

# **Caledonia High School Fighting Scots Student Athletic Handbook**



**Have Pride – Show Character – Build Tradition**

## **GO SCOTS!**

**CALEDONIA COMMUNITY SCHOOLS POLICY**

## **SPORTSMANSHIP CODE**

It is expected that proper sportsman like behavior at athletic contests be ongoing and adhered to by all athletes, parents, coaches, and spectators. The guidelines that the OK Conference has adopted for fans will be followed at all school sponsored events, at home or away. Cheers and signs are to be positive and respectful, fans should be considerate and courteous, and the throwing of objects will not be tolerated. Caledonia Community School students are expected to follow the Student Code of Conduct as printed in the student handbook at all school-sponsored activities, home and away.

Administration and contest management will determine if these guidelines are being followed. Failure to adhere to behavior expectations may result in a warning, an ejection from that contest, and/or a suspension of privileges to attend school activities for a specified period of time. Disciplinary action will be determined based on prior occurrences and/or the severity of the offense.

## **ACADEMIC ELIGIBILITY CYCLE**

**Eligibility will be checked every week beginning the 2<sup>nd</sup> contest of each sports season.**

A grade below a D- (59.5%) is considered failing for eligibility purposes

A CHS student athlete must be passing 4 of 6 classes with an accumulative grade of D- or better

The athletic academic cycle procedure is:

### **GRADE CHECK:**

**Athlete's grades will be checked through the districts Powerschool program every week. At grade check, student athletes will be ineligible to participate in any CHS athletic contest if their accumulative grades are below 59.5% in more than 1 class and will be ineligible until their grades return to 59.5% or above.**

Athletes who are ineligible will still be required to attend and participate in all team functions (i.e. meetings, meals, practices, etc.) unless their ineligibility takes them past the end of the competitive season.

**If an athlete does not receive credit for four or more classes at the end of a semester, the student/athlete will not be allowed to participate in any sports during the following semester.**

### **Academic Support**

Caledonia High School athletic department has transitioned from a trimester grading system to a semester grading system. The athletic department has had to adjust the academic evaluation and support of the athletes by adding a system that will give our athletes an opportunity to seek the support they need in the classroom.

The Caledonia athletic department has implemented a mandatory study table for any athlete who is failing 1 or more classes and/or has under a 2.5 GPA. During the course of the season. The student athlete must attend study table 3 days a week. The athlete must report to room #2370 (North Campus) at 7:15 am until 7:45 am or to room #1601 (South Campus) from 2:50 until 3:50. The athlete can choose the time they want to attend. The athlete must attend study table until they are passing their classes. The athlete must bring his/her work with them and ask for help from the academic support team. If the athlete fails to attend and the athlete continues to fail 1 or more classes during the weekly grade check, the athlete can become ineligible. The athlete will not be able to participate from Monday to Monday (1 week). The athlete will be ineligible to compete until they have a passing grade (D- or better). The athletic department has adjusted all eligibility standards to meet the MHSAA standards for this school year. If the athlete is an online student, they must come up to the school and attend the study table at the school. If an athlete has practice during this time, he/she cannot attend practice until he/she has met the restrictions. An athlete can be removed from the academic support program if the athlete is not failing any courses.

### **OFF SEASON ATHLETES**

An athlete is encourage to attend study table in their off season if they need academic support. If an athlete is not in a sport, he/she is encouraged to attend study table year round for academic support.

The goal of the program is to support student athletes academically and help prevent athletes from failing courses and maintain their eligibility.

**PARTICIPATION FEES:**

The following are participation fees for the high school level.

**\$100.00 per sport, per season.** There is a family cap of \$350 for the entire year.

**Students are required to pay their participation fee before the first contest.  
Participation fee will be refunded if athlete is not chosen for the team.**

(1) Physical, (2) participation fee, (3) signed athletic code signature form (4) Concussion Education Form must be turned into either the Athletic or CHS Main Office **BEFORE TRYOUTS BEGIN.**

If a student quits a sport, the fee is not refundable

If a student is injured and continues as part of the team, he/she is still responsible for the participation fee.

