

Pilot Rock Jr./Sr. High School



Respectful
Otstanding
Character
Kind
Energetic
Trustworthy
Sportsmanship

2019-2020
Athletic Handbook

Preface

The material covered within this athletic handbook is intended as a method of communicating to students and parents regarding general district information, rules, and procedures, and is not intended to either enlarge or diminish any Board policy, administrative regulation, or collective bargaining agreement. Material contained herein may therefore be superseded by such Board policy, administrative regulation, or collective bargaining agreement.

Any information contained in this student handbook is subject to unilateral revision or elimination from time to time without notice.

Pilot Rock School District does not discriminate on the basis of race, religion, color national origin, disability, marital status, sex, sexual orientation or age in providing reeducation or access to benefits of education services, activities and programs in accordance with Title VI, Title VII, Title IX and other civil rights or discrimination issues; the Americans with Disabilities Act; Health Insurance Portability and Accountability Act (HIPPA); Section 504 of the Rehabilitation Act of 1973 as amended; the Americans with Disabilities Act; and the Americans with Disabilities Act Amendments Act of 2008.

The following have been designated to coordinate compliance with these legal requirements and may be contacted at the district office for additional information and/or compliance issues:

Steve Staniak, Superintendent
PO Box BB
Pilot Rock, OR 97868
(541) 443-8291

Annie Tester, Principal
PO Box BB
Pilot Rock, OR 97868
(541) 443-2671

TJ Presley, Athletic Director
PO Box BB
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Pilot Rock Athletic Mission Statement

The mission of the Pilot Rock athletic program is to provide a rigorous athletic program which compliments and supports a challenging academic program by teaching students to persevere, to work well with others, and to test themselves while embracing the five core values of respect, integrity, responsibility, servant leadership, and sportsmanship.

Beliefs

- We believe students are our highest priority.
- We believe the dignity, worth, and self-esteem of participants should be paramount in all athletic activities.
- We believe the most important result of competition is the development of life-long values and skills.
- We believe the athletic program is an integral part of the high school experience.
- We believe high school athletics should be fun and rewarding.
- We believe athletic programs are most beneficial when they are competitive.
- We believe winning is an attitude resulting from optimum preparation, concentrated effort, and a deep commitment to excel.
- We believe well-designed athletic programs promote community and school pride.
- We believe open communication and mutual respect among coaches, parents, and athletes provide the foundation of a successful athletic program.
- We believe morale, satisfaction, and performance are enhanced when athletes work together as a team.
- We believe well-qualified coaches and program administrators are important components in a successful athletic program.
- We believe positive parent support and involvement enhance student growth and program quality.

The Role of Sports

The role of Middle School Sports (Grades 6-8)

The Athletic Director and Principal reserves the right to determine whether or not the 6th graders will be allowed to participate based on participation numbers.

- Develop basic skills and learn the rules of the sport.
- Learn to set goals and strive to achieve them.
- Determine if the student would like to continue in the sport.
- Provide reasonable playing time to all participants, at the coach's discretion.

The role of High School Junior Varsity and "C-team" Sports

- Further develop skills of the athlete.
- Increase the intensity of the competition.
- Learn to set goals and strive to achieve them.
- Prepare for the Varsity Level.
- Place more emphasis on winning, but not to the extent of the Varsity Level.

The role of High School Varsity Sports

- Develop skills and physical conditioning of the athlete to his/her fullest potential.
- Allow athletes the chance to excel.
- Learn to set goals and strive to achieve them.
- Be a role model for younger athletes.
- Realize that the main focus of the varsity programs is to be successful.
- The number of athletes allowed on each team will be the maximum number designated for state competition by the OSAA for reimbursement purposes.
- The coach shall determine which players will be retained on the squad. Throughout the season, he/she shall make the decision of squad reduction based on the performance skills of players and that impact on succeeding squads to represent Pilot Rock High School.
- Coaches will counsel players making them aware that players may be cut from the team.
- As a general rule, senior athletes should not play junior varsity sports. Seniors will only play junior varsity sports to sustain programs with inadequate player turnout.
- Coaches have the right to establish and administer their own rules in addition to and in support of this athletic handbook with the approval from Principal and/or Athletic Director.

Eligibility Requirements

Academics

Grade Checks

- Each student-athlete's grades will be checked weekly by the Athletic Director.
- If a student has an 'F' he/she will have a one week grace period to obtain a passing grade in that class before becoming ineligible.
- The Athletic Director will provide a grade check to the coach and/or the player on the third day of the school week (depending on the school week).
- Students who are taking classes online will be tracked weekly for adequate progress by the Principal. If a student does not complete work weekly, it will be considered an 'F' on the grade check.
- The coach will notify the player of any grade eligibility issue.
- A player with a 'D' or 'F' will be **required** to attend at least one study hall or tutoring that week if available. A signed grade check or note from the tutoring center or study hall must be returned to the Athletic Director or coach after the mandatory attendance.

