

## **JOINING A TEAM**

All eligible students will be offered the opportunity to try out for an athletic team. Each sport has a starting date and there will be a minimum of three days of tryouts/practice before cuts are made.

Once tryouts are complete and the team is selected, or competition has started for a non-cut sport, no student may join a team. The Athletic Director may grant additions only under unique situations and after careful review. The decision of the Athletic Director will be final.

## **PARTICIPATING ON MORE THAN ONE TEAM DURING THE SAME SEASON**

MSSH does provide the opportunity for students to participate on more than one team during the same sport season as long as the following applies:

- 1) Coaches of each sport mutually AGREE that, based on practice and event schedules, team functions, etc., that participation in more than one chosen sport will be beneficial to the student and the team.
- 2) Student-Athlete is able to maintain academic and athletic balance.
- 3) If coaches cannot agree that multi-sport participation will work, a meeting may be held between the coaches involved, Athletic Director, parent(s), and student for discussion.
- 4) Decision of the Athletic Director will be final.

Students will be expected to attend every practice, event, and other team functions with each sport of participation. Coaches must agree that missing practice for a contest in another sport will be acceptable. Students should declare a primary sport in case of conflicting events, etc.

## **PAY-TO-PARTICIPATE**

MSSH has had a pay-to-participate program since the 1993-1994 school year. Pay-to-participate revenue helps offset the cost of Athletics from the District's General Fund. It covers areas such as transportation, salaries, supplies, and tournament entry fees. Although paying pay-to-participate does not give any student the right to "play" it does continue to aide in the District being able to maintain a significant number of sport offerings and participation opportunities for students. No student should feel discouraged from the privilege of participating in Athletics based on an inability to pay. MAPS offers hardship opportunities based on the Free & Reduced Lunch program. If there is a need for financial assistance in order for a student to participate, students and parents are encouraged to discuss with the Athletic Director.

## **PHYSICALS**

All students who wish to try out for, or participate in, any sport at MSSH, must have on file in the Athletic Office in advance of ANY participation in that sport. Physicals must be signed and dated (by the M.D., D.O., Physician's Assistant, or Nurse Practitioner who administers the physical examination) on or after April 15 of the previous school year and is valid for the entire current school year. In cases of serious injury or extended illness, students should be re-examined by a physician (M.D. or D.O.) before again being allowed to compete.

## **CONCUSSION PROTOCOL**

"Any Athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion and an increasing focus on safety and acknowledges that the vast majority of concussions do not involve a loss of consciousness. It is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining a concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care professional for an exact determination of the extent of injury.
2. If it is confirmed by the school's designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athletes may not be returned to competition that day but is subject to the return to play protocol.
  - a. Only an MD, DO, Physician's Assistant or Nurse Practitioner may clear the individual to return to activity.
  - b. The clearance must be in writing
  - c. The clearance may not be on the same date on which the athlete was removed from play.
4. Following the contest, an Officials Report shall be filed with a removed player's school and the MHSAA
5. In cases where an assigned MHSAA tournament physician (MD/DO/PA/NP) is present, his or her decision to not allow an athlete to return to activity may not be overruled.
6. A concussed student is ineligible to return to any athletic meet or contest on the **same day** the concussion is sustained.
7. A concussed student is ineligible to enter a meet or contest on a **subsequent day** without the written authorization of an MD, DO, PA, or NP.

## **GENERAL TEAM GUIDELINES**

Each team and coach will have various guidelines that are relative to the particular sport. However, listed below are a few guidelines that are the same regardless of the sport.

- A. **General Commitment to the Program** ~ Each athlete that is on a team must have a strong commitment to the team and athletic program in general. Being on a team will require **teamwork, self-discipline, loyalty, tolerance, sportsmanship, citizenship, and perseverance**. If an athlete has a concern or conflict, first, begin by talking with the Head Coach of the team (**See Issues in Athletics**).
- B. **Practices & Contests** ~ Practice days/times will be determined by the head coach of each level. Most athletic contests are usually scheduled a year in advance or more. Various sports, however, do schedule during the current school year.

