

## ATHLETIC INSURANCE ACKNOWLEDGEMENT

The Garland Independent School District provides athletic insurance for students who participate in school athletics. This policy acts as a supplemental (secondary) coverage only. The individual's insurance coverage is the primary insurance. This policy will only pay within the limits of the policy, which could be a small part of the medical expenses. The GISD policy provides for Usual and Reasonable charges NOT paid for by the individual's insurance and may not pay 100% of the cost of injuries not covered by the individual's insurance. The GISD also provides catastrophic insurance for injuries those whose claims total more than \$25,000. The parent/guardian and/or student are responsible for any costs not paid by insurance. **Charges for treatment of injuries shall NOT be charge to the GISD.** A copy of the GISD insurance policy schedule of benefits is available at the districts athletic department office located a Williams Stadium. The insurance carrier(s) and schedule of benefits is subject to change each year. **It is the responsibility of the parent/guardian and student to notify the GISD Athletic Director and /or the GISD Athletic Trainer at the perspective School regarding any and all medical services for injuries received during school related activities.** Claims for the GISD insurance must be filed within 90 days and treatment must commence within 90 days from the date of injury. Only expenses incurred within 365 days after the accident will be covered. It is the responsibility of the parent/guardian to file the claim form and any following information needed.

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## EQUIPMENT ACKNOWLEDGEMENT

When used properly protective sports equipment is designed to help protect athletes from initial injury or further injury. However, no equipment is 100% effective in preventing all injuries. If not used as intended, equipment may not prevent injuries and can even lead to injury (including catastrophic injury).

Types of equipment could include:

Helmets – In all sports that are applicable

Body Area Padding – football, volleyball, baseball, softball, soccer

This includes such pads as soft pads for joints, chest protectors, shin guards, etc.

Injury Braces – Braces and Splints designed to protect specific injuries

Mouth Guards – In all sports that are applicable

Some equipment comes labeled with warning statements. One such label is on football helmets. It reads as follows:

### Warning:

Do not use this helmet to butt, ram, or spear an opposing player. This is a violation of the football rules, and can result in severe head, brain, or neck injury; paralysis or death to you; and possible injury to your opponent.

There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram, or spear

**NO HELMET CAN PREVENT ALL SUCH INJURIES.**

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## GISD STEROID / SUPPLEMENT STATEMENT

The Garland Independent School District does not promote nor endorse the use of dietary supplements (some of which are illegal) by student athletes. This includes supplements ranging from energy drinks to body building steroids.

The following statement is posted in all areas where student athletes would meet including locker rooms, team rooms, gyms, weight rooms and training room etc...

**“Anabolic steroids are for medical use only. State law prohibits possessing, dispensing, delivering, or administering an anabolic steroid in any manner not allowed by state law. State law provides that bodybuilding, muscle enhancement, or the increase of muscle bulk or strength through the use of an anabolic steroid or human growth hormone by a person who is in good health is not a valid medical purpose. Only a medical doctor may prescribe an anabolic steroid or human growth hormone for a person. A violation of state law concerning anabolic steroids or human growth hormones is a criminal offense punishable by confinement in jail or imprisonment in the institutional division of the Texas Department of Criminal Justice.”**

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## YEARLY PHYSICALS

The Garland ISD Athletic Department's policy requires that every student participating in athletics in the GISD have a physical examination every year. This policy supersedes the UIL policy of every two years. Physicals for the upcoming year may not be dated prior to May 1<sup>st</sup> of the previous school year. This packet must be filled out completely, notarized on the back page and turned into the school before the student is cleared to participate in any athletics (practice, games, during, before or after the school day).

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## UIL PARENT INFORMATION MANUAL:

This manual covers health and safety issues and your responsibilities as a parent / guardian. You can access the manual at the UIL website: [www.uil.texas.edu/athletics/manuals/pdf/parent\\_information.pdf.html](http://www.uil.texas.edu/athletics/manuals/pdf/parent_information.pdf.html)

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**By signing below you acknowledge that you have read and understand the GISD statements and policies regarding athletic insurance, equipment, steroids / supplements, yearly physicals, medication consent and UIL parent information manual.**

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_