

**OMAHA PUBLIC SCHOOLS HEAD INJURY/CONCUSSION  
CONSENT FORM AND WAIVER -- FOOTBALL**

School Year - 20\_\_\_\_ - 20\_\_\_\_

School: \_\_\_\_\_

Name of Student: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

The undersigned(s) are the Student and the Parent(s) or guardian(s) (collectively referred to as "Parent") in charge of the above named student. Parent and Student understand there is a possibility that participation in any sport may result in a head injury and/or concussion. In anticipation of the Student's participation in Football, the Omaha Public Schools have provided Parent and Student with the following documents for review:

- *Omaha Public Schools Sports Medicine Advisory Committee Parent and Student Athlete Concussion Information and Fact Sheet*
- *Omaha Public Schools Riddell InSite Sensor Implementation and Use Guidelines*
- *Riddell Speed Flex with InSite Fact Sheet*

After reading the materials listed above, Parent and Student agree that they are aware of the following information:

- Omaha Public Schools strongly encourages physicians, coaches, student athletes, athletic trainers, and parents to voice any concern they might have for the safety of a student athlete;
- A concussion is a brain injury, which the student athlete and parent are responsible for reporting;
- A concussion can affect the student athlete's ability to perform everyday activities, affect reaction time, balance, sleep quality, and classroom performance;
- The Riddell InSite system is a sensor pad placed inside the football helmet that measures head impact severity;
- The Riddell InSite system does NOT prevent or diagnose a concussion, but it does give coaches and trainers an additional tool on the field to trigger a Rapid Screening Protocol;
- The Riddell InSite system has different thresholds for different player positions;
- When an impact exceeds a predetermined threshold, the Riddell InSite will transmit an alert to sideline staff who will then examine the player for symptoms of concussion in keeping with Omaha Public Schools Riddell InSite Sensor Implementation and Use Guidelines;
- A student athlete will not be allowed to return to a game or practice until cleared by a physician or the Omaha Public Schools Athletic Training Staff in keeping with the Omaha Public Schools Riddell InSite Sensor Implementation and Use Guidelines;
- In the event of a concussion, the brain needs time to heal. There is an increased likelihood for a repeat concussion if the student athlete returns to play before symptoms have resolved;
- In certain instances, repeat concussion can cause permanent brain damage, even death;
- At any point following a suspected concussion, Omaha Public Schools reserves the right to prohibit the student athlete from returning to practice or play; and

- Data collected by the Riddell InSite system is an education record for purpose of the Family Educational Rights and Privacy Act (FERPA).

The Parent and Student hereby:

- (1) Understand the importance of reporting a head injury and/or concussion to parents, coaches and athletic training staff;
- (2) Understand and agree that: (a) by this Consent Form the Omaha Public Schools have provided to the Parent and Student the existence of potential dangers associated with student athlete participation; (b) participation in any athletic activity may involve injury of some type; (c) the severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles to catastrophic injuries to the head, neck and spinal cord, and on rare occasions, injuries so severe as to result in total disability, paralysis and death; (d) the Riddell InSite system does NOT diagnose a concussion, but it does give coaches and trainers an additional tool on the field to trigger a Rapid Screening Protocol; and (e) even with the best coaching, the use of the best protective equipment and strict observance of the rules, injuries are still a possibility;
- (3) Consent and agree to (a) the use of the Riddell InSite Helmet by the Student; (b) the disclosure by Omaha Public Schools to Riddell InSite of information regarding the Student, including, but not limited to, the student's name, position, and head impact severity data, the purpose of which is to permit Riddell InSite to improve its technology and (c) the disclosure by Omaha Public Schools of non-personally identifiable data relating to the use of the Riddell InSite system to other third parties.
- (4) WITH FULL UNDERSTANDING OF THE RISKS INVOLVED, RELEASE, INDEMNIFY, AND HOLD HARMLESS THE OMAHA PUBLIC SCHOOLS AND ITS OFFICERS, AGENTS, REPRESENTATIVES, AND EMPLOYEES (COLLECTIVELY THE "RELEASEES") FROM ANY AND ALL LOSSES, CLAIMS, DEMANDS, ACTIONS AND CAUSES OF ACTION, OBLIGATION, DAMAGES, AND COSTS OR EXPENSES OF ANY NATURE (INCLUDING ATTORNEY'S FEES) THAT THE STUDENT AND OR PARENTAL/LEGAL GUARDIAN INCUR OR SUSTAIN TO PERSON, PROPERTY OR BOTH, WHICH ARISE OUT OF, RESULT FROM, OCCUR DURING OR ARE OTHERWISE CONNECTED WITH THE STUDENT'S USE OF THE RIDDELL INSITE HELMET AND THE STUDENT'S PARTICIPATION IN OMAHA PUBLIC SCHOOLS ACTIVITIES OR TRAVEL RELATED TO SUCH ACTIVITIES IF DUE TO ACCIDENT, MISHAP, OR ORDINARY NEGLIGENCE OF THE RELEASEES.

