNATIVES

Physical Therapy  
Chiropractic  
Massage Therapy  
Acupuncture  
Over-the-Counter Medication



**WEST VIRGINIA**  
ATTORNEY GENERAL'S OFFICE

West Virginia  
Board of  
Medicine



# HEADS\*UP

## CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

### What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a 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 your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> <li>• Headache or "pressure" in head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to light</li> <li>• Sensitivity to noise</li> <li>• Feeling sluggish, hazy, foggy, or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> <li>• Just "not feeling right" or "feeling down"</li> </ul>	<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about assignment or position</li> <li>• Forgets an instruction</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows mood, behavior, or personality changes</li> </ul>

### How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

### What should you do if you think your child has a concussion?

**SEEK MEDICAL ATTENTION RIGHT AWAY.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

**KEEP YOUR CHILD OUT OF PLAY.** Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

**TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**If you think your teen has a concussion:**  
Don't assess it yourself. Take him/her out of play.  
Seek the advice of a health care professional.

**It's better to miss one game than the whole season.**

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

April 2013







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

- SCA should be suspected in any athlete who has collapsed and is unresponsive
- Fainting, a seizure, or convulsions during physical activity
- Dizziness or lightheadedness during physical activity
- 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/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

#### What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Commotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions / Unknown causes. (Obesity/Idiopathic)

#### What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical which is mandatory annually in West Virginia.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely and honestly.
- Additional screening may be necessary at the recommendation of a physician.

#### What is the treatment for Sudden Cardiac Arrest?

- Act immediately; time is critical to increase survival rate
- Activate emergency action plan
- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

#### Where can one find additional information?

- Contact your primary health care provider
- American Heart Association ([www.heart.org](http://www.heart.org))