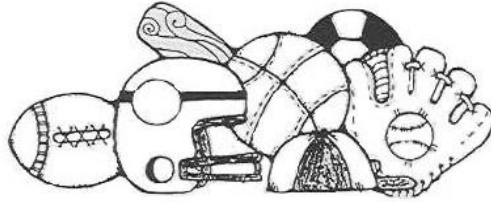


CHIMACUM SCHOOL DISTRICT GUIDE FOR STUDENT ATHLETES



We encourage all our student athletes to take full advantage of the athletic opportunities provided. Through this participation we hope students will be able to proudly represent their school and achieve personal athletic success while inspiring a high level of respect and creating a positive impact on their lives now and in the future.

Activities subject to the following policies and procedures include but are not limited to:

ASB/Class Office	Athletics	Band/Jazz Band***
Cheerleading	Cispus Counseling	Choir/Jazz Choir***
Class/Club Functions	Color Guard	Destination Imagination
Drama	FFA	FBLA
Interact Club	International Club	Knowledge Bowl
Lighthouse Club	Link Crew	National Honor Society
Olympic Odyssey Counseling	Outdoors Club	Royalty/Special Events
Science Club	Science Olympiad	Spanish Club
Spirit Club	Tack Shack	Tolo Club

Chimacum School District No. 49 complies with all federal and state rules and regulations and does not discriminate on the basis of race, color, national origin, sex, age, disability, disabled or Vietnam veteran status. Students or staff members who believe that they have been the subject of harassment and/or discriminatory behavior will report the incident immediately to the principal or department supervisor. Complaints regarding harassment/discriminatory behavior will be investigated immediately. Inquiries or complaints may be directed to following **732-4090**:

Title IX Officer, Mike Raymond, Ext 237
Title VII Officer, Mike Blair, Ext 222

Section 504 Coordinator, LaVonne Grimes, Ext 254
Athletic Director (HS), Dave Porter, Ext 353
Athletic Director (MS) Frank Delgado Ext 351

INDEX

ATHLETES REPRESENT CHIMACUM SCHOOL DISTRICT

Athletic Code	Pg 3
Party Policy	Pg 3
Pranks Against Other Schools	Pg 3
Sportsmanship.....	Pg3-4

REGISTRATION REQUIREMENTS FOR AHTLETICS

Athletic Form Requirements.....	Pg 4
---------------------------------	------

ELIGIBILITY AND DISQUALIFICATION

Academic Standards Policy	Pg 5
Alcohol, Tobacco and Drugs	Pg 6
Attendance	Pg 7
Discipline	Pg 7
Residence Rule.....	Pg 7
Transfer Rule	Pg 8-9
WIAA Rules and Regulations.....	Pg 9-10

MISCELLANEOUS INFORMATION

Athletic Equipment	Pg 10
Athletic Awards	Pg 10
Facilities Use and Supervision.....	Pg 10
Harassment/Discriminatory Behavior.....	Pg 10
Summer Sports Camps.....	Pg 10
Travel Regulations	Pg 10-11

HEALTH AND SAFETY

Insurance	Pg 11
Concussion Information.....	Pg 11-13

COMMUNICATION BETWEEN PARENTS AND COACHES

Communication between Coaches , Athletes and Parents	Pg 13-14
Responsibilities of Coaches, Athletes and Parents	Pg 15

ATHLETES REPRESENT CHIMACUM SCHOOL DISTRICT

All athletes represent the Chimacum School District (hereafter referred to as the District) at all times as a member of an activity or athletic team. Participants are required to conform to the rules and regulations of their school, the League and the Washington Interscholastic Activities Association (hereafter referred to as the WIAA), and to conduct themselves in a safe and sportsmanlike manner. Violators are subject to probation, suspension or expulsion.

Any disciplinary action taken as a result of a violation of the activities code may, at the discretion of the Athletic Director and School Administration, be in addition to disciplinary action as outlined in the school's student handbook, state law, school board policies, and/or team rules.

