



CLARKSVILLE HIGH SCHOOL ATHLETIC DEPARTMENT

HANDBOOK/HYDRATION/EXERTIONAL HEAT ILLNESS/CONCUSSION FORM

I have read and understand the requirements and guidelines of the Clarksville Athletic Department and will abide by its rules and regulations. The athletic handbook can be found online at chs.csdar.org (Athletics>Athletic Handbook). If a written copy of the athletic handbook is preferred, you may get a copy in the high school office.

Proper hydration and heat illness prevention requires a team effort between the coach, parent and athlete. It is essential for the athlete to be prehydrated prior to practice and rehydrated after practice. The information presented is to provide you with the knowledge you need to help the coach keep your child safe at practices and games. Your coach has received additional training in proper hydration and heat illness prevention. After review of the information and completion of the quiz, please acknowledge below.

By signing below, I acknowledge that I have reviewed the Exertional Heat Illness PowerPoint for Athletes and Parents. I also acknowledge and I understand the risks of heat related illnesses associated with participation in school athletic activity.

By signing below, I acknowledge that I have reviewed the AAA Concussion in Sports Fact Sheet for Athletes and Parents. I also acknowledge and I understand the risks of brain injuries and associated with participation in school athletic activity.

Athlete's Name (Print)

Athlete's Signature

Date

Parent's/Guardian's Name (Print)

Parent's/Guardian's Signature

Date