- C. **Equipment & Uniforms** ~ The student-athlete is responsible for all uniforms and equipment that the school provides. All equipment must be turned in immediately following the end of the season. Some coaches may require a uniform/practice gear/travel sweats deposit, not to exceed the total value of the issued merchandise, in assurance that all issued equipment/apparel is returned at the end of the season.
- D. **Transportation & Out-of-Town Contests/Trips**
1. All athletes must travel with the team and return with the team. Regardless of the age or method of team transportation, student athletes are prohibited from driving to and from athletic events. This includes ALL MSHS SPORTS AND ALL AWAY EVENTS.
  2. **EXCEPTIONS FOR RETURN:** Only prior arrangements, in writing, approved through the Athletic Director at least 48 hours in advance of team departure will be considered. Upon approval, personal face-to-face contact between parent and Head Coach at contest site is required prior to departure. Written request and face-to-face contact are required to protect the safety of the students and the responsibility of the coach(es) involved.
  3. Student athletes will not be permitted to ride with parents other than their own, unless proper written request, with signatures of both sets of parents has been submitted to the Athletic Director for approval.
  4. Athletes are to remain at the event's school for the entire event, from arrival to departure.
  5. There is to be NO gambling on athletic trips.
- E. **Athletic Training Rules** ~ All athletes are expected to observe and adhere to the Athletic Code of Conduct and training rules throughout the entire calendar year and throughout the student-athlete's career at Marquette Senior High School.

### **ATTIRE**

Once you have volunteered to be a member of a MAPS athletic team, you have made a choice to uphold certain standards. When representing MAPS in any athletic event, athletes will wear the team uniform with pride, and follow the MSHS dress code if out of uniform. No clothing advertising alcoholic beverages or tobacco products may be worn.

### **CONDUCT AT ATHLETIC EVENTS**

All student-athletes at Marquette Senior High School carry the responsibility of representing not only themselves, but their families, school and community. Whether at MSHS or at other schools, we have an obligation to demonstrate good sportsmanship and citizenship and to promote good relations with our opponents, spectators, and officials at athletic events. Harassing officials, players, spectators, and others gives a negative impression of Marquette Senior High School and us as citizens. Conduct is expected to always be of the highest caliber and to treat coaches, officials, teammates, opponents and spectators with respect.

### **LOCKER ROOM CONDUCT**

Locker room conduct is of vital importance, and all athletes must treat all equipment and facilities with the utmost care and respect. Any vandalism, theft of equipment, or possession of stolen equipment from our school or from opponents may be treated as an Athletic Code violation and may be basis for dismissal and/or prosecution. Cell phones, cameras, and other image-taking devices may not be activated or utilized at any time in the locker room and restroom areas due to the demand for personal privacy in these areas. Whether at MSHS or when traveling to away contests, image-taking devices must be powered off in the locker rooms or restrooms. Any image-taking device found turned on in a locker room or restroom area is to be confiscated immediately and not returned until parents meet with the coach and/or Athletic Director to discuss possible suspension. NOTE: MSHS is not responsible for lost or stolen items. **"LOCK YOUR LOCKERS AT ALL TIMES!"**

### **NATIONAL ANTHEM**

Students are to stand at attention and pay respect when the National Anthem is being played.

### **ATTENDANCE**

Athletes are expected to be in attendance at all practices. The athlete or parent must notify the coach before practice if he/she is unable to attend. **A STUDENT MUST BE IN ATTENDANCE A MINIMUM OF 5<sup>TH</sup>, 6<sup>TH</sup> AND 7<sup>TH</sup> PERIODS AND/OR 3 ACADEMIC HOURS BEFORE DEPARTING FOR A CONTEST TO BE ELIGIBLE TO PRACTICE OR PARTICIPATE IN A CONTEST.** Violation of this policy may be enforced by Athletic Director and/or head coach following notification of absence. Please notify the Athletic Department of any pre-arranged appointments (dental, physician, etc.) that may conflict so that coach(es) and teacher(s) can be made aware.