ATHLETIC CODE

The district's Interscholastic Activities Program is governed by district policy and the WIAA rules. The eligibility standards for participation in interscholastic activities established by WIAA rules place athletes and participants of other interscholastic activities in a position of representing their student body as student leaders.

PRANKS AGAINST OTHER SCHOOLS

Athletes may not travel to rival schools' campuses (unless they have been invited for a school sanctioned event) with the intention of committing a mischievous act. They may not enter into any buildings/private offices, remove any piece of school property or interfere with members of other schools' student body/faculty for the purposes of a prank. Specifically, athletes may not travel to rival schools to steal the school mascot before an athletic event.

If any student athlete does not abide by these rules, he or she will be dismissed from the team for the remainder of the season, the team will suffer a penalty and any further consequence will be decided at the administrative level.

SPORTSMANSHIP

All athletes will recognize that both as a team and as individuals, they have the responsibility to display the highest degree of good sportsmanship. In representing your school, you are expected to be aware of your influence on the behavior of others and model good sportsmanship. Cheering for your team and not against the other team or the officials is behavior expected from fans and students. Racial slurs, signs, fighting, and/or any other disparaging behavior of any type shall result in the following actions:

1. Conduct resulting in ejection or disqualification from an interscholastic contest administered by game officials, coaches or school administrators shall minimally result in the following:

First Violation: The first violation of the season shall result in the ejected person (student, coach, other school representative) being ineligible until after the next school contest in that sport at the same level of competition from which the person was ejected. Any appeal of the penalty shall be as outlined by the Activity Board and/or WIAA and in accordance with any rules and procedures of this athletic code.

Second Violation: The second violation in the same sport and season shall minimally result in ineligibility for the remainder of the season of that sport. A violation at the end of a sports season carries over to the next season in which the athlete participates.

Third Violation: A third violation, regardless of the sport season, shall minimally result in the athlete's suspension from all sports for the remainder of the school year. In no instance shall participation in a school and/or community approved assistance program excuse an athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity and/or compliance with the athletic code by the athlete may allow him/her to have eligibility reinstated in the athletic program, pending determination by the school's activity board.

2. We expect the highest degree of good sportsmanship from all participants, including fans and parents. Any fan or parent who abuses the ideals of good sportsmanship as outlined in WIAA/District policies and procedures may be asked to leave the athletic event, with future attendance subject to review and/or guidelines set forth by the school administration.

REGISTRATION REQUIREMENTS FOR ATHLETICS

An athlete and his/her parent/guardian(s) must complete all required athletic registration forms prior to participation. **A participant/parent/guardian who provides false information or falsified signatures may be declared ineligible from athletic participation for a period of one year.**

Athletic Registration Forms Include

1. Athletic Contract and Eligibility Form
2. Medical Emergency Authorization Form
3. A Current Physical
 - A physical exam is good for a twenty-four (24) month period and must be signed by a physician.
 - If an athlete's physical expires during the course of the season they plan to participate in they must obtain a new physical before the first practice of the season.
 - All incoming 9th graders must have an updated physical.
4. Sport Specific Safety Form
5. Participation Fee Contract
6. Concussion Information Sheet
7. Athletic Pledge

In Addition To The Above Forms The Following Are Also Required

1. Student must have paid all fines previously incurred.
2. Any student participating in an Associated Student Body Activity supported by ASB funds must purchase an ASB card.
3. Student has paid the user fee:
 - \$ 50 per sport for High School
 - \$ 25 per sport for Middle School

Students who qualify for free or reduced lunches are eligible for reduced athletic user fees.

- \$ 25 per sport for High School

ELIGIBILITY AND DISQUALIFICATION

ACADEMIC STANDARDS POLICY

All students participating in extracurricular activities must be enrolled in at least five classes in both the current and previous grading periods. Any student not passing five classes the previous grading period or not enrolled in five classes the present grading period will automatically be removed from the activity. In addition a minimum of a 2.0 grade point average from the previous grading period is required.