We acknowledge that we have read paragraphs (1) through (4) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in athletic activities and the release. We understand the importance of the statements above and have asked any, and all questions regarding the above statements.

I hereby attest that I have read, fully understand, and will abide by the above statements.

Student Athlete Name: \_\_\_\_\_

Student Athlete Signature (required): \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature (required): \_\_\_\_\_

Date: \_\_\_\_\_



**THE FOLLOWING INFORMATION ABOUT HELMETS ONLY  
APPLIES TO HIGH SCHOOL STUDENTS**

**Omaha Public Schools  
Riddell Insite Sensor usage guidelines**

\*The following is written according to available current scientific evidence and literature review of football helmet sensors (O'Connor, Rowson, Duma, Broglio, 2017; McCrory et al, 2017; Patricios et al, 2017 ).

\*\* The Riddell Insite technology cannot diagnose and has not been proven to correlate positively with a concussion (O'Connor et al, 2017). The Insite sensor is not a medical tool, and data collected is not considered medical in nature (Riddell, 2017). The information provided by the sensor is designed for use by coaches as a tool in efforts to make coaching decisions that could impact player safety.

1) Football Coaches – Despite the use of the Insite technology, the Omaha Public Schools coaches guide for concussions and National Federation of High Schools annual concussion training should still be viewed as the standard for recognition and removal from play when a Certified Athletic Trainer (AT) or licensed health care professional (as defined in the Nebraska Concussion Awareness Act) is not present at the venue. When in doubt, always remove any player suspected of suffering a concussion from participation regardless if an alert has/hasn't been detected. The athlete will not be allowed to return to play until they have been cleared by a licensed health care professional.

Specific to the Insite system, the following guidelines should be followed:

- a) during all football practices and games, a designated coach(s) should be responsible for the alert monitor(s) for the duration of the season.
- b) When an alert is detected the designated coach should seek out the player and observe for signs of a potential concussion.
- c) At any time during practices or games if an alert, plus observable signs are detected the player will be removed from participation and the AT on-site will be contacted for an evaluation.
- d) When an alert is detected and there is no AT available to evaluate the player, and observable sign(s)/symptoms are present or reported, the player shall be removed and not allowed back into play until cleared by a licensed health care professional (as defined in the Nebraska Concussion Awareness Act). For a list of possible signs and symptoms, please see items 3:1, 2 and 4 below.

e) When an alert is detected and there is no AT available to evaluate the player, if observable signs and/or symptoms are not present and the player is not removed from the activity, the player should be observed and questioned for any signs and/or symptoms when the player returns to the sidelines prior to being allowed to continue play.

2) Certified Athletic Trainers – Reasonable and prudent professional clinical judgment should be used at all times. Any player with observable signs or reported symptoms of a potential concussion should immediately be removed from play and not allowed to return to that game or practice and until cleared by an AT or licensed health care professional.

- a) during all football practices and games, a designated coach(s) should be responsible for the alert monitor for the duration of the season.
- b) When an alert is detected the designated coach should seek out the player and observe for signs of a potential concussion.
  - i) If observable signs or symptoms are present the player should be immediately removed and the coach should notify the AT on-site.
  - ii) If NO observable signs or symptoms are present, the player should be observed and questioned for any signs and/or symptoms at the next available opportunity prior to being allowed to continue play.
- c) When the AT on-site is notified by any coach of a potential concussion a rapid screening protocol should be initiated.

3) Rapid screening protocol - "The Sport Concussion Assessment Tool - 5th Edition (SCAT5) is a standardized tool for evaluating concussions designed for use by physicians and licensed healthcare professionals" (SCAT5, 2017). The first three steps of the SCAT5 are to be used in the rapid screening protocol on the sideline, which includes questions asked regarding symptoms. Those first three steps are:

- 1) Red flags:
  - Neck pain or tenderness
  - Double vision
  - Weakness or tingling/burning in arms or legs
  - Severe or increasing headache
  - Seizure or convulsion
  - Loss of consciousness

Deteriorating conscious state  
 Vomiting  
 Increasingly restless, agitated or combative

2) Observable signs:

Lying motionless on the playing surface  
 Balance/gait difficulties/motor incoordination;  
 stumbling/slow labored movements.  
 Disorientation or confusion, or an inability to  
 respond appropriately to questions/directions.  
 Blank or vacant look

3) Maddocks questions, or appropriate sport-specific  
 questions:

Where are we playing today?  
 Which quarter or half is it now?  
 Who scored last in this game?  
 What team did you play against last week?  
 Did your team win the game last week?

4) Symptoms reported by the athlete (does not re-  
 quire a graded symptom check-list and may include,  
 but not be limited to, the following):

Headache  
 Pressure in head  
 Dizziness  
 Nausea  
 Tinnitus  
 Fogginess  
 Sensitivity to light  
 Sensitivity to noise  
 Doesn't feel quite right  
 Difficulty concentrating  
 Blurred vision

4) SCAT 5 – If the rapid screening protocol produces  
 evidence of a suspected concussion the SCAT 5 should  
 be conducted in appropriate environment at a reasonable  
 time.