Updated 7/20/21

## CALEDONIA HIGH SCHOOL ATHLETIC TRAINING CODE

The Caledonia Community Schools provide a well-rounded program of interscholastic, competitive athletics, with a wide range of voluntary athletic activities for our young women and men. It is a privilege afforded by the board of education to be a member of a Caledonia athletic team. In life, with each privilege comes a corresponding responsibility. Our athletic program is no different; we provide much, but much is expected.

Student athletes must develop and maintain habits of personal behavior and health that will enable them to perform at an optimum level, to minimize the risk of injury and to also represent them and Caledonia in a manner, which merits respect from all. Questions regarding our CHS Training Code and its application may be directed to your head coach or to the CHS Athletic Office.

The Caledonia Fighting Scot tradition has taken years to develop. It is a constant desire to succeed and excel. Do nothing to detract from the PRIDE that is Caledonia Athletics. You have a tradition to uphold! We will be successful with class, style and sportsmanship. Go Scots!

### **I. WHO/WHEN**

All members of athletic teams (players, managers, and trainers) are bound by the following training rules at all times throughout the ENTIRE CALENDAR YEAR.

### **II. \*\*\*\*\*CONDUCT or BEHAVIOR VIOLATION**

**An athlete shall conduct himself/herself in such a manner as to not bring discredit to the school, team or the athlete. Examples of behavior unbecoming to an athlete are, but not limited to vandalism, theft, insubordination etc.**

#### **A. PENALTY**

**Each offense will result in immediate suspension from interscholastic competition for 30% of the total scheduled athletic contests in the sport the athlete is participating in or will participate in. The suspension (if not completely served) will carry over into the next season of competition if the athlete does not complete the required 30% in their present season.**

#### **B. SUSPENSION PROCEDURE WILL BE:**

**The student will be informed of the violation and suspension by his/her coach and/or athletic director. A parental contact (phone call or meeting) will be made by the coach and/or athletic director to inform the parent of the violation and suspension.**

**As a follow-up, the athletic office will send a letter to the athlete's parents or guardians or to the athlete if the 18-year-old waiver is on file stating the offense, the penalty and the appeal procedure.**

**The parents/guardians of the athlete may request an appeal of the suspension (if an adult waiver is on file) to the building principal within ten (10) days of receipt of the suspension letter. Said appeal must be in writing to the principal.**

### III. TOBACCO USE/POSSESSION VIOLATION

Athletic training rules forbid the use or possession of tobacco (in any form) **including electronic forms of tobacco**, by any athlete who represents Caledonia High School.

#### A. PENALTY

First offense will result in immediate suspension from interscholastic competition for 30% of the total scheduled athletic contests in the sport the athlete is participating in or will participate in. The suspension (if not completely served) will carry over into the next season of competition if the athlete does not complete the required 30% in their present season.

Second offense will result in suspension from all athletics for a period of twelve (12) months from the date of suspension.

Third offense will result in permanent suspension of the athlete from participation in athletics for his/her high school years.

#### B. SUSPENSION PROCEDURE WILL BE:

The student will be informed of the violation and suspension by his/her coach and/or athletic director. A parental contact (phone call or meeting) will be made by the coach and/or athletic director to inform the parent of the violation and suspension.

As a follow-up, the athletic office will send a letter to the athlete's parents or guardians or to the athlete if the 18-year-old waiver is on file stating the offense, the penalty and the appeal procedure.

An appeal of the suspension may be requested by the parents/guardians of the athlete (if an adult waiver is on file) to the building principal within ten (10) days of receipt of the suspension letter. Said appeal must be in writing to the principal.

