



May 4, 2019

Dear Minuteman Student-Athletes and Parents:

On behalf of the Minuteman Athletic Department we look forward to working with you this upcoming school year.

If your son/daughter is planning to PARTICIPATE IN A FALL SPORT FOR THE 2019-2020 SCHOOL YEAR, there are some steps that should be followed.

In order for your son/daughter to become an eligible Minuteman Student-Athlete please follow the steps below.

1. Fill out and return the Minuteman High School Athletic Participation Permission form before September 10, 2019.
2. State law requires all students to have an annual physical before they can participate in Interscholastic Sports. A physical examination performed within the past 13 months is required for clearance. Please submit a current copy of your primary care physician's physical form.
 - a. If you would like the school doctor to complete the required physical screening please check the box on the backside of the Athletic Participation Permission Form.

Dates for Pre-Sport Physical Screenings: TBD

3. ALL Minuteman Student-Athletes and Parents must ANNUALLY complete the online Concussion Education Test before participating in any practices or games. This test should be printed and handed in by September 10, 2019.

This FREE MANDATORY course for parents and student-athletes can be found at <https://nfhslearn.com/courses/61151/concussion-in-sports>. Then login or create an account, select the state of Massachusetts and you should then be able to order the Free Concussion in Sports test. It should take about 30 Minutes. At the end of the test, please print your certificates and return it with your Minuteman Athletic Participation Packet.

4. All Minuteman Student-Athletes and Parents must read, sign and return the Commonwealth of Massachusetts Anti Hazing Law- Chapter 269 Section 17-19 from the Athletic Participation Packet.

I look forward for a smooth and successful Minuteman Mustangs winter sports season.

Thank you,

Heather Plater
Director of Athletics



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FALL SEASON 2019/2020

Athletic Participation Permission Form

Football, Boys Soccer, Girls Soccer, Golf
 Cross Country, and Cheering

Sport: _____

Student

Name: _____ Grade: _____ DOB: _____

Address: _____ City, State, Zip _____

Parent/Guardian _____ Email (for e-alerts): _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Insurance Company: _____ Plan # _____

Primary

Physician: _____ Phone: _____

I have read and understand the statements on this form and the attached forms – Anti Hazing Law and the Concussion Education Information. I give permission for my son or daughter to participate in the Interscholastic Sport indicated above. I understand that Minuteman High School is responsible only for first aid treatment in the event of illness or injury.

Parent/Guardian Signature: _____ Date: _____

I have read and understand the statements on this form and the attached forms – Anti Hazing Law and the Concussion Education Information.

Student Signature: _____ Date: _____

State Law requires that students have an annual physical before they can participate in Interscholastic Sports. A physical examination is valid for 13 months. Please submit a copy of the Primary Care Physician’s physical or choose school MD for medical clearance. Results of a physical and completion of this form are required prior to practicing or competition.

*If you would like the School Doctor to complete the required physical screening, please sign below:

Parent/Guardian Signature: _____ Date: _____



Please answer the following questions and give dates where appropriate:

1. Has a doctor ever denied or restricted your child's participation in sports for any reason? YES NO
If yes, please explain _____

2. Has a doctor ever ordered a test for your child's heart? YES NO _____
3. Has your child ever had asthma? YES NO If yes, does he/she use an inhaler? YES NO
4. Does your child have any allergies? YES NO If yes, does he/she carry an epi pen? YES NO
If yes, please describe _____
5. Has your child ever had a fainting spell or loss of consciousness? YES NO If yes, please describe _____
6. Has your child ever been diagnosed with seizure disorder and/or convulsions? YES NO _____
7. Does your child regularly use a brace, orthotics, or other assistive device? YES NO _____
8. Was your child born without, or is now missing any limbs or organs? YES NO _____
(Including but not limited to: kidney, eye, testicle, spleen, etc...)
9. Does your child wear glasses or contact lenses? YES NO _____
10. Does your child take any daily medications? YES NO If yes, for what _____
11. Does your child have any current medical condition that would prevent the full participation of this sport? _____
12. In the last 3 years, any injury, surgery, fractures, sprains, back issue, dislocations etc....? YES NO

Concussion Information:

- Has your child ever experienced a traumatic head injury (blow to the head)? YES NO
If yes, when and how did it occur? _____
- Has your child ever received medical attention for a head injury? YES NO
If yes, when and for how long? _____
- Has your child ever been diagnosed with a concussion? YES NO
If yes, when and how did it occur? _____
- Was your child cleared by a medical professional to return to participate in athletics? YES NO
If yes, when? _____
- Is there any additional medical information that would assist the coaches and nursing staff? YES NO

I, as the parent/guardian of _____ have disclosed any and all pertinent medical information to the best of my knowledge. I give permission for my child to participate in Interscholastic Sports.