When teams travel to out of town contests and the arrival time back to Marquette Senior High School is after midnight, the following time frame allows athletes to be excused for the specific hours stated below:

- Bus arrives by 11:59 p.m. - athletes must attend all classes the next day.
- Bus arrives between 12:00 a.m. and 1:59 a.m. - athletes excused 1<sup>st</sup> and 2<sup>nd</sup> hours.
- Bus arrives after 2:00 a.m. - athletes excused 1<sup>st</sup> through 4<sup>th</sup> hours.

Coaches will determine these times and notify the athletes and the athletic office, who will then notify the HS faculty.

### **EMPLOYMENT**

Athletes are requested to curtail their working hours during the competitive season. This will enable the athlete to maintain a superior performance in both the classroom and competitive sport.

### **TEAM PICTURES**

All team members must be in uniform for team pictures, be part of the team photo, and have an individual photo taken regardless of whether individual orders will be placed so that coaches have a photo for all individuals for display boards and other areas. If you do not want your child's photo to be displayed, please notify the athletic office.

## **CURFEW**

Will be determined and enforced by the Head Coach of each sport. Parents are asked to assist in ensuring the enforcement of curfew of their student-athlete(s) as set forth by the head coach.

## **LEAVING A TEAM**

An athlete cannot quit one sport to join another during the same season without the prior approval of both coaches involved and the Athletic Director. The decision of the Athletic Director to allow a student to join another team or disallow from joining will be final.

## **ISSUES IN ATHLETICS**

When a person (such as a student, a parent, a coach, a teacher, or an administrator) has a question, concern, or complaint regarding an athletic situation, we have found the following line of communication is most effective in resolving issues.

- A. **START WITH THE SOURCE.** Talk directly with the head coach of that level, in private, fact-to-face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment. After a contest is not the best time.
- B. **IF NECESSARY, TALK NEXT WITH THE VARSITY HEAD COACH OF THE SPORT;**
- C. **IF NECESSARY, TALK NEXT WITH THE ATHLETIC DIRECTOR;**
- D. **IF NECESSARY, TALK WITH THE SUPERINTENDENT (OR DESIGNEE);**

\* All complaints/concerns **MUST** be heard at the lowest possible level **BEFORE** intervention by the higher authority can occur. This system works best. However, the next level arbitrator is available to meet, if need be, with a complainant if sub-level discussions do not accomplish their intended purpose.

\* Help the student learn to resolve his or her own differences. When a student successfully deals with difficult situations, he or she learns and grows. Of course, a parent always has the right to intervene on behalf of a child.

\* When stating your complaint/concern, be prepared with the facts in so far as you understand, or can ascertain, them. Think through your expectations for the outcome resulting from voicing your concern. That is, be clear about what you hope will happen as a result of your meeting.

\* As you converse with the coach, or other authority, repeat back what you hear him or her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen.

\* We always assume that all parties have the best interest of the students in mind when complaints/concerns are discussed. We will make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a complaint/concern.

\* When bringing a complaint/concern to each level (A-D as stated above), that staff member shall listen, address the situation, and provide a timely response (within approximately five school days) to the student-athlete.

\* Any concern/complaint that is brought to the Athletic Director or above must state specifically, in writing, the concern/complaint that is to be addressed.

## **ATHLETIC INSURANCE AND INJURIES**

We never want to hear that an athlete has been injured while participating in athletics; however, it is important that we are informed ahead of time of reasonable action to take if an injury does occur to your son or daughter. Athletics can play an important role in your child's development; however, there is the risk of injury, even serious, while participating in athletics. The use of proper techniques and equipment is also essential.