A student-athlete who has fallen below a 2.0 GPA at the end of a semester has the opportunity to meet with the Academic Council comprised of the student's teachers.

- Appeals can be made to the Eligibility Council via request to the Athletic Director or Principal.

Participation Forms - APPENDIX A

The following forms need to be completed annually

- Parent permission sheet which includes verification of insurance and authorization to test for drugs.
- Fees or waivers received in office before the first competition of each season.
- Current physical form.
- New students to Pilot Rock School District must have academic paperwork in the office.

Appeal to Eligibility Council

- The Eligibility Council will be comprised of the Principal, Athletic Director, coach of the sport, one teacher, and a school board member.
- A student-athlete may be suspended from participation by action of the Eligibility Council.
- Students who have violated the student conduct and discipline code in such a manner as to lead to their suspension or expulsion will be notified of all charges and the right to an appeal.
- Appeals to the Eligibility Council by the student-athlete and parent will be arranged through the Principal. In situations where the student waives his/her right to a hearing before the Eligibility Council or where the Council rules after the completion of the

hearing that the student is guilty of the violation, the student shall be ineligible as determined by the Athletic Handbook.

- If the decision of the Eligibility Council is not satisfactory to the student-athlete, please follow the district personnel complaint procedures as outlined in the Student/Parent Handbook.

Parent Procedure for Addressing Coaching Concerns

- Do not confront the coach before, during, or after a contest.
- After 24 hours, contact the coach involved to make an appointment.
- If the concern is not resolved with the coach, contact the Athletic Director.
- If the concern is not resolved with the Athletic Director, then follow the district personnel complaint procedures as outlined in the Student/Parent Handbook.

Pay to Participate

- Student-athletes are required to pay \$50 per sport, not to exceed \$200 maximum per family per school year.
- These fees are non-refundable unless there are mitigating circumstances in which an individual case could be reviewed with the Athletic Director and the administration to determine if a refund is authorized.
- Pay to participate fees must be paid prior to the first contest.
- Waivers are available upon request.
- No student-athlete will be denied the opportunity to participate because of a financial hardship.

General Rules and Standard of Conduct

Students shall comply with Pilot Rock School District Policies, pursue the prescribed course of study, submit to the lawful authority of teachers and school officials, and conduct themselves in an orderly fashion. The rules of the Pilot Rock High School Student Handbook and the Athletic Handbook are to be adhered to by all student-athletes. Failure to uphold the responsibilities may lead to suspension from activity.

Participation in the Pilot Rock High School athletic programs is a privilege and a responsibility. Students who participate in the PRHS programs understand the privilege and agree to uphold the responsibilities below:

- The responsibility to their self to maintain high standards of health and safety in order to perform at the maximum level of their potential.
- The responsibility to their fellow group/team members to give their best effort at all times.
- The responsibility to their coaches, advisors and directors to strive for success in every effort they undertake.
- The responsibility to their school and community, whom they represent, to maintain the highest standards of conduct.
- The responsibility to the youth of the community, who look up to them, to be role models of citizenship and behavior.

Dress Code

Teams who travel in uniform are exempt from dress code rule.

Away Contests: One Rocket polo provided to each student-athlete, khaki slacks, and closed-toe shoes. If a student-athlete loses the polo, he/she will be required to buy another before traveling with the team. At the discretion of the coach, team members may wear Pilot Rock Rocket sweatshirts or letterman's jacket over the top of the required travel attire. Team members may wear Pilot Rock Rocket hats only.

Home Contests: Team shirts, neat jeans (no holes), closed-toe shoes. At the discretion of the coach, team members may wear Pilot Rock Rocket sweatshirts or letterman's jacket over the top of the required team attire. Team members may wear Pilot Rock Rocket hats only.

Under certain circumstances, the above rules will be overridden by the Principal (e.g., Cancer Awareness).

Transportation

- Students will ride the bus to and from all contests unless released to their parents or another adult pre-approved by the Principal.
- Written consent must be given to the coach and/or advisor by the parent/guardian before they are released.

- Student vehicles may not be used to transport athletes to or from contests or athletic practices unless they are granted prior approval by the Principal.

