

Pre-participation Physical Evaluation Packet Content

- 1. Letter from TSSAA
- 2. Parent Consent/Medical Consent from Cocke County Schools (to be signed by both athlete and parent/guardian)
- 3. Sudden Cardiac Arrest Information (to be signed by both athlete and parent/guardian)
- 4. Concussion Information (initial and sign appropriate places both athlete and parent/guardian)
- 5. History Form (completed before your appointment with health care professional to be signed by both athlete and parent/guardian)
- 6. Physical Examination Form (to be completed by health care professional)
- 7. Medical Eligibility Form (To be completed by both parent and <u>health care professional</u>)
- 8. Consent for Athletic Participation & Medical Care (to be completed and signed by both athlete and parent/guardian)
- 9. Catastrophic Insurance Information

To student athletes and their parents/caregivers:

Before you can play a sport the TSSAA (Tennessee Secondary School Athletic Association) says you must get a sport's physical. This is also called a PPE (Preparticipation Physical Evaluation). The PPE promotes the health and well-being of athletes as they train and compete. It also helps keep athletes safe as they play sports. It is NOT meant to stop them from playing.

Where can you go to get a PPE? In the newest PPE guidebook, the groups below say your doctor's office or the place where you get your medical care is where you can go to get it done:

- · the American Academy of Pediatrics,
- the American Academy of Family Physicians,
- the American College of Sports Medicine,
- the American Medical Society for Sports Medicine,
- · the American Orthopedic Society for Sports Medicine,
- and the American Osteopathic Academy of Sports Medicine.
- It's also endorsed by the National Athletic Trainers' Association and the National Federation of State High School Associations.

There are other places you can get a PPE, but we recommend athletes get a PPE during their Well Visit at their doctor's office or School Based Health Center. This ensures exams cover everything important about your overall health and well-being. It also limits absences from school and sports.

We encourage you to work the PPE into the routine health care you get at your doctor's office or the place where you get your medical care. If you're enrolled in TennCare your well visits are free.

Sincerely,

Tennessee Secondary School Athletic Association Tennessee Chapter of the American Academy of Pediatrics Tennessee Division of TennCare

Do you have TennCare and need to know who your doctor is? You can call your MCO at:

Amerigroup: 1-800-600-4441 BlueCare: 1-800-468-9698

UnitedHealthcare: 1-800-690-1606 TennCareSelect: 1-800-263-5479



Sports Medical Permission Form

to represent (name of school)	in the sport(s) of
to represent (name or sensor)	in the sport(s) of
following all the coach's instructions and warning ald	ethods, rules of the sport and to other team rules. I and written are incorporated by reference into this all such instructions and warning. I acknowledge vanced equipment and strict observance of rules,
//We accept the financial responsibility for medical e while participating in voluntary sports.	xpense incurred as the result of possible injuries
I/We acknowledge that I/We have read and understate expense ARE MY RESPONISBILITY in connection v	•
acknowledge that I have read and understand this	warning.
Date/ Parent Signature	
Medical Consent Permission is hereby granted to the attending physic treatment, x-ray examinations and immunizations for lillness, the need for major surgery, or significant acceptable by the attending physician to contact major the	r the above-named student. In the event of serious idental injury, I understand that an attempt will be
made by the attending physician to contact me in the is not able to communicate with me, the treatment nestudent may be given.	
If an emergency arises during a practice session, an guardians as soon as possible. Permission is also g	·

Date

Signature of Parent or Guardian





Sudden Cardiac Arrest Symptoms and Warning Signs

What is Sudden Cardiac Arrest (SCA)?

SCA is a life-threatening emergency that occurs when the heart suddenly and unexpectedly stops beating. This causes blood and oxygen to stop flowing to the rest of the body. The individual will not have a pulse. It can happen without warning and can lead to death within minutes if the person does not receive immediate help. Only 1 in 10 survives SCA. If Cardiopulmonary Resuscitation (CPR) is given and an Automatic External Defibrillator (AED) is administered early, 5 in 10 could survive.



SCA is NOT a heart attack, which is caused by reduced or blocked blood flow to the heart. However, a heart attack can increase the risk for SCA.