The “Running Start” student shall maintain passing grades during the previous and current high school semesters in the equivalent of four full-time high school classes. For the purposes of this rule, one five credit class in a college quarter shall be equal to three high school credits and one three credit class in a college semester shall also be equal to one and 8/10 (1.8) high school credits.

The PI and FOCUS student must have gained at least five credits the previous grading period. They must also be making adequate progress during the current grading period, as deemed by the administration.

The “home based instruction” student must provide acceptable documentation of any interscholastic eligibility standards required of all other student participants.

Process For Violation of Academic Standards Policy

Any student whose grades do not meet the academic standards will be placed on academic probation for the remainder of the grading period. This means that grades will be monitored every three weeks. The student will be able to practice but not participate in contests or any other school activities and events. The student and coach/advisor will determine if the student should practice or go home and study.

After three weeks, if the student’s grades meet the academic standards, he/she can continue in school activities, however, grades will continue to be monitored for the remainder of the grading period.

Students who qualify for the state special education program may be eligible and participate as long as he/she makes satisfactory progress and effort consistent with his/her ability toward the goals described in the Individualized Education Program (IEP). The Special Education staff will work closely with the administration and athletic director in determining if the student is progressing satisfactorily.

Activity Board

The Activity Board will consist of the Athletic Director, a school staff member, a parent, an ASB officer, and a school administrator (or designee). Other parties present may include other students, parents, and one or more teachers.

Appeals

All appeals must be filed in writing within five school days of ineligibility determination. All information used in determining the ineligibility will be released to the Activity Board who has the authority to modify ineligibility based on individual circumstances, as long as it does not go against WIAA or District policy. All appropriate parties, parent(s), student and teacher(s), can present their case to the Activity Board who will decide eligibility.

Before a student can come in front of the Activity Board, he/she must obtain a transcript and attendance record from the office and write one paragraph on why he/she should be granted eligibility. This must be completed and given to the athletic director 24 hours before the hearing.

The Activity Board’s decision is final.

ALCOHOL, TOBACCO, AND DRUGS

As a school we believe that no student should be involved in pursuits such as tobacco, alcohol legend drugs, controlled substances and paraphernalia and we have policies in place that deal with substance use during school and at school sponsored events. Team membership requires an additional commitment and we expect our athletes to refrain from the use of any of these substances in or out of school and in or out of season.

The following is from section 18.26.0 of the Washington Interscholastic Activities Association Handbook. A violation of RCW 69.41.020-69.41.050 shall be considered a violation of the eligibility code and standards, and shall subject the student to disciplinary actions. Legend drugs are defined as those drugs that are legal ONLY through prescription. Controlled substances and controlled substance analogs are defined in RCW 69.50.101. Any student who is found to be in the presence of anyone using drugs as listed above on any school-sponsored trip will be treated as having also used drugs. The following penalties will be administered:

First Violation: If at any time during his/her high school career a student commits a first offense, he/she will immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined below.

RCW 69.41.010 identified substances or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with extracurricular eligibility procedures by the student may allow him/her to have eligibility reinstated in the extracurricular activities program.

Buy Back

Students may buy back 10 days each for the following:

- Self Report
- 10 hours community service, approved by administration
- The violator will consent to an appropriate free drug/alcohol assessment by the Chimacum High School drug/alcohol counselor, consent to a UA at student's expense, and follow the recommendations made by the assessor.

Second Violation: A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

Buy Back

Students may buy back 10 days each for the following:

- Self Report
- 10 hours community service, approved by administration
- The violator will consent to an appropriate free drug/alcohol assessment by the Chimacum High School drug/alcohol counselor, consent to a UA at student's expense, and follow the recommendations made by the assessor.