## References

- McCrorry P, et al. (2017). Consensus statement on concussion in sport- the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.
- O'Connor, K.L., Rowson, S., Duma, S.M., & Broglio, S.P. (2017). Head-impact-measurement devices: a systematic review. *Journal of Athletic Training*, 52(3), 206-227.
- Patricios J, et al. (2017). What are the critical elements of sideline screening that can be used to establish the diagnosis of concussion? A systematic review. *British Journal of Sports Medicine*, 51(11), 888-894.
- Riddell. (2017). *Riddell insite flyer* [Press release]. Retrieved from [http://team.riddell.com/wp-content/uploads/Riddell-Insite-Flyer\\_-final.pdf](http://team.riddell.com/wp-content/uploads/Riddell-Insite-Flyer_-final.pdf)
- Sport Concussion Assessment Tool – 5th Edition. (2017). *British Journal of Sports medicine*, 51(11), 851-858. Retrieved from <http://bjsm.bmj.com/content/bjsports/51/11/851.full.pdf>



# Riddell SPEEDFLEX with InSite

The Riddell InSite Impact Response System is a helmet-based impact monitoring technology designed to alert when significant single or multiple impacts are sustained during a football game or practice. Riddell developed InSite based on its Head Impact Telemetry System (HITS) and Sideline Response System (SRS), a technology that has collected 3+ million impacts (and counting) since 2003.

## INSITE IMPACT RESPONSE SYSTEM

Integrated Impact Monitoring tool that provides actionable information to team staff during practice and games.

## THE FLEX SYSTEM

Flexibility engineered into the helmet's shell, face mask and face mask attachment system with hinge clips reduces the impact force transfer to the athlete.

## RATCHET-LOC™ RETENTION SYSTEM

A ratchet style chin strap attachment system designed for easy, efficient adjustments and offers a new way to help secure proper fit.

## ALL-POINTS QUICK RELEASE™

Four-point face mask attachment that disengages with a simple press of a button.

## PATENTED SIDE IMPACT PROTECTION (PSIP)

Research-based mandible protection helps reduce the forces from side impacts. Technology feature consists of side shell extensions combined with side liner extensions.

## FLEXLINER

Flexible liner, designed to conform to various head shapes, providing comfort and helmet stability.

## QUICK CHANGE LINER ATTACHMENT SYSTEM

Removable padding system designed for ease-of-use when switching pads.

## OCCIPITAL LOCK

Inflatable liner that, when inflated, cradles the athlete's occipital lobe improving the helmet's security and fit.

## TRU-CURVE LINER SYSTEM

Interior liner that conforms to the shape of a player's head as well as fits the contours of the helmet shell (front pad, crown, back/side, occipital lock, face frames) for improved comfort and fit.

## COMPOSITE ENERGY MANAGEMENT

## CUSTOM FIT LINER

## HS4 FACE MASK

## STRAP-LOC

## FIVE-YEAR SHELL WARRANTY








**For more information: Contact your Riddell sales representative or call 1.800.275.5338**

Riddell InSite alerts the sideline to significant single or multiple impacts that MAY result in a concussion. Riddell InSite is NOT a medical device. Riddell InSite is NOT a protective device and it does not protect against injuries. Riddell InSite does not diagnose concussions and is not intended to be used as a diagnostic tool. For proper performance, the Riddell InSite Alert Monitor must be used within fifty (50) yards of the instrumented players. Refer to the InSite user manual accompanying the Alert Monitor for recommended usage. NO HELMET CAN PREVENT SERIOUS HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.



# Riddell SPEEDFLEX with InSite

## HOW IT WORKS:

- 1  **IMPACT**  
An impact occurs, and the Player Unit five-zone sensor pad quantifies the impact.
- 2  **ANALYZE**  
The instrumented helmet evaluates whether the hit is above threshold levels.
- 3  **TRANSMIT**  
If an impact or sequence of impacts exceeds a predetermined threshold, an alert is transmitted wirelessly from the Player Unit to the Alert Monitor.
- 4  **ALERT**  
The Alert Monitor notifies sideline staff of the impact by player name and number.
- 5  **ACT**  
Utilize actionable information during practices and games.

## INSITE ALERTS ARE BASED UPON PLAYER SPECIFIC THRESHOLDS

- PLAYER POSITION & PLAYER LEVEL
- SINGLE & MULTIPLE IMPACTS
- IMPACT LOCATION

## INSITE ANALYZES IMPACT AND PROVIDES

- SINGLE IMPACT ALERTS
- SINGLE IMPACT ALERT LOCATION
- MULTIPLE IMPACT ALERTS
- TRAINING OPPORTUNITIES



For more information: Contact your Riddell sales representative or call 1.800.275.5338

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