

Newton Community High School



Athletic Handbook Grades 9-12

2020-2021

To Athletes and Their Parents

INTRODUCTION

The program of interscholastic athletics at Newton Community High School offers instruction and competition in thirteen sports.

Our purpose in preparing this handbook is to inform the student and parent about the athletic program and the standards required of the participants.

This Student Handbook is not intended to create a contract between the student and the School District. The Board of Education reserves the right to modify or amend the handbook from time to time. Additionally, the rules set forth in this handbook are not intended to cover every situation that may arise in school. The Board of Education and the Administration reserves the right to apply the rules to specific instances that may occur.

PHILOSOPHY

NCHS believes that participation in a sound athletic program contributes to the total development of the student. We believe that participation in athletics and extracurricular activities is a privilege, not a right accorded to students at NCHS.

NCHS believes that a sound athletic program teaches participants the values of cooperation as well as the spirit of competition. The student athlete learns to work with others for the achievement of group goals, as well as individual goals.

NCHS believes that the spirit of play and the will to win are valuable to the development of a healthy individual.

NCHS believes that athletics is a wholesome equalizer because the individual is judged on what he/she can do, not on the basis of the social, ethnic, or economic group to which his/her family belongs.

Andy Johnson
Superintendent

Beth Probst
Principal

Craig Carr
Athletic Director

THE ATHLETIC PROGRAM

FALL SPORTS: Cross Country, Football, Tennis (IHSA girls season), Volleyball, Soccer

WINTER SPORTS: Basketball

SPRING SPORTS: Baseball, Tennis (IHSA boys season), Track, Softball

OTHER ATHLETIC ACTIVITIES

Cheerleading, Student Managers, Bass Fishing, Scholastic Bowl

REGULATORY ORGANIZATION

The National Federation of State High School Associations

This association establishes rules and guidelines for various sports. State associations utilize these rules for conducting sports activities. Should the IHSA make any rulings, including due to Covid-19, that contradict the contents of this handbook, NCHS reserves the right to abide by those rulings.

The Illinois High School Association

This association is our state representative for the National Federation. The association is composed of high schools in the state that set policy and regulations concerning the conduct of athletic events. The association sponsors state tournaments in both boys' and girls' sports.

The Little Illini Conference

This organization is an affiliation of schools which conducts athletic events according to the rules of the National Federation, the Illinois High School Association, and other such rules as the conference deems desirable. Conference schedules and meets are held in both boys' and girls' sports.

Athletic Board

The Newton Community High School Athletic Board shall consist of the principal or his/her designee, athletic director and all coaches. The Athletic Board shall be responsible for the implementation of the athletic policy and shall make recommendations to the principal or his/her designee concerning the rules and regulations of the policy.

Board of Review

The Newton Community High School Athletic Board of Review shall consist of the principal or his/her designee, the athletic director, the coach involved, and all the other head coaches available at the time of the hearing. The Athletic Board of Review shall be responsible for

conducting hearings in the cases of students who have been suspended from athletics for violations of the Athletic Code of Conduct, and who request a hearing concerning the suspension.

ATHLETIC CODE OF CONDUCT

The Athletic Code of Conduct consists of rules and regulations which govern the student's conduct while participating in the athletic program at Newton Community High School.

In making the decision to participate in the program of interscholastic athletics at Newton Community High School the student must make a commitment to:

1. Comply with the rules of the Illinois High School Association and the Little Illini Conference.
2. Comply with the training rules and regulations as established by the coach of the sport in which the student is participating.
3. Comply with the rules and regulations as developed and set down by the Newton Community High School Athletic Board and approved by the Board of Education.
4. The rules set forth in this policy are based upon the assumption that participation in athletics at Newton Community High School is a privilege, not a right.
5. These rules are to apply year-round, 365 days.