Third Violation: A participant who violates for a third time RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

ATTENDANCE

Any student participating in school-sponsored events must attend all classes and class activities in order to participate that day. Exceptions to this requirement must be approved in advance by the school administration in accordance with the guidelines below.

- You may miss class and still participate **only if** your absence is excused by a parent that confirms you were at a doctor, dental or legal appointment, funeral or a personal emergency, or for a school field or activity trip. A note from the physician may also be required if applicable.
- A student may be excused for family matters such as death, severe illness, or some other emergency. The final decision resides with the school administration.
- You will not be allowed to participate in practice, game or performance if you:
 - Are truant from class.
 - Are absent from any period of the day.
 - Are tardy more than ten (10) minutes from any class.
 - Leave class without your teacher's permission.
 - Sleep in and come to school late.
 - Go home because you are sick.
 - Stay home because you are ill and come to school later because you are feeling better.
- Coaches/advisors will receive a list of students who cannot participate.

DISCIPLINE

If a consequence of any disciplinary action has been imposed resulting from the violation of SBP 3200: Student Rights and Responsibilities, the student shall not be permitted to participate until the consequence is completed.

PARTY POLICY

Athletes who attend a gathering where drugs and/or alcohol are being used illegally, must upon learning of the presence and/or use of such substances, make immediate and exhaustive attempts to leave the premises. The athlete must conference with parents and athletic director to determine punishment.

RESIDENCE RULE

The place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return.

Family Unit - The adult(s) who has/have had legal custody or legal guardianship of the student for a period of at least one (1) year and with whom the student resides.

- In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student of that school must be residing within the boundaries of that school district and designated attendance area of the school.
- Unless otherwise provided, a student shall be eligible while attending a school in the school district in which that student resides with the family unit, and provided that the student has been continuously attending that member school, or a feeder school of that member school, for a period of one (1) year.
- A student who cannot meet the Residence Rule requirements would be eligible for all interscholastic competition below the varsity level, subject to 18.25.3.
- Residence Area for private schools shall be a fifty (50) mile radius from the school address.

TRANSFER RULE

After registering with and/or attending a middle level or high school, students changing enrollment to/from one school district to another school district or from one high school to another high school within a multiple high school district shall be considered transferring students. In order to be eligible for varsity competition, transferring students must meet the normal residence requirements or the transferring student requirements of 18.11.1, 18.11.2, 18.11.3, or be granted a waiver under 18.13.0 and 18.25.0. This section shall also apply to those students receiving home based instruction.

A student who is ineligible in a member school may not become immediately eligible at another member school without completing the conditions of ineligibility.

The following students who are attending a member school shall be deemed to meet the residence rule requirement and transferring student rule requirements:

- A. A student whose transfer is based on a bona fide and immediate change of residence to a new school (district) due to an actual physical relocation of and with the entire family unit to a different residence and preceded by termination of all occupancy of their previous residence.
- B. A student attending a school outside of his/her residence district for one (1) calendar year or more is eligible thereafter in a school of that school district provided the enrollment/attendance is continuous.
- C. A student whose parent(s) or legal guardian(s) reside at different abodes as the result of a divorce or court approved legal separation is allowed one (1) transfer between parents or guardians after entering the ninth grade without being restricted to sub-varsity competition for one (1) year.
- D. A student who is under commitment to the Department of Social and Health Services, a student who is on juvenile parole status and a student who has been adjudicated as a ward of a juvenile court where residence is the result of assignment by the government entity charged with his/her care.
- E. A student whose release has been ordered by the Superintendent of Public Instruction on the basis of a special hardship or detrimental condition.
- F. A student who has a residence change following the death or disability of the family unit, including military deployment, in order to reside with a relative.
- G. A seventh and/or eighth grade student who transfers to a school without a corresponding change of residence by his or her family unit and who meets all other conditions of eligibility shall be eligible at the new middle school when properly enrolled. High school eligibility is subject to the transfer rule and one (1) year of continuous enrollment.
- H. A student, except F-1 Visa students to a private school, upon enrollment to the initial first level of a private school within a 50-mile radius of the family residence from his/her public school of residence or his/her public school of residence from a private school within a 50-mile radius of the family residence.

