

## Londonderry Athletic Department

Dear Parent, Guardian, and Athlete,

Athletics is an important part of a student's high school experience and we are glad you have chosen to participate in our athletic programs. It is our duty to inform you that the potential for injury exists in any sport, occurs at all levels (freshman, JV, and Varsity) and can happen in practice or during competition.

This notice is not to deter you from allowing participation in interscholastic athletics but to give you full appreciation for the types of injuries that may occur.

Although many of the injuries that are mentioned on the reverse side are not common, injuries are inevitable and cannot be completely eliminated despite any preventative measures taken by the athlete. Preventive measures that are recommended by the athletic trainer are as follows and may help decrease, NOT eliminate, a potential risk for injury:

- Athletes must follow all safety instructions given by coaches and athletic trainers.
- All athletes should come into the athletic season in shape and in good health, a six-week pre-season conditioning program is recommended.
- Athletes must utilize correct "hitting" techniques for collision sports (Football / Hockey and Lacrosse) as instructed by the coach or designated by rules.
- Athletes must use appropriate safety equipment in sports that require them. (shin-guards, mouth-guards, helmets, padding, etc..) This equipment should not be modified in any way.
- If an athlete is fitted for a helmet, they must not make any changes in sizing unless permitted by a coach or athletic trainer.
- Athletes must inspect their safety equipment daily and report any problems to the coach or athletic trainer immediately for repair or replacement.
- Athletes should wear appropriate footwear for their sport.
- Athletes should follow appropriate nutrition and hydration recommendations given by the athletic trainer or coach.
- Athletes must report any injury to the coach or athletic trainer immediately.
- Athletes must receive medical clearance to return to participation following a Visit to a medical doctor. (A written note from the doctor must be given to the athletic trainer before returning to practice or games.)
- Athletes are not permitted to return to sports without the permission of the athletic trainer even in cases where medical clearance has been obtained. (parent, doctor and athletic trainer should be in agreement.)
- If an athlete has been held out of practice or competition by the athletic trainer, they may not return until cleared by the athletic trainer. (parents and athletic trainer should be in agreement)
- Concussions occur after receiving trauma to the head or face. Any athletes suffering from symptoms such as headaches, dizziness, nausea, vomiting, ringing in the ears, inappropriate behavior, concentration, memory problems, or lethargy should be evaluated by the athletic trainer or a physician **before** returning to athletics.
- Appropriate pre-participation screenings should be done yearly and include a general and orthopedic exam (bones, joints, flexibility). The NHIAA requires one prior to freshman year.

These guidelines may help reduce the risk of injury but will not eliminate them.

Please review the potential types of injuries stated on the reverse side and sign the risk acknowledgment statement.

**Do not sign the risk statement if you have any questions.** Call the athletic trainer or athletic director at 432-6941 for any clarifications or questions.

## Potential Injuries in Sports Participation

The following is a list of sports that are available at Londonderry High School:

- Fall Football / Soccer / Field Hockey / Cross Country / Volleyball / Cheerleading / Golf
- Winter Basketball / Wrestling / Swimming / Track / Gymnastics / Hockey / Cheerleading
- Spring Track / Lacrosse / Baseball / Softball / Tennis

The following is a list of injuries that can occur in ALL of the sports listed above:

<b>Death</b>	<b>All sports</b> carry a risk for death as a result of participation. This can be due to spinal cord injury, head or internal injuries, unknown or known medical conditions, allergic reactions, heat illness, lightning strikes, car vs. pedestrian accident or even from contact with another person. Death can occur after being hit in the chest or neck with a hard implement (pucks, balls), falling from a height (pole-vault, gymnastics, cheerleading, wrestling) or drowning in swimming. Drug, alcohol or abuse of some supplements, and eating disorders can also cause potential death when mixed with athletics.
<b>Internal Injuries</b>	from colliding or being kicked by another person, goal post, being hit by a thrown or hit implement such as a ball or puck. Underlying illness (mono).
<b>Spinal Cord Injury</b>	from colliding with another person or object, falling from a height (pole-vault/gymnastic apparatus). Although no sport is excluded there is a higher risk in football, hockey, boys lacrosse, gymnastics, cheerleading, and wrestling.
<b>Head Injury</b> (Concussions)	from colliding with another person or object, being hit with a thrown or hit implement, falling from a height, any blow to the head or face. Higher risks in soccer, hockey, football, lacrosse, cheerleading and wrestling
<b>Heat Illness</b>	from improper hydration / nutrition practices, practicing in poor weather climates. Overexertion. (Muscle cramps, heat exhaustion, heat stroke)
<b>Orthopedic</b>	broken bones, sprains (ligaments), strains, dislocations, and back injuries. Surgical and non-surgical interventions.
<b>General</b>	cuts, bruises, lacerations requiring stitches. Eye, face, or throat injury from being hit with an implement or contact with another player.
<b>Eating Disorders</b>	can occur in any sport but are more at risk in gymnastics, swimming, cheerleading, wrestling and endurance sports.
<b>Eye Injury</b>	from being hit or poked in the eye with an implement, ball, or finger. Being hit in the head and face area with a ball or other implement. These injuries can result in loss of sight.
<b>Overuse Injuries</b>	"shin splints", tendonitis, bursitis. Higher risk in tennis, running, swimming, baseball.
<b>Environmental</b>	lightning, heat and humidity, allergic reactions to bee sting.
<b>Human Hazards</b>	fighting or assault, pedestrian vs. car accidents, abduction.

Please keep this for future reference, but be sure to sign the risk acknowledgment statement.