### IV. CONTROLLED SUBSTANCE or ALCOHOL POSSESSION/USE VIOLATION

Athletic training rules forbid the possession, use or abuse of any drugs, anabolic steroids, look alike drugs, narcotics or alcohol in any form by any athlete who represents Caledonia High School.

#### A. PENALTY

First offense will result in immediate suspension from interscholastic competition for 50% of the total scheduled athletic contests in the sport the athlete is participating in or will participate in. The suspension (if not completely served) will carry over into the next season of competition if the athlete does not complete the required 50% in their present season.

Second offense will result in immediate suspension from all interscholastic competition for a period of twelve (12) months from the date of the suspension.

Third offense will result in permanent suspension of the athlete from participation in athletics for his/her high school years.

#### B. SUSPENSION PROCEDURE WILL BE:

Per IIIB above

The following is a list of banned drugs classes with examples of substance based on bylaw 31.2.3 of the National Collegiate Athletic Association as well as the Caledonia School District.

**A. Stimulants:**

Amiphenazole	Methylenedioxymethamphetamine
amphetamine	(MSMA, ecstasy)
bemigride	methylphenidate
benzphetamine	nikethamide
bromantan	pemoline
caffeine (guarana)	pentetrazol
chlorphentermine	phendimetrazine
cocaine	phenmetrazine
cropropamide	phentermine
crothetamide	phenylpropanolamine (ppa)
diethylpropion	picrotoxine
dimethylamphetamine	piprodol
doxapram	prolintane
ephedrine (ephedra, ma huang)	strychnine
ethamivan	synephrine (citrus aurantium, zhi shi, bitter orange)
ethylamphetamine	and related compounds
fencamfamine	
meclofenoxate	
methamphetamine	

**B. Anabolic Agents:**

<u>anabolic Steroids</u>		
androstenediol		methyltestosterone
androstenedione		nandrolone
boldenone		norandrostenediol
clostebol		norandrostenedione
dehydrochlormethyl-testosterone		norethandrolone
dehydroepiandro-sterone(DHEA)		oxandrolone
dihydrotestosterone (DHT)		oxymesterone
dromostanolone		oxymetholone
epitrenbolone		stanozolol
fluoxymesterone		testosterone
gestrinone		tetrahydrogestrinone (THG)
mesterolone		trenbolone
		and related compounds
<u>other anabolic agents</u>		
methandienone	methenolone	clenbuterol

**C. Substances Banned for Specific Sports**

Rifle:	
alcohol	pindolol
atenolol	propranolol
metoprolol	timolol
nadolol	and related compounds

**D. Diuretics:**

acetazolamide	hydrochlorothiazide	hydroflumethiazide
bendroflumethiazide		methyclothiazide
benzthiazide		metolazone
bumetanide		polythiazide
chlorothiazide		quinethazone
chlorthalidone		spironolactone (canrenone)
ethacrynic acid		triamterence
flumethiazide		trichlormethiazide
furosemide		and related compounds

**E. Street Drugs:**

heroin	tetrahydrocannabinol
marijuana	(THC)

**F. Peptide Hormones and Analogues:**

corticotrophine (ACTH)  
 human chorionic gonadotrophin (HCG)  
 luteinizing hormone (LH)  
 growth hormone (HGH, somatotrophin)  
 insulin like growth hormone (IGF-1)

**All the respective releasing factors of the above-mentioned substances also are banned**

erythropoitin (EPO)	sermoreline
darbepoetin	



# WARNING!

## USE:

A person who knowingly uses an androgenic anabolic steroid in violation of section 17766a of the public health code, Act No. 368 of the Public Acts of 1978, being section 17766a of the Michigan Compiled Laws is guilty of a misdemeanor, punishable by imprisonment for not more than ninety (90) days, or a fine of not more than \$100.00, or both.

## POSSESSION:

A person who knowingly possess an androgenic anabolic steroid in violation of section 17766a of Act No. 368 of the Public Acts of 1978 is guilty of a misdemeanor punishable by imprisonment for not more than ninety (90) days, or a fine of not more than \$100.00, or both. A second or subsequent violation is a felony, punishable by imprisonment for not more than four (4) years, or a fine of not more than \$2000.00, or both.