Marquette Area Public Schools does not provide insurance covering injuries to an athlete while participating or practicing with a school team. It is encouraged that all parents have medical insurance in the event that an injury occurs while participating in school sports.

If a coach, athletic trainer, or physician, in the best interest of the student-athlete, determines that a student-athlete is unable to participate due to a potentially serious injury, such as an injury to the head, neck, back, etc., the athlete involved should seek medical assistance. A signed physician's statement clearing the athlete to resume participation will be required. Physician's notes should be turned in to the Athletic Department to be kept in the student-athlete's health file. **Please see Concussion Protocol above.**

## **ATHLETIC PROGRAM ASSESSMENT**

Both student-athletes and parents are encouraged to complete an assessment/questionnaire following each sport season of participation in order to provide input in improving the Athletic Department. The feedback is to be in regard to the overall experience within the particular sport, not an evaluation of any coach(es). Assessment questionnaires are available on the Athletic Download page of [mapsnet.org](http://mapsnet.org).

## **NCAA ELIGIBILITY CENTER ATHLETIC REQUIREMENTS**

If students wish to participate in Division I or Division II athletics after high school, you must be certified by the NCAA Eligibility Center. Information and application materials are available online at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). The number of core academic courses required to qualify for Division I and Division II have changed, depending on your expected graduation year. Be sure to check the NCAA for current information as you complete your high school course selections. It is recommended that you begin the Eligibility Center process at the end of your junior year in high school.

## **FOR GENERAL INFORMATION AND INQUIRY**

1. For general district and high school information, visit the MAPS website at [www.mapsnet.org](http://www.mapsnet.org).
2. For MSHS athletics information and sports schedules, visit the MSHS Athletics website at [www.mqtathletics.com](http://www.mqtathletics.com).

## ATHLETIC CODE OF CONDUCT

Students are encouraged to become involved in interscholastic athletics. Student participation in interscholastic athletics provides an opportunity for the student as long as they agree to follow the code as outlined below. Inasmuch as participation is a privilege (NOT a right), students who violate the code will be subject to the penalties outlined, up to and including suspension from participation in athletics.

A student should realize that the interscholastic athletic code applies at all times throughout the student's high school career, including off-season and all vacation periods. The code is not limited to the time period in which the student participates in a particular activity, nor is the code limited to student behavior at school-sponsored activities or on school property. A student who violates the code will be subject to disciplinary action as outlined in the penalty provisions. All penalties for violations of this Athletic Code shall be **cumulative** beginning with the student's participation in athletics. In addition, a student participant and his/her parent or guardian must sign and return to the designated school official a form which acknowledges the student and his/her parent or guardian understands and agrees to abide by the guidelines.

### **CODE IN EFFECT**

Calendar year: The MSHS Athletic Code is enforced 24 hours a day, 365 days a year. Each sport season begins with the first day of scheduled practice for a given sport and ends the day after awards are issued.

If an athlete violates a rule during the period of time between the last contest and when the awards are issued, the participant may not be invited to the awards program. Depending on the severity of the violation, awards and honors may or may not be retained by the athlete.

### **CONDUCT OFFENSES**

Acts of behavior both on and off the athletic playing surface, which violate conduct standards as outlined in the parent-student handbook, and/or violation of team rules as established by the coach, may result in the following:

- A. **FIRST CONDUCT OFFENSE:** Violations will be addressed as set forth in the Marquette Senior High School student-parent handbook and by team rules established by the coach and approved by the athletic director.
- B. **SECOND AND SUBSEQUENT OFFENSES:** Violations will result in disciplinary actions as determined by the coach and approved by the athletic director.
- C. In the event that the Athletic Code or other school policies or procedures do not cover situations that arise, the administration reserves the right to establish such rules, conditions, and penalties to respond effectively to unanticipated or unique circumstances.