Equipment

- Students will be required to return equipment and uniforms within one week of the end of each season.
- If the equipment or uniforms have been lost or destroyed, it/they must be replaced or paid for at the end of the season.
- Failure to comply with this procedure will mean the student-athlete involved will not be allowed to participate in any future sport until the matter has been resolved.

Attendance

- Student-athletes are expected to attend school all day unless prearranged for medical or for other emergency reasons deemed appropriate by the Principal and/or designee.
- Parents are expected to call and prearrange tardies or absences prior to 8:00 AM. This applies to all athletes, managers, and statisticians.
- A student who is tardy or absent for part of the day must attend practice, but may not participate in practice that day.
- A student who is absent from school all day for any reason will not be allowed to participate in athletic competition or practice on that day or evening.
- If there are extenuating circumstances involved in an absence, the administration will make the determination if the student may participate that day.

Completion of Season

- Ten Practice Grace Period: A student-athlete may leave a sport for any reason during the first ten practice time frame. There shall be no penalty if the athlete informs the coach of such intention to leave that sport and returns all equipment or gear issued to him/her.
- Release from Team: An athlete may, at any time, request to be released from a team due to special circumstances. The coach may or may not grant this request. If granted, the parent will be notified by the coach.
- Quitting a Team: If an athlete quits a team after the ten practice grade period, the athlete will miss the following in the next sport he/she participates in:
 - (2) Football games
 - (5) Volleyball match dates
 - (2) Cross Country meets
 - (5) Basketball games
 - (5) Baseball games
 - (5) Softball games
 - (2) Track meets

The athlete may not participate in any school sanctioned practice for another sport or open gyms until the conclusion of the last regularly scheduled contest of the sport quit.

The parents will be notified by the coach and may appeal the coach's decision to the Athletic Director.

- Any further appeals should be made to the Eligibility Council.

If the decision of the Eligibility Council is not satisfactory to the student-athlete, please follow the district personnel complaint procedures as outlined in the Student/Parent Handbook.

The definition of the athletic year is the first day of fall sports practice and goes through the last academic day of the school calendar.

Competition is defined as a festival, meet, contest, or championship between opposing schools approved under Oregon School Activities Association (OSAA).

Ejection from Game

Pilot Rock High School will follow procedures outlined by the OSAA as follows:

Student-Athlete

- The student-athlete and/or the parent/guardian will be responsible to pay the \$50 fee to the OSAA for the first offense. The fee will increase to \$100 for a second offense and will increase by \$50 for any additional offenses.
- The student-athlete will be disqualified from play for the remainder of the day and will serve a suspension period through the next contest at that level. A second ejection will result in a two-game suspension. A third ejection will result in removal from the team for that season.
- The student-athlete will be required to complete the NFHS course "Sportsmanship" within 7 days of the ejection. A completion certificate must be presented to the Athletic Director.

Suspension from School

Should a student-athlete be suspended from school, there will be a 14-day suspension period to be served. Should a student be suspended during the "off-season" they will serve the 14-day suspension during the next season participating in. The 14-day suspension will start with the first contest. Should the suspension occur during the season, the suspension will start with the contest following the suspension.

Pilot Rock School District 2R

Code: **JFCIA-AR**
Revised/Reviewed: 7/21/04; 8/17/17
Orig. Code(s): JFCIA-AR

Athletic Drug Testing**

No student shall use or be in possession of tobacco in any form (including e-cigarettes, vaping equipment, or smokeless tobacco), non-prescribed prescription drugs, alcoholic beverages, or illegal drugs (including paraphernalia). In addition, no student shall engage in any drug- or alcohol-related activity that would be in violation of the student conduct and discipline code.

Pilot Rock School District has developed a random drug testing policy for extra-curricular activities. Students and parents must sign a drug testing consent form in order for the student to participate in the activity; failure to do so prohibits the student from being involved in activities. The District reserves the right to test up to 100 percent of athletes during each athletic season.

Participation in the Pilot Rock High School athletic program is a privilege and a responsibility. The following rules and consequences for tobacco (including student-athletes who have reached the age of 18), alcohol, prescription drugs, and illicit drug use (including marijuana) have been written to require student-athletes to take this privilege and responsibility seriously.

Examples of an offense include, but are not limited to, a legal citation, confrontation in the act by a school official, failed school drug test, admission of guilt upon being questioned by a school official, or other methods of detection. Student-athletes may be penalized for infractions under this policy athletics seasons in which they participate. Infractions may occur on campus, at school-related activities, or off campus.

FIRST OFFENSE

Self-Admitter - Student admits to an infraction before being questioned such that the athlete approaches the principal, athletic director, or superintendent by their own free will and admits to wrongdoing.