RULES FOR PARTICIPATION IN ATHLETICS:

1. The student athlete shall not use or possess tobacco or vaping material in any form.
2. The student athlete shall not possess, use, deliver, sell, transmit or attempt to possess, use, deliver, sell or transmit any alcohol beverage, any non-prescription or illegal drug, or any substance which the student believes or represents to be any of the foregoing, including, but not necessarily limited to, look-a-likes.
3. The student athlete shall not commit any criminal, traffic or ordinance offense of any jurisdiction. The offenses of speeding, stop sign or signal light violations do not apply. Mere arrest or charges will not be sufficient for sanctions to be imposed. Conviction of the offense, including a disposition of court supervision or entry into the Juvenile Diversion Program, will constitute conclusive evidence that the student athlete committed the offense.
4. The student athlete shall not verbally or physically (fighting) assault anyone.
5. The head coach of each sport (subject to the approval of the principal and athletic director) has the authority to specify additional training rules relating to health, safety, conduct, attitude and language use, and may discipline student athletes for violations of those training rules. Examples of discipline are as follows: suspension from partial or entire contests, running of extra laps, putting away equipment, or cleaning floors.

CONSEQUENCES OF VIOLATION

A student athlete who violates one or more of the above-stated rules will suffer the following sanctions:

A. First Offense - An athlete who is found guilty of the above violations will be suspended. The number of contests the athlete is suspended will be determined by taking 25% of the regular season and regular season tournament contests scheduled. The calculated number of contests missed will be rounded up or down to the nearest whole number. The student athlete and his or her parents **may** be required to schedule and participate in a conference with the coach and athletic director before the athlete returns to playing status.

1. If the offense occurs with less than 25% of the total season's contests remaining, the suspension will include the rest of that particular sport season (including post-season contests if necessary). If the suspension is not fulfilled during the present season, the suspension is to be completed during the next season that the athlete takes part in by applying the remaining percentage to the number of regular season/regular season tournaments scheduled for that season.

Example 1) A student is suspended during a season with 16 regular season contests scheduled. The student would miss 4 contests, total.

Example 2) A student is suspended during a season with 29 regular season contests scheduled. The student will be suspended for 7 games (7.25 total games, rounded down).

Example 3) The season in example 2 ends with 3 games (10%) remaining on the suspension. Therefore, he/she has served 14% of the suspension. The remaining 11% of the suspension will be applied to the next sport that the student participates in. If that season had 9 contests, the student would be suspended for 1 of those contests, satisfying the remaining 11% of the suspension.

Example 4) A student is suspended with 2 contests left in a 16-contest regular season schedule. The suspension would be 4 contests (25% of the regular season and regular season tournament contests scheduled.) If the team advances to the third game in the IHSA post-season, the student would once again be eligible to participate. If not, the remainder of the suspension would be applied to the next sport in which the student participates.

2. If a suspension must be carried over into a second season, the total percentage of the suspension not to exceed 25 percent.

3. Violation of the above rules in the off season (including summers) will result in the athlete being suspended for 25 percent of the next sport season in which he/she participates including regular season tournaments.
 4. For the purposes of this rule, all tournaments prior to the IHSA state series are considered “regular season” tournaments.
 5. Since there are isolated instances in which regular season contests are added to the schedule after the season begins. For the purpose of calculating the number of regular season / regular season tournament contests scheduled, the number of contests that exist on the schedule the day of the first contest will be used.
- B. Second Offense - Violation of the above regulation on a second occasion during the athlete's enrollment in school will result in a suspension from athletic competition for three (3) months, (three months pertaining to the sporting season or seasons of the individual athlete). For example: an athlete in football and in baseball who commit a second offense with two games left in the football season would continue his suspension during the baseball season because he is not participating in a winter sport.
- C. Third Offense - Violation of the above regulations on a third occasion or thereafter during the athlete's school year will result in a suspension from athletic competition for one (1) calendar year from the date of the third violation.
- D. Fourth Offense - Disqualification from athletics for the entire enrollment.

AUTHORITY FOR DECISIONS

1. The coach, athletic director and principal shall be responsible for decisions relative to the violation of participation rules. Any employee of Jasper County Community Unit #1, district volunteer coaches approved by the School Board, as well as law enforcement officials, may report first-hand knowledge of infractions of the athletic policy to the school administration.
2. All accusations or allegations of violations will be investigated as thoroughly and as reasonable as possible. Hearsay information will not be the sole bases for establishing violations.
3. The student will be informed of the charges and will be given the opportunity to respond.

4. At the discretion of the Athletic Director and Principal, a student who is placed on Principals Probation may also be placed on social probation which means that he/she would not be allowed to participate in any athletic contests for the duration of the Principals Probation Contract.