If either the public or the private school declares its ninth graders as junior high athletes, the window of transfer is between the ninth and tenth grade years; if the school declares its ninth graders as high school athletes, the window of transfer is between the eighth and ninth grade years.

A student attending a member school for one (1) calendar year or more is eligible in the same school during subsequent attendance, so long as the enrollment/attendance is continuous.

A student whose transfer is the result of participation in a one-year cultural or educational exchange experience with another country. Form 6 of the WIAA eligibility packet must be submitted to the WIAA District Eligibility Chairperson.

- A. A student leaving this country for a one-year cultural/educational experience shall file a letter with his/her district eligibility committee prior to departure and will be eligible at his/her school of origin upon his/her return, provided all other rules of eligibility have been met.
- B. A student coming to this country for a one-year cultural/educational experience is eligible at the varsity level for one (1) year only in the school in which he/she has been placed, provided all other rules of eligibility have been met and the student has not graduated from the high school equivalent in his/her home country. F-1 Visa students remaining for more than one (1) year will be considered transfer students. Graduated students can not compete interscholastically at any level (i.e., varsity or sub-varsity).
- C. In no case will eligibility be extended beyond the four (4) consecutive years provided for in 18.14. There shall be no evidence that a significant reason for the transfer was to participate in athletics. Students must meet all other WIAA rules of eligibility.

Purpose of Transfer Rule

- Promotes individual athletes participating in a variety of activities at their home school.
- Promotes equity, balance, and parity between competing schools.
- Preventative in nature, designed to eliminate the incentive to transfer.
- Protects students who have previously participated from being replaced by a student living in another high school boundary area.
- Protects students from recruiting.
- Reduces parent or student “shopping” for schools with the “best” athletic program.
- Discourages the excesses and abuses of over promotion.
- Allows schools to equitably develop traditions of success and positive school and community pride.

WIAA RULES AND REGULATIONS

- Age Limits (High School) 18.4.0: Students must be under 20 years of age on: September 1 for Fall Sports; December 1 for Winter Sports; March 1 for Spring Sports
- Age Limits (Middle School): Students shall not have reached their 15th birthday prior to June 1 of the previous school year.
- Residence Rule 18.10.0: Students must reside within the boundaries of the District with either one or both parents or with a legal guardian. There are exceptions to this rule, and any questionable situation must be brought to the attention of the Athletic Director.
- Physical Examination 17.11.0 : Prior to the first practice in interscholastic athletics in a middle level school, and prior to the first practice in a high school, a student shall undergo a thorough medical examination and be approved for middle level and/or high school interscholastic athletic competition by a medical authority licensed to perform a physical examination. A student wishing to participate at the high school level for the first time is required to have a new physical regardless of when that student had their last physical. Written evidence of having passed the physical examination must be on file in the Athletic Director’s office before the student will be permitted to turn out for the first practice. It is emphasized that this exam is only valid for 24 months and it must be updated at the end of this period, even though it might occur in the middle of a sport season. To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present, to his/her coach, a “Return to Play” form signed by a physician.

Listed below are several of the WIAA eligibility rules, which are commonly troublesome ones for some students. (WIAA Handbook: <http://www.wiaa.com>)

- Students must be members of their school (18.5.0)
- Students must meet special requirements if they have transferred between schools (18.11.0)

- Students must meet the season limitation standard (18.14.0)
- Students must get special permission if they are a foreign exchange Student (18.11.4)
- Students must meet amateur standings (18.23.0), criteria, etc

MISCELLANEOUS INFORMATION

ATHLETIC EQUIPMENT

- All athletes are responsible for school equipment issued to them.
- Lost or damaged equipment will be the athlete's financial obligation.
- Fines will be issued at the current replacement cost for any lost or damaged equipment.
- Fines must be paid or equipment turned in before participation in the next sport season.
- Students participating in school sports and activities must have their own equipment approved by the coach and must meet the WIAA and National Federation standards set for equipment.