Consequences:

1. The athlete must complete a 1,000-word essay on the dangers of drug and/or alcohol use to be presented to the high school principal.
2. The athlete must practice, ride the bus, and sit on the bench in dress code attire until the essay has been turned in and approved by the high school principal.
3. The athlete's next offense will be treated as second offense.
4. The athlete may be required to submit to further testing for up to 12 months at the discretion of the District. Testing will only be administered while the athlete is competing in an athletic activity for Pilot Rock High School.

The penalty for not completing the consequences is ineligibility from participating in any further athletic activities until completed.

Non-Self-Admitter

Consequences:

1. The athlete will serve a suspension from athletics for 14 consecutive calendar days. If the offense occurs prior to the first competition, the 14-day suspension will commence with the date of the first competition. If the suspension occurs near the end of a sport season, the balance of the suspension will be served at the beginning of the next sports season in which the athlete participates.
2. During the time of suspension, further testing that indicates additional usage will result in a move to a second offense.
3. During the time of suspension, the athlete must practice, ride the bus, and sit on the bench in dress code attire.
4. The athlete must complete a 1,000-word essay on the dangers of drug and/or alcohol use to be presented to the high school principal.
5. The athlete may be required to submit to further testing for up to 12 months at the discretion of the District. Testing will only be administered during the athletic season in which the athlete is competing in an athletic activity for Pilot Rock High School.
6. The athlete will lose the opportunity for any award recognition for that sports season.

The penalty for not completing the consequences is ineligibility from participating in any further athletic activities until completed.

SECOND OFFENSE

Consequences:

1. The athlete will serve a suspension from athletics for 30 consecutive calendar days. If the offense occurs prior to the first competition, the 30-day suspension will commence with the date of the first competition. If the suspension occurs near the end of a sport season, the balance of the suspension will be served at the beginning of the next sports season in which the athlete participates.
2. During the time of suspension, further testing that indicates additional usage will result in a move to a third offense.
3. During the time of suspension, the athlete must practice, ride the bus, and sit on the bench in dress code attire.
4. The athlete may be required to submit to further testing for the remainder of his/her athletic career at the discretion of the District. Testing will only be administered while the athlete is competing in an athletic activity for Pilot Rock High School.
5. The athlete will lose the opportunity for any award recognition for the remainder of the school year.

The penalty for not completing the consequences is ineligibility from participating in any further athletic activities until completed.

THIRD OFFENSE

1. The athlete will serve a suspension from athletics for 90 consecutive calendar days. If the offense occurs prior to the first competition, the 90-day suspension will commence with the date of the first competition. If the suspension occurs near the end of a sport season, the balance of the suspension will be served at the beginning of the next sports season in which the athlete participates.
2. During the time of suspension, further testing that indicates additional usage will result in removal from Pilot Rock athletics for the duration of his or her high school career.
3. During the time of suspension, the athlete must practice, ride the bus, and sit on the bench in dress code attire.
4. The athlete may be required to submit to further testing for the remainder of his/her athletic career at the discretion of the District. Testing will only be administered while the athlete is competing in an athletic activity for Pilot Rock High School.
5. The athlete must complete 20 documented hours of community service that is pre-approved by the high school principal before the athlete is eligible to return to competition.
6. The athlete will lose the opportunity for any award recognition for the remainder of his or her high school career, including eligibility for the Pilot Rock Hall of Fame.

The penalty for not completing the consequences is ineligibility from participating in any further athletic activities until completed.

FOURTH OFFENSE

There are no further offenses allowed. The student-athlete will be barred from any further participation in athletics for the duration of his or her Pilot Rock High School career.

Awarding of Letters

- The official emblem of the Pilot Rock High School, District 2R, shall be worn only by students, ex-students, and graduates of the high school according to regulations adopted by the Student Body.
- The official colors of Pilot Rock High School, District 2R, shall be blue and gold.
- The official 'R' shall be awarded to a student-athlete that has participated in an OSAA-sanctioned sport (football, volleyball, cross country, basketball, baseball, softball, and/or track) at the Varsity Level and has met the minimum requirements as determined by the coach.
- The official 'R' shall be awarded to a student that has participated as a manager at the Varsity Level for the entire season.
- The official 'R' shall be awarded by the coach at the end-of-season team meeting to all students that have fulfilled the above requirements. The council will not declare any person eligible to receive or wear the official 'R' who had failed to turnout throughout the entire season of the activity in question, unless prevented from doing so by circumstances that are beyond his/her control.
- Only (1) official 'R' shall be awarded per student-athlete. For each honor earned, a sport-specific emblem shall be given for each year in which an honor is earned.
- Statisticians will receive a certificate of award.