HEARING PROCEDURE

Should a student or parent/guardian request a hearing concerning a suspension, the athletic director shall activate the Board of Review and the hearing shall be scheduled at the convenience of the coaching staff, as well as the student's and/or parent/guardian. The suspension will be stayed until the hearing. At the hearing, the student and the student's parent(s)/guardian(s) may appear and discuss the suspension with the Board of Review. After presentation of the evidence, the Board of Review shall take such action as it finds appropriate. A letter of the decision will be sent to the student and the student's parent(s)/guardian(s).

MANDATORY COUNSELING

If more than one offense occurs, the student athlete must participate in professional counseling at his/her own expense. Other consequences will apply as stated in the sections that relate to the second, third, and fourth offenses. The student athlete will be able to participate in an athletic contest **only** after verified completion of a counseling program that has been approved by the school administration.

ATTENDANCE

1. At School:

In order to participate in a scheduled contest, on a particular day, the student athlete must have been in attendance at school at least one-half ($\frac{1}{2}$) of the day (excluding death in family, doctor's appointments, college visits). Saturday contests, students must attend $\frac{1}{2}$ day on previous attendance day. The definition of a one-half ($\frac{1}{2}$) day is four periods excluding activity period for the regular school day and for early out days dismissing at 2:00 p.m. The student must be in attendance the entire time on early out days dismissing at 11:30 a.m.

2. At Practices and Games:

Student athletes must attend all practices and games unless excused by the coach prior to any absence. If a game or practice is missed and is deemed unexcused by the coach, the student athlete will receive a seven-day suspension from athletic competition. The athlete will be required to practice but may not compete in any athletic contests. If the violation

occurs before contests begin, the suspension will be administered starting with the first contest.

TRY-OUT POLICY

Because of varying skill levels and in some cases, limited practice facilities, each coach has the option of using a try-out to determine which athletes will be part of their athletic teams at any level. Each coach will inform the athletes prior to the beginning of the first practice if the try-out policy is to be used. The coach will also inform the athletes how the try-out will be conducted. Those athletes who do not make the team will be notified by the coach individually. No lists of those selected or not selected will be posted publicly.

ATHLETIC PARTICIPATION FEE

The school board has determined that an athletic participation fee shall be collected when the student/athlete registers for classes. This fee has been set at \$30 per sport per athlete, with a yearly \$90 limit on fees paid per student. A limit of \$120 per family per year has been set. If a family qualifies for the free lunch program, the fees may be waived. Fees must be paid before the student/athlete may participate in practices. No refund will be given if the athlete begins practice and later decides not to continue in the sport. If a sport employs a try-out policy, and the student/athlete does not make the team, a full refund will be given

ATHLETIC EQUIPMENT

Athletes are responsible for equipment and clothing issued to them. Damaged or lost articles must be paid for at replacement cost. Athletic clothing is to be worn only in practice and during games.

PRACTICE AND GAME SCHEDULES

Coaches will provide the students and parents with a schedule concerning the days and times of practices and games.

On a day there is no school because of a snow day being declared, it is at parent's discretion rather student/athletes participate in the practice. Student/Athletes will not be penalized for not attending the practice. Missed practice or missed contests due to the weather are excused absences and are actually encouraged if the parents feel the student should remain at home due to the roads in their area.

CAPTAIN'S CLUB

All team captains are invited to be members of the Captain's Club. Members have the opportunity to represent all NCHS athletes in discussions, learn about leadership, and coordinate community service activities, among other things.

ATHLETIC AWARDS

The following rules will govern the awards which will be given to students at Newton Community High School who participate in interscholastic athletics as a player, manager or cheerleader.

1. Major Letter (7") - Only one major letter will be awarded to a student during their athletic career, regardless of what year the letter is won or how many sports they participate in. After the awarding of the first letter, an insert designating the sport will be given in place of the letter.
2. A Newton High School athletic patch will be given to the athlete who has participated two years in a sport. Only one patch will be given regardless of how many sports he/she participates in.
3. Numerals - The numerals will be given in the first year of participation in a sport and only one set of numerals will be given to the student, regardless of how many sports they participate in. Certificates of participation may be given.
4. Captain Pin - All pins will be awarded to team captains.
5. Exceptions - The only exception to the above rules is in the case of an award being accidentally defaced. The student will be required to turn the defaced award in to the athletic director, who may, at his discretion, issue a replacement.
6. Record Keeping - The record of student awards will be kept in the athletic director's office. Coaches are responsible for keeping the information current concerning members of their team.