### **ALCOHOL AND SUBSTANCE USE OFFENSES**

The following behaviors constitute a violation of the MSHS Athletic Code and subject the student to penalty in the "penalties" section of the code:

Use, possession, concealment, distribution, sale or being under the influence of:\*

- A. Tobacco, or tobacco products in any form;
- B. Alcohol or alcoholic beverages in any form;
- C. Illegal drugs, including but not limited to those substances defined as "controlled substances" pursuant to federal/state statute; including drug paraphernalia as well as "look-alike" drugs.
- D. Steroids, human growth hormones, or other performance-enhancing drugs
- E. Substances purported to be illegal, abusive, or performance enhancing;
- F. Inhalants

It shall not be a violation of the athletic code for a student to use or possess a prescription or patent drug when taken pursuant to a legal prescription issued by a licensed physician or for which permission to use in the school has been granted pursuant to Board policy. A student shall notify his/her coach if he or she is taking a prescription medicine, which could alter the student's behavior or affect the student's ability to participate in the activity. It shall not be a violation for students to use or possess legal substances when such use or possession is part of an established religious or cultural tradition.

\*For a complete list of examples of banned drugs that would apply to alcohol and substance offenses, please refer to Public Act 215 of 2006 below:

### **PUBLIC ACT 215 OF 2006**

This act, which took effect with its signing by the Governor in late June 2006, reflects the nationwide concern for cheating in professional sports and the hope that performance-enhancing drugs will negatively affect neither the integrity of contests nor the health of participants in school sports of Michigan.

Students who use, possess, conceal, distribute, sell, or are under the influence of these substances will be subject to the Athletic Code.

Michigan's Department of Community Health is to maintain a list of banned substances based on the policies of the National Collegiate Athletic Association (NCAA). Lists of substances banned by the NCAA can be found at:

<http://www.ncaa.org/wps/wcm/connect/public/NCAA/Health+and+Safety/Drug+Testing/Resources/NCAA+banned+drugs+list>

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example. Please note that many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should

contact their family physician for further information.

### **GROSS MISCONDUCT OFFENSES**

Students shall not engage in acts of cumulative or major gross misconduct, included but not limited to behavior, which is addressed in the student-parent handbook, such as acts of theft, extortion, vandalism, assault, fighting, sexual misconduct, and gross disrespect.

### **PENALTIES FOR ALCOHOL, SUBSTANCE, AND GROSS MISCONDUCT**

**FIRST VIOLATION:** Suspension-25% of season contest dates—Suspension will overlap into athlete's next sport season if necessary. Substance assessment required if alcohol or drug related.

**SECOND VIOLATION:** Unable to participate in any interscholastic athletics for one (1) year from date of second violation. Another substance assessment required if alcohol or drug related.

**THIRD VIOLATION:** Permanent loss of eligibility.

### **REQUIREMENTS DURING INELIGIBILITY**

- A. Athlete will travel with the team and sit with the team during contest (if not suspended from school), unless coach and athletic director agree that it is not in the best interest of the team and/or suspended student to travel.
- B. Athlete will not suit up for contests.
- C. Athlete will continue to practice (if not suspended from school) and take part in other in-season team functions.

### **PROCEDURE FOR CARRYING OUT ATHLETIC CODE SUSPENSION**

- A. Athlete will be suspended from sport(s) while serving an out-of-school suspension (OSS).
- B. Parents will be notified.
- C. Athlete must complete the sport season in good standing, through the awards banquet, in which the suspension is in effect in order for the suspension to be fully served.
- D. Athletes will have the right to appeal any suspension or dismissal if they feel an injustice has been imposed upon them: This may be accomplished through the MSHS Athletic Code Appeals Board.

### **APPEALS PROCEDURE**

- Step 1 An informal discussion will be held between student involved, the Athletic Director, and possibly the head coach (if sport is in-season).
- Step 2 Written appeal to the Athletic Director within 5 days (after Step 1) which must indicate specifically what is being appealed.
- Step 3 The Athletic Director will submit a written recommendation to the Superintendent (or designee) within 48 hours of receiving the appeal.
- Step 4 The Athletic Review/Appeals Committee, upon request, will hear the case. Parents and athlete will be in attendance and decision rendered will be **FINAL**.