Athletic Awards

Pilot Rock High School athletic awards will be selected by the Award's Committee, which will consist of the Principal, Athletic Director, Assistant Athletic Director, and all PRHS coaches. Any co-op sport coach will be invited to vote on that specific sport awards.

OSAA Scholar Athlete

- Be a graduating senior
- Have a cumulative GPA of 3.50+
- Have received a varsity letter in at least (1) sport at any point during high school career

Lowell Rugg Memorial

- Senior male and/or female
- Must be active in sports all year
- This award is based solely on athletic performances during their senior year

Athletic Citizenship

- Senior male and female
- Displays outstanding citizenship qualities

Bill Massey Memorial

- Senior male and/or female
- Voted on by the coaching staff

Kenny Dick Memorial

- Freshman male and/or female
- Most improved as voted on by the coaching staff

Tim Fetzer Charity Fund Award

- Senior male and/or female
- Must participate in (3) sports all four years of high school

Hall of Fame Induction

A candidate for the Hall of Fame must meet the following requirements

- Must be nominated by a coach, Athletic Director, or administrator.
- Must have lettered multiple years in the sport for which he/she is being nominated.
- Must not have missed a contest due to academics or because of any other violation to the Athletic Handbook at any time during his/her high school career.
- Eligibility will be the graduation year from Pilot Rock High School or for two years thereafter.
- Must be named to an All-League 1st Team (or higher); or in the individual sports of cross country, track, or golf, place within the eight medal winners at the State meet or contest. An entire team may be nominated for selection.

The names of the candidates who meet these criteria will be placed on the Hall of Fame ballot. Voting will be a secret ballot by the Award's Committee. If a candidate receives at least 75% of the majority vote, he/she will become an inductee. A candidate's name who receives at least 50% of the votes each year will stay on the ballot through the second year after graduation.

The Athletic Director will keep a record of all eligible student-athletes. A candidate may be eligible in more than one sport, but each will be voted separately. The Award's Committee will meet near the end of each school year. The Athletic Director will preside over this meeting.

Junior High Awards

Junior High awards will be selected by the Principal, Athletic Director, Assistant Athletic Director, and all Junior High coaches.

Most Improved

This award will be presented to one male and one female athlete who have shown the most improvement in one or more sports.

Sportsmanship

This award will be presented to one male and one female athlete who demonstrates good overall sportsmanship at sports contests.

Outstanding Athlete

This award will be presented to one male and one female athlete who has shown outstanding leadership, athleticism, dedication, and sportsmanship.

Scholar Athletes

This award will be presented to any athlete that has a 3.50+ GPA.

Appendix A

Warning to Athletes & Parents/Guardians

Serious, catastrophic, and perhaps fatal injury may result from athletic participation.

By its very nature, competitive athletics may put students in situations in which serious, catastrophic, and perhaps, fatal accidents may occur.

Many forms of athletic competition result in violent physical contact among players, for the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate, in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. If any of the foregoing is not completely understood, please contact your school Athletic Director for further information.

PRINT Student's Name _____

Sports (circle)	Football	Basketball	Baseball
	Volleyball		Softball
	Cross Country		Track

Our signatures below will acknowledge that we understand and have read the material contained in the Warning to Athletes & Parents/Guardians and give permission for our student to participate in athletics and be transported using school provided transportation, unless stated otherwise on voluntary transportation form.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Athletic Contract

I have read and understand the attached Pilot Rock High School Athletic Code of Conduct, Academic Eligibility Requirements, and General Team Rules. I understand that by signing this contract I agree to accept responsibility for violations of or non-compliance with the rules.

Student Name (PRINT)

Signature

Date

Parent/Guardian Name (PRINT)

Signature

Date

These cumulative penalties and regulations, regarding any infractions of the Athletic Code, will be applied in addition to and after students have complied with the consequences of the regular school discipline program which include suspension and expulsion.

Concussion Information Sheet 1

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
Drowsiness	Repeating the same question/comment
Change in sleep patterns	

Signs observed by teammates, parents, and coaches

Appears dazed	Vacant facial expressions
Confused about assignment	Forgets plays
Is unsure of game, score, or opponent	Moves clumsily or displays in coordination
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 behavior or personality	Loses consciousness

Concussion Information Sheet 2

What can happen if my child keeps 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 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 CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years.

"A student-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 for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and received written clearance to return to play from that healthcare provider."

You should also inform your child's coach if you think that your child may have a concussion. Remember it is 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 Name (PRINT)

Signature

Date

Parent/Guardian Name (PRINT)

Signature

Date