VARSITY LETTER AWARD

There are certain requirements which must be met in order for the athlete to earn the varsity letter award. In all cases, the athlete must finish the season in good standing with the team and coach.

BASEBALL - To earn a major letter, the athlete must play in at least two-fifths of the innings of all regular varsity games or have been a winning pitcher in one varsity game.

BASKETBALL - To earn a major letter, the athlete must play in at least two-fifths of the quarters of all regular varsity games.

CROSS COUNTRY - To earn a major letter, the athlete must average 1 point per meet for all regular scheduled meets. Invitational, conference, and state meets are not to be included in the total points. Athletes placing first or second in a conference or district meet will qualify for a major letter.

FOOTBALL - To earn a major letter, the athlete must play in at least two-fifths of the quarters of all regular varsity games.

GOLF - To earn a major letter, the athlete must earn 2 more points than the number of scheduled meets including invitational, conference and regional meets or be a member of a winning team in a conference or regional meet. The top 6 players shall receive 1 point for participation in a regular scheduled meet, and invitational meet, and 2 points for participation in a conference or regional meet. If a player wins a match, 2 points will be awarded, plus 1 for participation. If a player shoots a score of 40 or less for 9 holes, he receives 1 additional point.

TENNIS - To earn a major letter, the athlete must average at least 1 point per meet for all varsity meets scheduled, or place first, second, third or fourth individually in a state- sponsored meet or conference meet or be a member of a team which places first or second in a state sponsored meet or conference meet.

TRACK - To earn a major letter in track, the athlete must average at least 2 points per meet for all varsity meets scheduled, place in an individual event in a varsity conference meet or sectional meet, or be a member of a winning varsity relay team in a conference or sectional meet.

SOFTBALL - To earn a major letter, the athlete must play in at least two-fifths of the innings of all regular varsity games or have been a winning pitcher in one varsity game.

VOLLEYBALL - To earn a major letter, the athlete must have participated in 80% of the regular varsity games.

BASS FISHING- To earn a major letter, the athlete must be in the top 4 or an alternate on a team that makes it onto the water at state.

SOCCER- To earn a major letter, the athlete must either have started 50% of the games or played at least 50% of the total minutes for all the games.

SPECIAL SITUATIONS

Any student athlete who has participated in the same sport for four years and has not met the requirements for a letter may be recommended for a major letter by the coach.

Injured athletes, parents moving, etc., are examples of cases to be decided on the basis of extenuating circumstances. In such cases, the coach may recommend that an award be given.

HALL OF FAME

Senior students who meet the minimum requirements set forth, and who wish to be considered for the NCHS Athletic Hall of Fame, will be required to get an application from the Athletic Director, complete and submit the application by the date publicized by the Athletic Director.

The minimum requirements are at least one of the following:

- A four-year letter-winner in one sport
- Nine total letters
- An individual state champion
- A documented All-State selection
- An exception to the above requirements that is granted by NCHS administration.

Only students who submit a complete application will be considered. The application will include opportunities for the student to document personal achievements, leadership roles, etc. Recommendations from coaches / others will also be part of the application process. Applications will then be reviewed by a community committee assembled by the high school administration. Selection for the Hall of Fame will include, but is not limited to, the following criteria:

1. Number of sports and major letters
2. All-state selection
3. Individual finish in state competition

4. Citizenship/Leadership

Once the selection committee has met, the Athletic Director will notify each student who applied of the committee's decision. Lastly, pictures provided by students selected for the Hall of Fame can have a maximum of one prop.

DUAL SPORTS PARTICIPATION POLICY

Rationale:

As a general rule, students are encouraged to participate in only one sport per season (i.e..., fall, winter, spring). Some students have talents and abilities which they have the desire to contribute to more than one team in a particular athletic season, and both of these teams can benefit. The following guidelines have been established to provide a consistent approach.

Students participating in two sports during the same season

1. Students are allowed to participate in two sports during the same season. Students wishing to participate in two sports during the same season will need to obtain a request form from the athletic director and follow the guidelines set down by the athletic department involving dual sports participation.
2. Students are not allowed to participate in "open gyms" as well as other non-school competition in another sport, on the same day they are participating in a school sponsored sports activity without the permission from the head coach of the sport in which they are currently participating.

