



PENN KINGSMEN LACROSSE

Concussion and Player Safety Policy

Player Safety:

To promote player safety, Penn Kingsmen Lacrosse requires all coaches and board members to undergo background checks and to complete the online training courses described below. These online training courses mirror those required by Penn High School.

- *Concussion Training* from the National Federation of State High School Associations
Required bi-annually
- *Sudden Cardiac Arrest Training* from the National Federation of State High School Associations
Required bi-annually
- *SafeSport Training*
The SafeSport Initiative is a program developed by the U.S. Olympic Committee to foster a healthy, supportive environment for all participants in youth sports. Kingsmen Lacrosse supports this initiative and is committed to providing the education and resources to promote a safe environment for our players.
Required annually.

Concussion and Sudden Cardiac Arrest Protocol:

Penn Kingsmen Lacrosse follows the protocol suggested by Penn Harris Madison School Corporation with respect to concussions and sudden cardiac arrest, as summarized below. This information, along with fact sheets related to concussions and sudden cardiac arrest, are provided to all players and parents/guardians through the Penn High School Code of Conduct Handbook. Penn Kingsmen Lacrosse requires all of our coaches to understand and follow this protocol and to complete all related training programs described above. Penn Kingsmen Lacrosse also requires each player to complete a baseline concussion test prior to participation in any spring season practices or games.

Indiana Code (IC) 20-34-7 and IC 20-34-8 require schools to distribute information sheets to inform and educate student athletes and their parents on the nature and risk of concussion, head injury and sudden cardiac arrest to student athletes, including the risks of continuing to play after concussion or head injury. These laws require that each year, before beginning practice for an interscholastic or intramural sport, a student athlete and the student athlete's parents or legal guardians must be given an information sheet, and both the student athlete and the student athlete's parents or legal guardians must sign and return a form acknowledging receipt of the information to the student athlete's coach.

IC 20-34-7 states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed healthcare provider trained in the evaluation and management of concussions and head injuries.

IC 20-34-8 states that a student athlete who is suspected of experiencing symptoms of sudden cardiac arrest in a practice for an athletic activity or in an athletic activity shall be removed from practice or play and may not return to practice or play until the coach has received verbal permission from a parent or legal guardian of the student athlete to return to practice or play. Within twenty-four (24) hours, this verbal permission must be replaced by a written statement from the parent or guardian.

The Penn-Harris-Madison School Corporation is exceeding the standard of IC 20-34-8 by requiring that a student athlete experiencing symptoms of sudden cardiac arrest be removed from practice or play and they may not return to practice or play until his/her coach receives written clearance from a licensed physician.

PENN KINGSMEN LACROSSE

**CONCUSSIONS AND SUDDEN CARDIAC ACKNOWLEDGEMENT
AND PERMISSION TO TREAT**

Student Athlete's Name (please print): _____

Penn Kingsmen Lacrosse follows the protocol suggested by Penn Harris Madison School Corporation with respect to concussions and sudden cardiac arrest, as outlined in the Penn High School Code of Conduct Handbook.

Player Acknowledgement –

As a student athlete, I have received and read the fact sheets provided by Penn High School regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

I agree to immediately notify the Kingsmen Lacrosse coaches if I experience any head injury or concussion symptoms resulting from ANY ACTIVITY, including those outside of lacrosse practices or games. I will notify the coaches of such condition before I participate in any practice or game.

(Signature of Student Athlete)

(Date)

Parent Acknowledgement and Permission to Treat –

I, as the parent or legal guardian of the above named student, have received and read the fact sheets provided by Penn High School regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

I agree to immediately notify the Kingsmen Lacrosse coaches if my child is suspected of or diagnosed with a concussion or other head injury resulting from ANY ACTIVITY, including those outside of lacrosse practices or games. I will notify the coaches of such condition before my child participates in any practice or game.

I understand that in the event a serious or potentially serious medical emergency arises during a practice or game, and I cannot be contacted, the Permission to Treat form I signed as part of the Penn High School player registration grants permission to medically trained school staff to perform whatever supportive measures they deem necessary until such time as: (1) I can be contacted, (2) medical personnel can attend, or (3) transportation to a regular medical facility can be arranged. By signing below, I further extend this Permission to Treat to the Kingsmen Lacrosse coaches, should medically trained school staff not be present or available.

(Signature of Parent or Guardian)

(Date)