

**HOLD HARMLESS AGREEMENT FOR FACILITY USAGE**



Please read, complete, and sign this agreement before participating in any activity held at St. Paul Catholic Parish facilities.

Date \_\_\_\_\_

I/We, \_\_\_\_\_

agree to protect, indemnify, and hold harmless, St. Paul Catholic Parish and the Diocese of Lafayette-in-Indiana against and from all claims arising from any of its agents, members, officers, volunteers, or guests in connection with the usage of St. Paul's facilities.

By \_\_\_\_\_  
Name and Title

**St. Paul Catholic Church**  
1031 Kern Road · Marion, Indiana 46952  
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**CONCUSSION AND SUDDEN CARDIAC ARREST — ACKNOWLEDGEMENT AND SIGNATURE FORM**

*For Parents and Student Athletes*

Student Athlete's Name (please print) \_\_\_\_\_ Grade \_\_\_\_\_

Sport(s) Participating In — current and potential \_\_\_\_\_ School \_\_\_\_\_

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 sport, a student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach.

IC 20-34-7: An interscholastic student athlete in grades 5–12 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 written clearance from a licensed health care provider trained in concussion evaluation and management, and at least twenty-four hours have passed.

IC 20-34-8: A student athlete suspected of experiencing symptoms of sudden cardiac arrest shall be removed from play and may not return to play until the coach has received verbal permission from a parent or legal guardian. Within twenty-four hours, verbal permission must be replaced by a written statement.

**Parent/Guardian —**

Please read the attached fact sheets regarding concussion and sudden cardiac arrest, and ensure that your student athlete has also read them. After reading, both you and your student athlete must sign below and return this form to the coach.

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

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

I, as the parent or legal guardian of the above named student, have received and read both fact sheets 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.

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

## SUDDEN CARDIAC ARREST — A FACT SHEET FOR PARENTS

Indiana Department of Education

### FACTS

Sudden cardiac arrest is a rare, but tragic event that claims the lives of approximately 500 athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and at all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after an illness causing inflammation of the heart or after a direct blow to the chest.

### WARNING SIGNS

There may not be any noticeable symptoms before a person experiences loss of consciousness and full cardiac arrest (no pulse and no breathing). Warning signs can include:

- Chest discomfort
- Unusual shortness of breath
- Racing or irregular heartbeat
- Fainting or passing out

### EMERGENCY SIGNS — CALL 911

Call EMS (911) immediately if:

- An athlete collapses suddenly during competition
- A blow to the chest from a ball, puck, or another player precedes complaints of any warning signs
- An athlete does not look or feel right and you are unsure

### HOW CAN I HELP MY CHILD PREVENT SUDDEN CARDIAC ARREST?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of lifelong health. Additionally, parents can help by:

- Ensuring your child knows about any family history of sudden cardiac arrest — onset of heart disease before age 50, or a sudden unexplained death at an early age
- Ensuring your child has a thorough pre-season screening exam before participation in organized athletics
- Asking whether your school and competition sites have an AED (automated external defibrillator) nearby and properly maintained
- Learning CPR yourself
- Ensuring your child is not using non-prescribed stimulants or performance-enhancing drugs
- Being aware that misuse of prescription medications or energy drinks can increase risk
- Encouraging your child to honestly report symptoms of chest discomfort, unusual shortness of breath, racing heartbeat, or feeling faint

### WHAT SHOULD I DO IF MY CHILD SHOWS WARNING SIGNS?

1. Tell your child's coach about any previous events or family history
2. Keep your child out of play
3. Seek medical attention right away

## SUDDEN CARDIAC ARREST — A FACT SHEET FOR STUDENT ATHLETES

*Indiana Department of Education*

### FACTS

Sudden cardiac arrest can occur even in athletes who are in peak shape. Approximately 500 deaths are attributed to sudden cardiac arrest in athletes each year in the United States. It can affect all levels of athletes, in all sports, and at all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after an illness causing inflammation of the heart or after a direct blow to the chest. Once a cardiac arrest occurs, there is very little time to save the athlete, so identifying those at risk before an arrest occurs is a key factor in prevention.

### WARNING SIGNS

There may not be any noticeable symptoms before loss of consciousness and full cardiac arrest (no pulse and no breathing). Warning signs can include:

- Chest discomfort
- Unusual shortness of breath
- Racing or irregular heartbeat
- Fainting or passing out

### EMERGENCY SIGNS — CALL 911

Call EMS (911) immediately if:

- An athlete collapses suddenly during competition
- A blow to the chest from a ball, puck, or another player precedes any warning signs
- An athlete does not look or feel right and you are unsure

### HOW CAN I HELP PREVENT SUDDEN CARDIAC ARREST?

Daily physical activity, proper nutrition, and adequate sleep are all important. You can also help by:

- Knowing your family history of sudden cardiac arrest — onset of heart disease before age 50 or a sudden unexplained death at an early age
- Telling your health care provider during your pre-season physical about any unusual symptoms — chest discomfort, shortness of breath, racing heartbeat, or feeling faint, especially with physical activity
- Taking only prescription drugs that your health care provider has prescribed to you
- Being aware that misuse of prescription medications or energy drinks can increase your risk
- Being honest and reporting symptoms

### WHAT SHOULD I DO IF I HAVE WARNING SIGNS?

1. Tell an adult — your parent or guardian, coach, athletic trainer, or school nurse
2. Get checked out by your health care provider
3. Take care of your heart
4. Remember: the most dangerous thing you can do is nothing

## CONCUSSION — A FACT SHEET FOR STUDENT ATHLETES

Indiana Department of Education · April 2013

### CONCUSSION FACTS

- A concussion is a brain injury that affects how your brain works
- A concussion is caused by a bump, blow, or jolt to the head or body
- A concussion can happen even if you have not been knocked out

### SYMPTOMS OF A CONCUSSION

Concussion symptoms differ with each person and injury, and may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

**DON'T HIDE IT. REPORT IT.** Ignoring symptoms and trying to “tough it out” often makes symptoms worse.

If you think you have a concussion, do not return to play on the day of the injury and not until a health care professional says it is OK.

Tell your coach, parent, and athletic trainer. Don't let anyone pressure you into continuing to practice or play with a concussion.

**GET CHECKED OUT.** Only a health care professional can tell if you have a concussion and when it's safe to return to play.

**TAKE CARE OF YOUR BRAIN.** A repeat concussion while your brain is still healing can cause long-term problems that may change your life forever. It's better to miss one game than the whole season.

### HOW CAN I HELP PREVENT A CONCUSSION?

- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

### RECOVERY

During recovery, exercising or activities that involve concentration — studying, computer work, or video games — may cause symptoms to reappear or worsen. Rest is essential.

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