Watch for Warning Signs

SCA usually happens without warning. SCA can happen in young people who don't know they have a heart problem, and it may be the first sign of a heart problem. When there are warning signs, the person may experience:



If any of these warning signs are present, it's important to talk with a health care provider. There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops due to SCA, blood stops flowing to the brain and other body organs. Death or permanent brain damage can occur in minutes.

Electrocardiogram (EKG) Testing

EKG is a noninvasive, quick, and painless test that looks at the heart's electrical activity. Small electrodes attached to the skin of the arms, legs, and chest capture the heartbeat While rare, SCA is the #1 medical cause of death in young athletes.

as it moves through the heart. An EKG can detect some heart problems that may lead to an increased risk of SCA. Routine EKG testing is not currently recommended by national medical organizations, such as the American Academy of Pediatrics and the American College of Cardiology, unless the pre-participation physical exam reveals an indication for this test. The student or parent may request, from the student's health care provider, an EKG be administered in addition to the student's pre-participation physical exam, at a cost to be incurred by the student or the student's parent.

Limitations of EKG Testing

An EKG may be expensive and cannot detect all conditions that predispose an individual to SCA.





- False positives (abnormalities identified during EKG testing that turn out to have no medical significance) may lead to unnecessary stress, additional testing, and unnecessary restriction from athletic participation.
- · Accurate EKG interpretation requires adequate training.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete	Print Student-Athlete's Name	Date
Signature of Parent/Guardian	Print Parent/Guardian's Name	Date

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS

(Adapted from CDC "Heads Up Concussion in Youth Sports")

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

Read and keep this page. Sign and return the signature page.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling down"

*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. They can even be fatal.

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

Student-athlete & Parent/Legal Guardian Concussion Statement

Must be signed and returned to school or community youth athletic activity prior to participation in practice or play. Student-Athlete Name: Parent/Legal Guardian Name(s): After reading the information sheet, I am aware of the following information: Student-Parent/Legal Athlete Guardian initials initials A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available. A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury. I will tell my parents, my coach and/or a medical professional about N/A my injuries and illnesses. I will not return to play in a game or practice if a hit to my head or N/A body causes any concussion-related symptoms. I will/my child will need written permission from a health care provider* to return to play or practice after a concussion. Most concussions take days or weeks to get better. A more serious concussion can last for months or longer. After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse. After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away. Sometimes repeat concussion can cause serious and long-lasting problems and even death. I have read the concussion symptoms on the Concussion Information Sheet. Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training Signature of Student-Athlete Date

Date

Signature of Parent/Legal guardian

This form should be placed into the athlete's medical file and should **not** be shared with schools or sports organizations. The Medical Eligibility Form is the only form that should be submitted to a school or sports organization.

Disclaimer: Athletes who have a current Preparticipation Physical Evaluation (per state and local guidance) on file should not need to complete another History Form.

■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

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Note: Complete and sign this form (with your parents if you	nger than 1	8) before your ap	pointment.			
Name:			te of birth:			
Date of examination:						
Sex assigned at birth (F, M, or intersex):	How do	you identify your (gender? (F, M, or other):		
Have you had COVID-19? (check one): □Y □N						
Have you been immunized for COVID-19? (check one):	OY ON	If yes, have you	had: One shot [Two shots		
List past and current medical conditions.						
Have you ever had surgery? If yes, list all past surgical proc	edures					
Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).						
Do you have any allergies? If yes, please list all your allerg	gies (ie, me	dicines, pollens, fo	od, stinging insects).			
Patient Health Questionnaire Version 4 (PHQ-4)						
Over the last 2 weeks, how often have you been bothered	by any of t	he following probl	ems? (Circle response.)		
	Not at all		Over half the days			
Feeling nervous, anxious, or on edge	0	1	2	3		
Not being able to stop or control worrying	0	1	2	3		
Little interest or pleasure in doing things	0	1	2	3		
Feeling down, depressed, or hopeless	0	1	2	3		
(A sum of ≥3 is considered positive on either subscale	e [questions	1 and 2, or quest	tions 3 and 4] for scree	ening purposes.)		