_____ Date: _____



Commonwealth of Massachusetts: Anti-Hazing Law

Chapter 269: Section 17. Hazing; organizing or participating; hazing defined

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term hazing” as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Chapter 269: Section 18. Failure to report hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

Chapter 269: Section 19. Copy of Secs. 17 to 19; issuance to students and student groups, teams and organizations; report

Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution’s compliance with this section’s requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution’s recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the board of higher education and in the case of secondary institutions, the V board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and V sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate V



MINUTEMAN

ASPIRE ACCELERATE ACHIEVE

V emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.

Minuteman High School Department of Athletics Hazing Form

I have read and understand the attached Commonwealth of Massachusetts Anti-Hazing Law, Chapter 269: Section 17-19. My student athlete and I have signed below to confirm.

Parent/Guardian

Date

Student Athlete

Date

Heather Plater
Director of Athletics



State Law Regarding Sports-Related Head Injury & Concussions

The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to the following law. Student-athletes and their parents, coaches, athletic directors, school nurses and physicians must learn about the consequences of head injuries and concussions through training programs and written materials. **The law requires that athletes and their parents inform their coaches about prior head injuries at the beginning of the season.** If a student-athlete becomes unconscious during a game or practice, the law now mandates taking the student out of play or practice, and requires written certification from a licensed medical professional for “return to play.”

Parents, and students who plan to participate in any athletic program at Minuteman High School must also take a free online course. The entire course, including registration, can be completed in less than 30 minutes. The online course is available through the NFHSLearn.com. You will need to login or create an account, select the state of Massachusetts and you should then be able to order the Free Concussion in Sports test.

<https://nfhslearn.com/courses/61151/concussion-in-sports>.

(Please print and mail in a copy of your student athlete completed course receipt) Student athletes WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICES OR GAMES UNTIL THIS RECEIPT IS TURNED INTO THE MINUTEMAN ATHLETIC DEPARTMENT.

Please sign below that you have read the above and completed one of the courses listed. This is required in order to participate on any athletic team at Minuteman High School. Thank you very much.

Parent/Guardian Date

Student Athlete Date



MCMC Information Sheet

Dear Parent / Guardian,

Your school is currently implementing an innovative program for evaluating and treating mild brain injuries (mTBI), more commonly known as a concussion. In order to better manage concussions sustained by our student athletes, your school has partnered with the Massachusetts Concussion Management Coalition (MCMC) to acquire a software tool called ImPACT™ (Immediate Post-Concussion Assessment and Cognitive Testing). ImPACT™ is a computerized exam developed by concussion experts at the University of Pittsburgh Medical Center (UPMC) and used in many professional, collegiate, and high school programs across the country to assist with the recovery and management of mTBI's. Neurocognitive tests, such as ImPACT™ are fast becoming the “gold standard” in recognizing and managing mTBI's. Additional information can be found at: www.impacttest.com.

ImPACT™ is a computerized test which takes about 25 minutes to complete. It should be administered before the sports season. The ImPACT™ test is a pre-season physical of the brain. It records information such as memory, reaction time, speed, and concentration, but it is NOT an IQ test. The ImPACT™ test is non-invasive and poses no risk to your child. Taking an ImPACT™ baseline test may help your child understand the range of cognitive problems that can happen from head injuries, and may also assist in the diagnosis of a concussion should a head injury occur and a follow-up test be taken. Taking this test may help researchers understand more about concussion effects, severity, and recovery.

If your child suffers a head injury and a concussion is suspected, your child will be evaluated by the school's health care team (athletic trainer, school nurse, physician). They may recommend that your child take the post-injury ImPACT™ test. The baseline report will serve as a comparison to a repeat ImPACT™ test, which they can use to assess potential changes caused by a concussion.