ATHLETIC AWARDS

Athletic awards are symbolic of athletic accomplishment, good conduct, and observance of high athletic ideals.

- To be eligible for an athletic award, an athlete must successfully complete the sports season.
- The athlete must be recommended by his/her coach or advisor.
- The athlete must meet the criteria for lettering set forth by the coach or advisor.

FACILITIES USE AND SUPERVISION

Athletes and students are not allowed to use secured OR unsecured district facilities without the direct supervision of district staff, coaches or adult advisors.

HARASSMENT/DISCRIMINATORY BEHAVIOR

Coaches are responsible to view the [Preventing Sexual Misconduct in Athletes](#) video with their team at the beginning of the season. This DVD is linked to the district's website under **Inappropriate Conduct** to allow easy access for viewing. Students who believe they have been the subject of harassment and/or discriminatory behavior must report the incident immediately to the principal, athletic director or superintendent.

SUMMER SPORTS CAMPS

- A school athlete's participations in a commercial summer camp, school sponsored summer camp, summer clinic, or other similar program in any sport shall not begin until the conclusion of the final WIAA State tournament of the school year.
- Participants in a school sponsored sport may not have any contact with a school coach or participate in any practice, clinic or camp after July 31st.

TRAVEL REGULATIONS

The following rules will be enforced whenever travel is involved to other schools for athletic or activity events.

- All athletes must travel to and from activities or athletic events in transportation provided or arranged by the school district.
- Athletes and students will remain with their team and under the supervision of their coach or advisor when attending away events.

- Athletes and students will follow all school and district rules when attending away events and riding district transportation.
- Athletes and students will represent their school and District in a prideful and appropriate way showing good sportsmanship at away events.
- Students may only be released to their legal guardian(s) after a road event. Guardian must sign out with the driver. Students will not be released to anyone else, even if the legal guardian signs a note or talks to the coach.

HEALTH AND SAFETY

We will always transport via ambulance for the following conditions: pulmonary arrest (not breathing), cardiac arrest (no heartbeat), dyspnea (severe difficulty breathing), heat stroke, suspected neck or back injury, major uncontrollable bleeding, significant head injury, prolonged unconsciousness (2 minutes or longer), open fractures (bones appearing through broken skin), major joint dislocations.

We will also transport via ambulance if the parents of the injured athlete are not present or cannot be reached and it is felt that the athlete needs immediate medical attention. If for any reason an injury occurs which requires medical attention, every effort will be made to notify the parents if they are not present. The parent/guardian of the student will be responsible for ambulance costs.

If for any reason your child has to be seen for medical reasons (injury, illness, or other) by a physician, chiropractor, physical therapist, or any other medical staff, he/she must have the health care provider complete a Return to Play Form in order for the athlete to return to practice/game.

All injuries received during an athletic activity should be reported to the coach on the day it occurred. If your child comes home with an injury: ask if the coach(es) were notified and when appropriate, and try to ice the injured part 20 minutes every hour until bedtime (20 minutes on, 40 minutes off).

When injuries are iced for the first 24-72 hours, the swelling to the injured area(s) is kept to a minimum and the injured area tends to heal quicker. When icing, it is best to put the ice in a plastic bag and then directly on the skin.

INSURANCE

It is required that athletes be covered by medical and dental insurance while participating in school sponsored activities.

Parents/guardians must:

1. provide proof of medical insurance, or
2. purchase insurance for athletics available through the school.