Rules of Dual Sports participation

1. The athlete will meet with the athletic director two weeks prior to the official beginning of the earliest season and declare his/her intent in writing that he/she intends to participate in dual sports.
2. A student who wishes to participate in two sports during the same season must designate a primary sport. A primary sport is defined as the sport which takes precedence over the other sport in the event there is a conflict of schedule or any other matter that could lead to a conflict. The student must adhere to the primary sport in the event of any and all conflicts of schedule. If one sport has a contest and other has a practice, the contest will take precedence. The student must practice in both sports, but the amount of practice time must meet the agreed requirements of the head coaches of those sports involved.
3. A mandatory meeting needs to be held with the student athlete, the coaches of both

teams, the athlete's parents and the athletic director. Approval of the calendar schedule for the athlete and the duals sports rules will be finalized at this meeting.

4. Athletes who do not show commitment or the ability to follow this policy by (and not limited to) being late to practice, distracting the goals of the team/coach, not being physically capable of participating in two sports simultaneously (determined by coaches) will be asked to choose a sport.
5. An athlete may not quit the primary sport and continue to participate in the secondary sport. An athlete may, however, decide the secondary sport is too much and discontinue participation in it. The administration reserves the right to review and modify this depending on extenuating circumstances.
6. Should a disagreement ensue between coaches over the an athlete's participation, the two head coaches will meet before the athletic director who will serve as mediator and his decision, if necessary, will be binding.
7. If an athlete breaks his contract, he/she will forfeit any awards or recognition that would have been earned in the program neglected. If an athlete earns a letter in both sports, he/she will be awarded a letter in each.
8. Dual sport athletes will be required to maintain a minimum 2.0 GPA from both the previous quarter and the current quarter during the sports seasons. Failure to maintain a 2.0 GPA will result in the athlete to lose the privilege of dual sports.

It is our goal to have continuous communication between the student/athlete, coaching staff, and athletic department to avoid putting the athlete in a difficult situation. Dual sporting may not be the best situation for all students. For this reason, the meeting between all parties involved is vitally important.

IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions

Every student will be required to complete a baseline concussion test administered by the RMH Athletic Trainer.

“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 above language, which first appeared in all National Federation sports rule books for the 2010-11 school terms, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or

apparently unconscious.” This revised language reflects an increasing focus on safety; given that vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms, or behaviors of a concussion for the lists below and remove them from play.

NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and , if conscious, the athlete him/herself.

Definition of a Concussion- A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Behavior or signs observed indicative of a possible concussion:

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to or after the injury

Symptoms reported by a player indicative of a possible concussion:

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

1. During the pre-game conference of coaches and officials, the official shall remind the

head coaches that a school-approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury.

2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
3. If it is confirmed by the school's approved 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 re-enter competition pursuant to the contest rules.
4. Otherwise, if an athlete cannot be cleared to return to play by a school-approved health care professional as defined in this protocol, that athlete may not be returned to competition that day and is then subject to the IHSA's Return to Play (RTP) Policy before the student-athlete can return to practice or competition.
5. Following the contest, a Special Report shall be filed by the contest official(s) with IHSA Office through the Officials Center.
6. In cases where an assigned IHSA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be overruled. Additional information regarding concussion has been made available to IHSA member schools and licensed officials and can be accessed on the IHSA Sports Medicine website at <http://www.ihsa.org/initiatives/sportsMedicine/index.htm>.

PARENT SUPPORT

Interscholastic athletics at Newton Community High School is one of the most successful parts of the school program.

The success of the athletic program has been due in large measure to the cooperation from the parents in supporting their children and the teams.

NCHS encourages the parents to continue this support, particularly in the important areas of training and study habits.

The policies outlined in this booklet are designed to be preventative in nature and to keep punitive action at a minimum.

Parents are asked to, at an appropriate time; schedule an appointment to discuss any concerns or issues with the coach or athletic director. An appropriate time is **not** just prior to, during, or just after an athletic competition.