(Exp	IERAL QUESTIONS plain "Yes" answers at the end of this form. le questions if you don't know the answer.)	Yes	No
1.	Do you have any concerns that you would like to discuss with your provider?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?		
3.	Do you have any ongoing medical issues or recent illness?		
HEA	RT HEALTH QUESTIONS ABOUT YOU	Yes	No
4.	Have you ever passed out or nearly passed out during or after exercise?		
5.	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6.	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7.	Has a doctor ever told you that you have any heart problems?		
8.	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

	ART HEALTH QUESTIONS ABOUT YOU INTINUED)	Yes	No
9.	Do you get light-headed or feel shorter of breath than your friends during exercise?		
10.	Have you ever had a seizure?		
HEA	ART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11.	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12.	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13.	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

BOI	NE AND JOINT QUESTIONS	Yes	No
14.	Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEC	DICAL QUESTIONS	Yes	No
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17.	Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19.	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?		
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22.	Have you ever become ill while exercising in the heat?		
23.	Do you or does someone in your family have sickle cell trait or disease?		
24.	Have you ever had or do you have any prob- lems with your eyes or vision?		

MED	DICAL QUESTIONS (CONTINUED)	Yes	No
25.	Do you worry about your weight?		
26.	Are you trying to or has anyone recommended that you gain or lose weight?		
27.	Are you on a special diet or do you avoid certain types of foods or food groups?		
28.	Have you ever had an eating disorder?		
FEM	ALES ONLY	Yes	No
29.	Have you ever had a menstrual period?		
30.	How old were you when you had your first menstrual period?		
31.	When was your most recent menstrual period?		
32.	How many periods have you had in the past 12		

Explain "Ye	s" answer	s here.		

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete:	
Signature of parent or guardian:	
Date:	

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This form should be placed into the athlete's medical file and should not be shared with schools or sports organizations. The Medical Eligibility Form is the only form that should be submitted to a school or sports organization.

Disclaimer: Athletes who have a current Preparticipation Physical Evaluation (per state and local guidance) on file should not need to complete another examination.

■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

PHYSICAL EXAMINATION FORM

	h:
PHYSICIAN REMINDERS 1. Consider additional questions on more-sensitive issues.	

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet, and use condoms?

Consider reviewing questions on cardiovascula	r symptoms (Q4–Q13 of History	Form).			
EXAMINATION	CONTRACTOR OF THE PARTY OF THE			12/10/2	
Height: Weight:					
BP: / (/) Pulse:	Vision: R 20/	L 20/	Corrected:	ΠY	ΟN
COVID-19 VACCINE				E SE	
Previously received COVID-19 vaccine:	N				
Administered COVID-19 vaccine at this visit: Y	□ N If yes: □ First dose	□ Second do	ose		
MEDICAL			NO	RMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched p myopia, mitral valve prolapse [MVP], and aortic	alate, pectus excavatum, arachno c insufficiency)	dactyly, hyperlo	axity,		
Eyes, ears, nose, and throat Pupils equal Hearing					
Lymph nodes					
Heart ^a					
 Murmurs (auscultation standing, auscultation sup 	oine, and ± Valsalva maneuver)				
Lungs					
Abdomen					
 Herpes simplex virus (HSV), lesions suggestive of tinea corporis 	f methicillin-resistant Staphylococ	cus aureus (MRS	5A), or		
Neurological					
MUSCULOSKELETAL			NOF	LAMS	ABNORMAL FINDINGS
Neck					
Back					
Shoulder and arm					
Elbow and forearm					
Wrist, hand, and fingers					
Hip and thigh					
Knee					
Leg and ankle					
Foot and toes					
Functional Double-leg squat test, single-leg squat test, and b	oox drop or step drop test				
Consider electrocardiography (ECG), echocardiogra nation of those. Name of health care professional (print or type):	sphy, referral to a cardiologist for	abnormal card			
ddress:			Phone:	Date	e;
ignature of health care professional:					MD DO NP or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: Date of birth: ☐ Medically eligible for all sports without restriction. ☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of ☐ Medically eligible for certain sports □ Not medically eligible pending further evaluation □ Not medically eligible for any sports Recommendations: I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians). Name of health care professional (print or type): Date: ____ Address: Phone: Signature of health care professional: ___ ____, MD, DO, NP, or PA SHARED EMERGENCY INFORMATION Allergies: ___ Medications: ___ Other information: ___ Emergency contacts: ___