CONCUSSION INFORMATION

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:

- | | |
|------------------------------------|--|
| • Headaches | • Amnesia |
| • “Pressure in head” | • “Don’t feel right” |
| • Nausea or vomiting | • Fatigue or low energy |
| • Neck pain | • Sadness |
| • Balance problems or dizziness | • Nervousness or anxiety |
| • Blurred, double, or fuzzy vision | • Irritability |
| • Sensitivity to light or noise | • More emotional |
| • Feeling sluggish or slowed down | • Confusion |
| • Feeling foggy or groggy | • Concentration or memory problems (forgetting game plays) |
| • Drowsiness | • Repeating the same question/comment |
| • Change in sleep patterns | |

Signs observed by teammates, parents and coaches include:

- | | |
|---|---|
| • Appears dazed | • Slurred speech |
| • Vacant facial expression | • Shows behavior or personality changes |
| • Confused about assignment | • Can’t recall events prior to hit |
| • Forgets plays | • Can’t recall events after hit |
| • Is unsure of game, score, or opponent | • Seizures or convulsions |
| • Moves clumsily or displays incoordination | • Any change in typical behavior or personality |
| • Answers questions slowly | • Loses consciousness |

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 an adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for 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. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

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

For most current information on concussion go to: <http://www.cdc.gov/ConcussionInYouthSports/>

COMMUNICATION BETWEEN PARENTS AND COACHES

We are very pleased that your student has chosen to participate in the athletic program and we will do all we can to provide a positive experience. Possibly the most important ingredient to achieve this outcome is to ensure that lines of communication are developed to allow for free and easy resolution of questions before they become issues. As a parent, you have a right to know what expectations are placed on your athlete.

Communication You Should Expect From You Athlete's Coach

- Philosophy of the coach.
- Guidelines for selecting the team.
- Expectations for your athlete.
- Locations and times of all practices and contests.
- Team requirements: equipment, off-season training, team rules, etc.
- Procedure to follow should your athlete become injured during participation.
- Requirements to earn a letter.
- How to best contact the coach.
- Communication concerning your athlete’s role on the team and how he/she fits into the future of the program.

Communication Coaches Expect From Parents

- Concerns expressed directly to the coach through an appropriately scheduled conference.
- Notification of any schedule conflicts well in advance.
- Specific concerns with regard to a coach’s philosophy and/or expectations.
- Notification of **any** injury or illness.

As your athlete becomes involved in the various programs in the District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your athlete wishes. At these times, discussion with the coach may be the quickest and most effective way to clear up the issue and avoid any misunderstanding.

Appropriate Concerns To Discuss With Coaches

- The treatment of your athlete, psychologically and physically.
- Ways to help your athlete improve.
- Concerns about your athlete's behavior.

At times it may be difficult to accept the fact that your athlete is not playing as much as you or the athlete would like. Coaches are professionals who make judgment decisions based on what they believe to be the best for the team and all involved. As you have seen from the list above, certain things can be and

should be discussed with your athlete's coach. We ask that other things, such as those listed below, be left to the discretion of the coach.

Coach's Decisions

- Playing time
- Team strategy
- Play calling
- Matters concerning other student/athletes

Procedure to Voice Concerns

There are situations that may require a conference between the coach, the athlete, and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other person's role and position. When these conferences are necessary, the following procedure should be followed to help promote a resolution.

- Your athlete should first talk with the coach about their concerns.
- If, after the athlete meets with the coach, the matter is still unresolved, parents may call to set-up an appointment with the coach.
- If the coach cannot be reached after a reasonable time, call the Athletic Director at your athlete's school. The Athletic Director will arrange an appointment for you to meet with the coach.
- Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings at these times usually do not work well for the coach, the parent or the player.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Athletic Director to discuss the situation.
- At this meeting the appropriate next step can be determined.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your athlete's experience on one of the District's sports teams.

Please make contact as follows:

1. Assistant Coach (if applicable)
2. Head Coach
3. Athletic Director
4. Building Administrator
5. Superintendent

Student Privacy: All student information must be kept confidential per federal law. Disclosing any information about a student including academic, medical and personal information is a violation of the Family Educational Rights and Privacy Act of 1974 (FERPA).