SCHOLASTIC STANDING and ELIGIBILITY FOR EXTRACURRICULAR ACTIVITIES

1. It shall be the policy of Jasper County Community Unit School District No. 1 that high school students must maintain passing grades to be eligible to participate in school-sponsored or school-supported athletic, journalism or extracurricular activities. Any high school student who fails to maintain a grade of "D minus" or higher in each course in which the student is then enrolled shall be ineligible to participate in any extracurricular activities until the student achieves that minimum grade in each such course. **EXCEPTION:** the first time a student has a "failing" grade at the time of the grade check, the student will still be eligible for the following week. If, upon the next grade check, the student still has a failing grade, no matter the subject, the student will then be declared "ineligible". In other words, this one-week "grace" period will be enacted only once for each student for each season.

Example 1) For the first time that season, a student is receiving a failing grade in ANY class upon a grade check, that student is still eligible for the next week. If, upon the following grade check, the student's grade in ALL classes are now considered "passing", the student will continue to be eligible.

Example 2) A student is receiving a failing grade in ANY class upon a grade check, that student is still eligible for the next week. If, upon any subsequent grade check for the remainder of that current season, the student has another failing grade in ANY class, the student will then be declared ineligible.

2. You must have passed twenty-five (25)* credit hours of high school work the previous semester to be eligible for the ensuing semester.

* At Newton Community High School (25) credit hours means 5 classes (2.5 credits per semester).

3. Grade checks will be made weekly. Students/athletes will be notified by Friday of each week if they are ineligible for the following week. The grade used to determine eligibility will be the transfer grade in each class, i.e. the grade you would have in each class if you were to transfer to another school.

For purposes of this policy, “extracurricular activities” shall include all school- sponsored or school-related activities which take place outside the regular school day and which do not result in or affect a grade for student participation.

INSURANCE

Dear Parent:

For protection of students who participate in interscholastic or intramural athletics in the Jasper County School District No. 1, the school district recommends that the students have insurance coverage in case of injury.

As the school district does not accept any liability for such injuries, the parents are responsible for any medical costs which may occur.

As you know, your son/daughter is participating in extra-curricular activities at Newton Community High School. With this in mind, we want to call the following situations to your attention:

Inclement weather/bad roads: The general rule to keep in mind is that if school is dismissed early or closed due to the weather, there will not be any activities that evening. Activities such as practices and games will be canceled. There may be special circumstances involved (such as tournaments, etc.) which cannot be canceled. In that instance, only those participants whose parents feel it safe in their area should report for participation. The above holds true for any practices. Sometimes in the winter it is possible for school to be closed for an extended period of time due to ice, snow, etc. *On a day there is not school because of a snow day being declared, it is at parent’s discretion rather student/athletes participate in the practice. Student/Athletes will not be penalized for not attending the practice.* Missed practice or missed contests due to the weather are excused absences and are actually encouraged if the parents feel the student should remain at home due to the roads in their area.

In the cases when a parent wishes their son/daughter to ride with another participant’s parents, a note is to be sent to the principal or athletic director, along with a phone call from the parent requesting this arrangement. Participants will not be permitted to ride home with boyfriends, girlfriends or other students.

Please feel free to call with any questions or concerns you might have.

Andy Johnson
Superintendent

Beth Probst
Principal

Craig Carr
Athletic Director

Richland Memorial Hospital Sports Medicine

Concussion Guideline

If you suspect that an athlete has had a concussion take the following steps:

1. Remove athlete from play
2. Have athlete evaluated by an appropriate health care professional
3. Allow the athlete to return to play only with the permission of the appropriate health care professional.

Signs and Symptoms of a Concussion:

1. Athlete appears stunned or dazed
2. Athlete appears confused or answers questions slowly
3. Athlete presents with balance problems
4. Athlete experiences a loss of consciousness
5. Athlete experiences a change in personality
6. Athlete experiences memory loss

Symptoms the Athlete May Experience:

1. Severe headache
2. Nausea
3. Loss of balance
4. Feeling slow or sluggish
5. Trouble concentrating in school
6. Double vision or other problems with vision
7. Confusion
8. Loss or impaired hearing
9. Reoccurrence of symptoms with physical exertion

Symptoms That Should Evoke a Trip to the Emergency Room:

1. **Any symptom that gets progressively worse**
2. Extreme Nausea
3. Extreme dizziness
4. Vomiting

5. Confusion
6. Unresponsive Behavior
7. Failing Vision
8. Extreme light sensitivity

Check with the Athletic Trainer before leaving the facility.

Please monitor your child carefully as directed by your Athletic Trainer.