Your child's test data may be available to persons other than the physician or clinician evaluating your child as follows:

-The athletic trainer, school nurse or physician evaluating your child may choose to make your child's test data available to other healthcare providers who are being consulted regarding the treatment of your child.

Your child's health and safety are at the forefront of the student athletic experience, and we are excited to work with your school to implement this program.

Sincerely,
Massachusetts Concussion Management Coalition

For any further questions, please contact Diane Sartanowicz, MS, LAT, ATC, info@massconcussion.org
(781)-216-3083

Updated 9-29-2017



Dear Parents/Guardians and Students,

The information that is filled out in this packet will be shared and available for Minuteman staff and coaches.

In an attempt to quickly and easily clear students for the upcoming sports season we have asked our school physician, Dr. Samuel Andonian, to be available at school day on the dates below to offer physical exams. This physical exam would have no impact on your current health insurance and should not replace a student's regularly scheduled exam with their own primary care physician (PCP).

The exam consists of the doctor listening to heart and lung sounds, abdomen inspection, and discussion with student about past medical history including sports injuries. Prior to the exam the nurse will complete height, weight, and blood pressure. During the exam the doctor does not require the student to disrobe and a nurse will also be in the room. We strongly encourage your student to make an appointment with the nurse to see Dr. Andonian if their physical expires during the sports season to prevent being ineligible to play.

Physical Exam Dates:

TBD in the Nurses office

If you would like your student to see the school physician, please sign the parent permission on the sports form. If you have any questions, please do not hesitate to contact the nurses at 781-861-6500 x 7499 or nurse@minuteman.org.

Thank you,

Minuteman School Nurses

Sarah Bolduc, RN, BSN
Kate Gamache, LPN



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Opioid Misuse Prevention Student Athletes

Preventing Prescription Opioid Misuse Among Student Athletes

Massachusetts is in the midst of an opioid epidemic. Athletes in particular, due to their risk of injury and the resulting pain, may be at risk for misusing prescription opioids.

While playing a sport and being on a team benefits middle and high school athletes in many ways—including social connections, structured afterschool time, and physical fitness—it can also lead to injury. In rare cases, sports injuries may result in pain that is severe or long-lasting enough to require a prescription painkiller.

If a student athlete is injured, whenever possible, treat the injury first with rest, ice, compression, elevation, and anti-inflammatory medication— but do seek medical care if it's necessary. Opioids for pain should be considered only by a physician and only when other approaches have not provided relief.

For the last four years, parents, coaches, athletic directors, athletic trainers, and school nurses involved in 6th–12th grade extracurricular sports have been required to complete an annual training on risks of concussion and head injury.

New opioid legislation (An act relative to substance use, treatment, education and prevention) has added a requirement that BSAS provide educational materials on the dangers of opioid use and misuse to those persons participating in the annual head injury safety program. The educational materials shall also be distributed in written form to all students participating in an extracurricular athletic activity prior to the commencement of their athletic seasons (see also www.mass.gov/dph/resourcesforyouthopioidmisuse)

After an injury, it is important to have a communications and a return-to-play plan put in place. (Look at the format and wording of your school's concussion protocols for guidance.) Too often, athletes do not allow sufficient time to recover from their injuries and turn to pain medication to enable their continued participation in their sport. Care must be taken to avoid the common cycle of injury, pain, and re-injury.

In addition, keep in mind the mental and social components of being on a school team and how this may impact the athlete's recovery and behavior. Losing the social connection to the team can be as damaging in some ways as the physical injury. As appropriate, continue to include the student in team practices, games, and social events.

The Massachusetts Interscholastic Athletic Association (MIAA) provides workshops and training programs for school administrators, educators, teacher-coaches, and student athletes. The MIAA Partners in Prevention is a consortium of more than 60 health, wellness, and safety organizations working together to provide resources and programming to schools and communities. The MIAA Sports Medicine Committee, comprising athletic directors, physicians, school nurses, administrators, and coaches, strives to ensure the safety of our students. The MIAA Youth Substance Misuse Prevention Collaborative is a committee of key Commonwealth stakeholders who provide prevention programming and resources. For information about MIAA initiatives and programming, please call 1-508-541-7997 or visit our website (www.miaa.net).

