

# INFORMED CONSENT

## FOOTBALL

I, \_\_\_\_\_, have attended a briefing by the head coach and/or athletic trainer at my high school concerning the ever-present risk of injury as a result of my participation in football at high school, during either practice or competition.

Furthermore, I acknowledge that the following areas were covered at that briefing:

1. My participation in football at high school requires an acknowledged acceptance of the risk of injury, however minor or catastrophic it may be.
2. The rules of conduct of football are designed to help protect me as an athlete from injury, but even the proper enforcement of such rules by game officials is not a guarantee against injury. Also, printed labels or warnings on equipment, and instruction by my coaches in proper techniques will minimize but never completely eliminate such risk.
3. As a result of the tremendous forces encountered during conditioning, training, and competition, I understand that serious injuries, including, but not limited to, neck and head, may result in death, permanent brain damage, and/or paralysis with resultant paraplegia, quadriplegia, and/or confinement to a wheelchair for life.
4. I also understand that the rules of football against intentional butting, ramming, or spearing the opponent with or without the helmeted head are designed to protect the attacking player much more than the other player. **CLEARLY, MY FAILURE TO COMPLY WITH THESE RULES MAKES ME A CANDIDATE FOR CATASTROPHIC INJURY.** I understand that the typical scenario of this type of athletic disaster is the lowering of one's head while making a tackle. The momentum of the body tries to bend the neck after the head is stopped by the impact, and the cervical spine cannot be "splintered" as well by the neck muscle with the head lowered as it may be in the preferred "face up, eyes forward, neck bulled" position. **Because of the impact forces involved, even the "face up" position is no guarantee against injury.** Further, the **intent** to make contact **face up** cannot assure that such a position can be maintained at the moment of impact. When the force of impact is sufficient, a vertebrae can dislocate or break, causing damage to the spinal cord, and thereby producing permanent loss of motor and sensory production below the level of injury.
5. I recognize that I have the responsibility to wear the required equipment, obey the rules of football, train and condition my body to the best of my ability, and to utilize the proper techniques when playing. I also know that I must avoid physical activities for which I have not been trained or do not feel qualified to perform. I agree to uphold my responsibility to report any injuries to the athletic training staff, and follow their recommendations for treatment and rehabilitation as needed to safely return to full participation.
6. Finally, I understand that the NOCSAE seal on a helmet indicates that a manufacturer has complied with the best available engineering standards for head protection. By keeping a proper fit, by not modifying its design, and by reporting to the equipment manager any need for its maintenance, I am also complying with the purpose of the NOCSAE standard.

I have read and understand the significance of these statements.

Signed \_\_\_\_\_  
Student-Athlete

Date \_\_\_\_\_

Signed \_\_\_\_\_  
Parent(s)/Guardian of Student-Athlete

Date \_\_\_\_\_

Signed \_\_\_\_\_  
Head Coach

Date \_\_\_\_\_

Signed \_\_\_\_\_  
Trainer or Witness

Date \_\_\_\_\_