NO Firearms and Dangerous Weapons: It is a violation of district policy (4210) and state law for any person to carry a firearm or dangerous weapon on school premises, school provided transportation or areas of other facilities being used exclusively for school activities.

NO Tobacco/Drugs/Alcohol: Use of tobacco products, drugs and alcohol by staff, students, visitors and community members shall be prohibited on school district property which includes all district buildings, grounds and district-owned vehicles.

RESPONSIBILITIES OF COACHES, ATHLETES, PARENTS

- A successful experience is the goal of all participants within an athletic program. It is the responsibility of many groups of people that will make this goal possible. The individual responsibilities are listed in the chart below. The District is committed to providing a successful experience for all participants; the following responsibilities will make these successful experiences a reality.
- Participation in athletics is a privilege. Participation is voluntary but requires that all student athletes meet certain expectations. Those expectations include meeting all academic, conduct and citizenship requirements explained in this pamphlet, with a focus on displaying an attitude of good sportsmanship.

	STUDENT-ATHLETE	COACHES	PARENT-GUARDIANS
H O M E	<ul style="list-style-type: none"> • Get adequate rest • Eat a nutritious diet • Follow all training rules • Complete all homework • Maintain conditioning during off-season 	<ul style="list-style-type: none"> • Set team goals • Organize and use good time management • Keep current all program rules 	<ul style="list-style-type: none"> • Provide a nutritious diet • Allow homework time • Encourage and support • Recognize the positive experience of participating, whether the student is a starter or reserve
S C H O O L	<ul style="list-style-type: none"> • Practice good citizenship • Maintain high academic standards. • Promote team accomplishments and those of teammates • Take pride in dress and appearance • Set academic goals 	<ul style="list-style-type: none"> • May have a preseason parent meeting • Communicate openly with parents • Be a positive role model • Push to increase your program participation • Participate in workshops and clinics 	<ul style="list-style-type: none"> • Follow established procedures when communicating with school or coach • Be an active volunteer/ join a support organization • Support all academic efforts
P R A C T I C E	<ul style="list-style-type: none"> • Meet all eligibility requirements • Be there, make the time commitment • Set goals and work to improve. • Be prepared to practice, play, listen, and take directions • Push self and other to reach full potential. • Support team goals • Be a positive team member • Follow all practice guidelines • Know when to focus and when to have fun • Accept accountability for results 	<ul style="list-style-type: none"> • Display a positive attitude • Organize and plan practices • Have informal meetings with parents • Supervise athletes at all times • Enforce rules about attendance for school and practice • Model good work ethics through leadership, punctuality, and team goals • Teach Skills • Explore avenues to help take athletes to the next level • Promote “team” building • Discipline in an appropriate and consistent manner • Recognize contributions by all • Make decisions based on what is best for the athlete 	<ul style="list-style-type: none"> • Have transportation when needed in a punctual manner • Volunteer • Accept team discipline, support team rules • Work cooperatively with coach to encourage work ethics
G A M E S	<ul style="list-style-type: none"> • Be a good representative of CSD • Play hard and play to win • Play fairly and safely • Accept your role within the team • Demonstrate good sportsmanship towards opponents/team mates • Be positive on the court and on the bench • Accept game results graciously • Respect decisions made by coaches and officials • Keep winning and losing in perspective. 	<ul style="list-style-type: none"> • Have good control of team activities • Display good sportsmanship. • Respect the decision of Officials • Allow players to perform their best without fear of failure • Coach in a positive manner • Accept accountability for results • Teach winning as an objective, but not the only measure of individual and team success 	<ul style="list-style-type: none"> • Model good sportsmanship • Respect the decision made by officials and coaches • Recognize outstanding performances by all competitors • Keep winning and losing in perspective • Support all athletics • Respect coaching decisions involving playing time • Don’t coach from the stands • Value the contributions of all players