The MIAA is the Massachusetts Alliance Partner for the Partnership for Drug Free Kids. Learn more about the Partnership on its website: <http://www.drugfree.org/>



For more information and resources on preventing substance misuse:

Massachusetts Health Promotion Clearinghouse offers a number of free health education resources from the Massachusetts Department of Public Health.

<https://massclearinghouse.ehs.state.ma.us/>

Massachusetts Substance Abuse Information and Education Helpline provides free and anonymous information and referrals for alcohol and other substance use problems.

<http://helpline-online.com/> 1-800-327-5050 TTY: Use MassRelay at 711 or 1-800-439-2370

Massachusetts Department of Public Health Bureau of Substance Abuse Services oversees treatment for substance use disorders in the Commonwealth. <http://www.mass.gov/dph/bsas>

National Institute for Drug Abuse (part of the National Institutes of Health) is charged with advancing the science of addiction, and provides the latest research and resources.

<https://www.drugabuse.gov/>

Opioid Misuse Prevention Student Athletes

Injury Management: A Key Component of Prescription Opioid Misuse Prevention

NOTE: Painkillers are generally not prescribed for injuries that involve concussion, so those injuries are not addressed here. For more information on preventing and treating concussions, please see the Massachusetts Executive Office of Health and Human Services website:

www.mass.gov/sportsconcussion

If a student athlete is injured:

- Ice can be used to reduce soreness and inflammation. If symptoms persist, contact a physician, especially if there is a lack of full-joint motion.
- Check with a health care provider to see if over-the-counter nonsteroidal anti-inflammatory medications are needed. As with all medications, always follow the directions on the label and any instructions from a health care provider.
- Opioids for pain should be considered only by a physician and only when other approaches have not provided relief.
- Fractures, sprains, and broken bones need plenty of rest to heal properly. The athlete should see an orthopedic specialist, who can evaluate and manage the healing process.
- The athlete's parents or guardians and coach should discuss together how the injury will impact the student's ability to play. If an injury will sideline the athlete, the parents or guardians and coach should consider creating a return-to-play plan together.

For more information on preventing sports injuries in youth:

The Massachusetts Interscholastic Athletic Association provides safety, wellness, and prevention

resources and information for student athletes, teacher-coaches, athletic directors, and school personnel. www.miaa.net

The Micheli Center for Sports Injury Prevention offers sport-specific injury prevention information. <http://www.themichelicenter.com/resources/healthcare-providers-coaches/>



MINUTEMAN

ASPIRE ACCELERATE ACHIEVE

Bureau of Injury Prevention, Massachusetts Department of Public Health (MDPH) offers resources on reducing injuries among youth at school, at home, and in the community.

www.mass.gov/dph/injury

MDPH Sports Concussion Prevention and Management Program provides information on a number of important topics, including regulations, training, required forms for schools and clinicians, and model policies for schools. www.mass.gov/sportsconcussion

CDC Child Injury Prevention offers many resources on injury prevention.

<http://www.cdc.gov/safecchild/index.html>

Boston Children's Hospital, Sports Medicine Division provides comprehensive multidisciplinary care to athletes of all ages and abilities, from professional athletes to eager novices.

<http://www.childrenshospital.org/centers-and-services/division-of-sports-medicine/overview>

Sports Medicine Center, Mass. General Hospital provides interdisciplinary care for athletes.

www.massgeneral.org/ortho-sports-medicine/

Opioid Misuse Prevention Student Athletes

What to Know About Prescription Opioids

Which medications are prescription opioids?

- Prescription opioids are narcotic pain medications that are prescribed for people with moderate to severe pain. They include Vicodin, OxyContin, Oxycodone, Percocet, Fentanyl, Opana, and codeine.

What should parents or guardians do if prescription pain medication is recommended for the injured athlete?