### **ACADEMIC REQUIREMENTS**

- A. Pass (5) five subjects/credits previous semester in order to begin the next semester of participation
- B. Enrolled in a minimum of five (5) subjects/credits for present semester at Marquette Area Public Schools.
- C. Pass a minimum of five (5) subjects/credits and maintain a minimum of 1.66 (C-) GPA weekly.

### **ACADEMIC ELIGIBILITY**

- A. Previous Semester Record—No student shall compete in any athletic contest during any semester who does not have to his or her credit (on the books of the school represented), at least two (2.5) credit hours of work (passed five (5) classes) for the last semester during which he or she shall have been enrolled in grades nine to twelve, inclusive. A student entering the 9<sup>th</sup> grade for the first time, except those who had eligibility advanced under Regulation III, Section 2 (B) of the MHSAA Code may compete without reference to his/her record in the 8<sup>th</sup> grade.

In determining the number of hours of credit received during a semester under this rule, the usual credit allowed by the school shall be given. Deficiencies, including incompletes, conditions and failures from a previous semester may be made up during a subsequent semester, summer session, or night school. Eligibility may be reinstated during the next semester when the school accepts the credit. All classes for credit will be used to determine the student's GPA.

- B. Current Semester Record—Academic eligibility checks will be conducted weekly (Wednesdays) beginning three weeks after the start of school. Athletes must maintain a 1.66 GPA and pass five (5) classes. If a student is not maintaining a minimum 1.66 (C-) GPA when checked, that student is ineligible for competition until the next check, but not less than the next Monday through Saturday. If the next eligibility check reveals the student is still not maintaining a minimum 1.66 (C-) GPA, that student is ineligible for competition for not less than the next Monday through Saturday, and so on until the student has attained a minimum 1.66 (C-) GPA.
- C. **FORGERY** of grades will result in an athlete being ineligible for the remainder of the school year.

- D. A student must maintain enrollment in a minimum of five (5) subjects/credits at all times. In the event that in order to satisfy the minimum of five (5) subjects/credits, a portion of a student's schedule is NMU or college coursework, the student athlete must make arrangements to have weekly grades reported to the Athletic Department in order to satisfy MHSAA rules and remain eligible for athletic contests.
- E. Should a student not pass a minimum of five (5) classes at the end of each of the two semesters (January and June) that student is ineligible for interscholastic competition 60 school days the following semester or once the failed/incomplete classes are passed and added to the transcript.

**PROCEDURE FOR CARRYING OUT ACADEMIC INELIGIBILITY PERIOD**

- A. Athlete will travel with the team and sit with the team during contest unless coach and Athletic Director agree that it is not in the best interest of the student-athlete's academic standing.
  - B. Athlete will not suit up for contests.
  - C. Athlete will continue to practice and take part in other in-season team functions.
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## Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

# UNDERSTANDING CONCUSSION

## Some Common Symptoms

Headache	Pressure in the Head	Nausea/Vomiting	Dizziness
Balance Problems	Double/Blurry Vision	Sensitive to Light	Sensitive to Noise
Sluggishness	Haziness	Fogginess	Grogginess
Poor Concentration	Memory Problems	Confusion	“Feeling Down”
Not “Feeling Right”	Feeling Irritable	Slow Reaction Time	Sleep Problems

## WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

## IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

## SIGNS OBSERVED BY PARENTS:

Appears dazed or stunned	Can’t recall events prior to or after a hit or fall	Answers questions slowly
Is confused about assignment or position	Is unsure of game, score, or opponent	Loses consciousness (even briefly)
Forgets instruction	Moves clumsily	Shows mood, behavior, or personality changes

## 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. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

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

## HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. 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. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students 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.