Dear Parent(s)Guardian(s)

Here is some information you should know regarding Illinois Statutes on **concussions** and **pre** **participation sports exams** required for all students intending to participate in any interscholastic sport each school year.

Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The Centers for Disease Control and Prevention estimates that as many as 3,900,000 sports-related and recreation-related concussions occur in the United States each year. A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.

In order to protect students from risk of concussion related injuries, Illinois law mandates that **a student may not participate in an interscholastic athletic activity for any school year until the following have occurred**:

1. the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student have signed a form for that school year that acknowledges receiving and reading written information that explains concussion prevention, symptoms, treatment, and oversight and that includes guidelines for safely resuming participation in an athletic activity following a concussion. [Please click here](https://www.iesa.org/documents/health/IESA-ConcussionSign-Off.pdf) to access, read, and sign the form.
2. prior to practice or competition, all student athletes must have had an annual sports physical within the last 395 days.  [Please click here](https://www.ihsa.org/documents/sportsMedicine/2013-14/Pre-participation%20Examination%202013-14%20042413.pdf) to access the sports physical.
3. Alternatively, the [Certificate of Child Health Examination](https://dph.illinois.gov/content/dam/soi/en/web/idph/files/forms/certificate-ofchild-health-examination-03032017.pdf) required at the 6th grade level can be used by a physician when a student is receiving a regular health exam. This would take the place of the sports physical for that academic year.

Please submit to the school office both of these forms prior to any tryouts and/or participation in any competitive sports offered by our school. No student will be allowed to participate without them.

Respectfully,