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CONSENT FOR ATHLETIC PARTICIPATION & MEDICAL CARE

*Entire Page Completed By Patient

Athlete Information								
Last Name	First Name			MI				
Sex: [] Male [] Female Gra	de Age		DOB/_	_/				
Allergies								
Medications								
Insurance	Policy Number							
Group Number	Insurance Phone Number							
Emergency Contact Information								
Home Address		(City)		(Zip)				
Home Phone	Mother's Cell	Fath	ner's Cell					
Mother's Name		Work Phone						
Father's Name	Work Phone							
Another Person to Contact								
Phone Number Relationship								
	Legal/Parent Cons	ent						
I/We hereby give consent for (athle	ete's name)			to represent				
(name of school) in athletics realizing that such activity involves								
potential for injury. I/We acknowle								
strict observation of the rules, inju	-		-					
result in disability, paralysis, an its physicians, athletic trainers,								
reasonably necessary to the h								
resulting from participation in a								
and his/her parent/guardian(s) do								
during the course of the pre-partic			_					
medical history information and the								
student athlete on the forms attack	hed hereto by those practition	ners performing	g the examina	ition. As parent or				
legal Guardian, I/We remain fully	responsible for any legal	responsibilit	y which may	result from any				
personal actions taken by the ab	ove named student athlete.							
Signature of Athlete	Signature of Parent/Gu	ardian	Date					

Tennessee Secondary School Athletic Association

Catastrophic Insurance 2022-23 School Year

Our company, Loomis & LaPann, Inc., designs the Catastrophic Insurance Program for the Tennessee Secondary School Athletic Association. Again this year the TSSAA will provide a Catastrophic Insurance Policy that covers students and/or student athletes in all TSSAA sanctioned activities including travel to and from. The policy is underwritten by National Union Fire Insurance Company and has a \$500,000 Medical Limit with a \$15,000 deductible. Please note that sanctioned activities are activities that comply with all TSSAA rules and regulations and the TSSAA Catastrophic Insurance Coverage is extended for those activities only.

When Athletes, Coaches, and Athletic Directors are Covered

- Participating in a TSSAA sanctioned sport during the time outlined in the TSSAA Sports Calendar.
- Practicing in a TSSAA sport during the time that conforms with the rules, regulations, and season outlined in the TSSAA Sports Calendar.
- Summer Practice Must be a school team practicing as a unit during the time specified in the TSSAA Sports Calendar with a school coach in charge.
- Weight lifting and conditioning is only covered during the season when teams are allowed to practice.
- Preseason Scrimmages
- Team travel to and from an athletic practice and/or contest with a school coach in charge. Independent travel is not covered, i.e. athletes driving their own vehicles.
- Coaches and athletic directors are covered working all TSSAA sanctioned activities including travel to and from (Medical Limit - \$50,000; Deductible (Integrated) - \$5,000).

When Athletes, Coaches, and Athletic Directors are Not Covered

- Open Facilities
- Weight Training and Conditioning At no time during the off-season is anyone covered.
- Summer Camps TSSAA catastrophic insurance does not cover team camps.
 The camp may be able to provide the coverage for the participants attending
 team camps or schools have the option to purchase the individual school
 coverage that would cover camps.
- Student-athletes are not covered under the supervision of non-approved coaches or a coach that has not met the TSSAA coaching requirements.
- Coaches and Athletic Directors are not covered during open facilities, during offseason coaching (i.e. weight training and conditioning), or while coaching/working summer camps.

How to Report a Claim

- The following information should be emailed to <u>sports@loomislapann.com</u> on school letterhead or a school incident report form.
 - a) Name of injured party.
 - Name, address, email, and phone number of injured party's parents or guardian.
 - Date of accident or injury
 - d) Brief overview of what took place
- Keep a copy to verify you have reported the incident.
- Loomis & LaPann will send out a claim form and claim filing instructions to injured party's parent or guardian. The claim form <u>MUST</u> be signed by Coach/AD at the school verifying the incident. Once the claim form has been signed it would be the responsibility of the parent or guardian to file the claim.
- It is not necessary to report all injuries. The general procedure is to report any injury that may require surgery. Injuries that require surgery will probably penetrate the \$15,000 deductible.

Contact Information

For any questions regarding Catastrophic Insurance Coverages, How to Report a Claim, or the Optional Catastrophic Insurance Plan, please contact Greg Joly or Karen Boller at Loomis & LaPann, Inc. at (800) 566-6479 or e-mail:

gjoly@loomislapann.com kboller@loomislapann.com

LOOMIS & LAPANN, INC.