- Talk openly with the health care provider about the need for prescription pain medicine. Make sure to ask about possible risks and side effects, alternatives that may exist, precautions, and proper use of the medication.
- If anyone in the family has had problems with prescription drugs, alcohol, or any other drugs, share this information with the doctor.
- Be sure that the athlete takes the medication only as prescribed and uses only the minimal amount for the shortest period needed for effective relief.
- Keep control of the medication bottle, and supervise the athlete when he or she is taking the medication. Do not allow the athlete to self-administer. Count the pills or keep track of the level of medicine in the bottle on a regular basis.
- Keep the medication at home, if possible. If the athlete needs to take medication during the school day, the school (by law) must approve its use. Talk with school staff about proper supervision, and follow the necessary protocols.
- Remind the athlete that prescription medication is only good for the person it is prescribed for and that it could seriously hurt others.
- Be sure that the athlete takes the medication no longer than necessary.



How should prescription medications be stored?

- Don't keep prescription medicine in the medicine cabinet. Secure it in a place that only the parents know about. Ideally, keep all medicines, both prescription and over-the-counter, in a locked cabinet or other secure place that children and teens cannot access.
- Tell relatives, especially in homes that children and teens may visit, to lock up their medicines or keep them in a safe place.
- Talk to the parents of your teenager's friends, and encourage them to secure their prescriptions as well.

How should unused opioid medication be disposed of?

- Check www.mass.gov/DrugDropbox to see if there is a permanent waste medication collection site in your town or city that you can go to right away.
- If a medication Drop Box program does not exist in your community, the Food and Drug Administration recommends that opioids be flushed down the toilet, due to the high risk of accidental overdose for people and pets. Medications recommended for flushing include the following:*

 - Actiq (fentanyl citrate)
 - Daytrana Transdermal Patch
 - (methylphenidate)
 - Duragesic Transdermal System (fentanyl)
 - OxyContin Tablets (oxycodone)
 - Avinza Capsules (morphine sulfate)
 - Baraclude Tablets (entecavir)
 - Reyataz Capsules (atazanavir sulfate)
 - Tequin Tablets (gatifloxacin)
 - Zerit for Oral Solution (stavudine)
 - Meperidine HCl Tablets
 - Percocet (Oxycodone and Acetaminophen)
 - Xyrem (Sodium Oxybate)
 - Fentora (fentanyl buccal tablet)



MINUTEMAN

ASPIRE ACCELERATE ACHIEVE

DISPOSE OF UNUSED OPIOID MEDICATION SAFELY

Check www.mass.gov/DrugDropbox to see if there is a permanent waste medication collection site in your town or city that you can go to right away.

*Check the paperwork that came with the medicine to learn what other drugs can be flushed.

Opioid Misuse Prevention Student Athletes

Guidance on Communications After a Non-Concussion Sports Injury

Teens who participate in extracurricular activities have a positive alternative to using drugs and alcohol. When student athletes are sidelined with an injury, their time may be less structured, they may be in need of pain management, and they may lose their connections to a supportive community. This may be a time of increased risk for substance misuse.

Coaches and parents or guardians should remember that they each have the same goal: ensuring the best possible outcome for the child. When a student athlete is injured, coaches and parents or guardians should work together to share information about the diagnosis and treatment plan and to craft the plan for returning to play.

- Adolescence is a time when students are encouraged to advocate for themselves and become more independent. However, when it comes to health and injury, it is essential that a parent or guardian become involved.
- Information-sharing should be coordinated among all those who may be appropriate in the care and management of a sports injury. This may include the parent or guardian, physician, school nurse, athletic trainer, physical therapist, coach, and/or athletic director. These individuals, as appropriate, should all participate in return-to-play decisions.
- Pay attention to the social and emotional impact of a sports injury. Being sidelined may lead to general depression and a loss of structured activity, connection to friends, and identity as an athlete. Speak to the student athlete about his or her preferences, and find ways for the athlete to stay involved with the team.
- Return-to-play decisions should have the proper healing of the injured athlete as the primary objective. Some students may be eager to return to the game and will try to mask their discomfort. To avoid improper healing and premature participation, have a medical professional and/or the school's athletic trainer make the final decision regarding the athlete's return-to-play plan.

The Massachusetts Department of Public Health, The Massachusetts Technical Assistance Partnership for Prevention, and the Massachusetts Interscholastic Athletic Association support your efforts to keep youth healthy and strong.

Parent/Guardian

Date