Concussion Management Protocol

1. The individual is removed from play due to a suspected concussion.
 - a. The individual can be removed by
 - i. A coach
 - ii. A physician
 - iii. A game official
 - iv. An athletic trainer
 - v. The individual's parent or guardian
 - vi. The individual
2. The individual must be evaluated by a licensed athletic trainer or physical (Section 11 lines 17-24)
 - a. The individual is allowed to seek treatment from any practitioner they wish, however, return to play decisions are made only by a licensed athletic trainer or physician (Section 11 lines 13-24)
 - b. The initial *clinical* evaluation will be scored on an Acute Concussion Evaluation form (ACE) or SCAT3 form.
 - i. *Sideline* evaluations will be scored using the ImPACT sideline evaluation tool.
3. After the initial clinical evaluation the individual will follow the prescribed treatment as set by the athletic trainer and/or physician.
 - a. The treatment must follow the return-to-return and return-to-play protocol set by the school's concussion oversight team (Section 12 lines 7-18).
4. Before the individual is released to any practice or sport activity a written release from the athletic trainer or physician must be produced. Return to play release statements from nurse practitioners and physician assistants will not satisfy the requirements. (Section 11 lines 13-24).
 - a. If the individual has been released for activity by a physician the individual must still produce documented proof that each requirement of the return-to-play protocol set by the concussion oversight teams has been completed (Section 11 lines 25-+26)

RETURN TO PLAY CONCUSSION PROTOCOL

Once you are symptom-free, you may progress the following day to the next step. Day 1 is the day following the 1st symptom free day! You will not be allowed to start this progression until your ImPACT neurocognitive test has returned to a normal level and you are no longer following the return to learn protocol.

Day 1 – No activity, complete rest.

Day 2 – Light aerobic exercise such as walking or stationary cycling. No resistance training.

Day 3 – Sport specific exercise – for example: non-contact conditioning exercises. Running and ball skills in soccer (NO HEADING). Football quarterbacks may resume sideline throwing. Running backs and other skill positions may resume footwork drills. Basketball athletes may begin shooting drills and defensive drills that are NON CONTACT. An important addition is low resistance weight training.

Day 4 – Resume non-contact training drills. Add additional sets and higher intensity resistance training.

Day 5 – Full contact PRACTICE after receiving **medical clearance**.

Day 6 – Game Play

If any post concussion symptoms develop at any stage, drop back to the previous level and try to progress again after 24 hours. No medications may be taken at any step of the progression. This is to prevent masking a more serious underlying condition! This protocol must be completed under the supervision of your athletic trainer.

Richland Memorial Hospital Sports Medicine Return to Learn Protocol

After a concussion has been diagnosed by a *physician or certified athletic trainer*, your school's athletic training and nursing staff will implement the following return to learn protocol in conjunction with the school's teachers and administration. Please contact your school's *athletic trainer* with any questions or concerns.

Step 1:

If the student-athlete wakes in the morning with concussion symptoms (headache, dizziness, nausea) keep the student athlete:

Home With Total Rest: No mental exertion, no computer, tv, texting, video games, or homework. No driving.

Once the student-athlete is symptom free upon waking increase to:

Home With Light Mental Activity: 30 minutes of mental exertion. No prolonged concentration. No driving. Stay at home.

Progress to Step 2 when the student-athlete is able to achieve up to 30 minutes of mental exertion without any worsening of symptoms.

Step 2:

School Part Time Maximum Accommodations: Half day of school, student must have a quiet place for scheduled mental rest (athletic training room), no standardized tests, modify academic activity, provide extra time and extra help for assignments.

Progress to Step 3 when the student is able to achieve 30-40 minutes of mental exertion without worsening of symptoms.

Step 3:

School Part Time Moderate Accommodations: Half day of school, no standardized testing, modified classroom testing (allow more time for tests). Moderate decrease of help, time, and modification of assignments.

Progress to Step 4 when the student is able to achieve 60 minutes of mental exertion without worsening of symptoms.

Step 4:

School Full Time Minimal Accommodations: Full school day. No standardized testing. Routine tests are ok. Continue to decrease time, help and modification of assignments.

Progress to Step 5 if the student's symptoms do not worsen during Step 4.

Step 5:

School Full Time No Restrictions: Full academic course load with no restrictions.

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed Student-athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2011

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
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