## DELIVERY:

A person who knowingly delivers or knowingly possess with intent to deliver an androgenic anabolic steroid or counterfeit androgenic anabolic steroid to another person is a violation of section 17766a of Act No. 368 of the Public Acts of 1978 is guilty of a felony, punishable by imprisonment for not more than seven (7) years, or a fine of not more than \$5000.00, or both.

## POSSIBLE SIDE EFFECTS OF STEROID USE:

Acne	High Blood Pressure
Addiction	Impotence
Atrophy of the Testicles	Kidney Damage
Cardiovascular Disease	Psychosis
Enlarged Breasts	Sterility
Hair Loss	Stroke
Heart Attack	Stunted Bone Growth
High Blood Cholesterol	Withdrawal

## TRANSMITTED DISEASES AND INFECTIONS:

The shared use of hypodermic needles can result in the transmission of serious communicable diseases and infections including AIDS and Hepatitis B.

An athletic services provider shall conspicuously place this notice in the following locations:

- (a) If the facility is an educational athletic facility, in each locker-room of that facility.
- (b) If the facility is a recreational athletic facility, near each entrance and in each locker-room of that facility.

Act 31 of 1990 Section 333.2630

**PLAYER ELIGIBILITY (MHSAA and OK Conference):**

Players in all sports must meet all MHSAA and Caledonia High School requirements. All rules regulating eligibility as set forth by MHSAA and Caledonia High School will be enforced (refer to specific eligibility policy).

***Player Eligibility – MHSAA:***

**Age:** Students must not turn nineteen (19) years of age prior to September 1<sup>st</sup>.

**Amateurism:** Students cannot receive money or other valuable consideration for participation in MHSAA sports or officiating in interscholastic athletic contests (unless registered with the MHSAA Legacy program for officials) or have signed a professional athletic contract.

**Awards:** Students may accept a symbolic award that does not have a value over \$25.00.

**Enrollment:** Students must be enrolled no later than the fourth (4<sup>th</sup>) Friday after Labor Day or the fourth (4<sup>th</sup>) Friday of February. Students cannot be enrolled in high school for more than eight (8) semesters. The seventh (7<sup>th</sup>) and eighth (8<sup>th</sup>) semesters must be consecutive.

**Academic Requirements:** Per Caledonia High School policy for maintaining academic eligibility.

**Physical Exam:** Yearly physical exam must be on file in the athletic office dated after April 15<sup>th</sup> of the previous school year to be valid for the entire succeeding school year.

**Limited Team Membership:** Once the practice season begins, students must end all outside competition on non-school teams. Exceptions are Ice Hockey and all individual sports, where the student may be allowed two (2) outside competitions in addition to the regular school schedule.

Some sports require a minimum of practice days before participation in that sport. Coaches are aware of these restrictions. Only one practice per day will count.

## **TRAVEL-TRANSPORTATION**

Transportation is available on district school buses and vans. One way transportation can be requested by the Head Coach and approved by the Athletic Director. Exceptions to this policy would be lack of busses due to budget constraints, bus availability, or limited number of athletes being transported. The coach or other responsible adults may drive a school-owned van. A schedule of departure times is to be worked out with the athletic office before the start of the season. It is the head coach's responsibility to check these times. If private vehicles must be used the parental permission slips must be obtained.

Transportation to athletic competition that exceeds 60 miles one way must be provided by parents or school vans. (Vans are limited to two school vans per team when available)

Weekend transportation to all day athletic events will be one way only to event site. Exceptions would be for spring sports due to weather related safety.

### **Trip Conduct:**

Representatives of Caledonia High School are expected to look and act like student athletes. This is especially important when they are on the road. Discipline in this area is manifested in the following manner:

1. Everyone should be on the bus/van, ready to leave, at the set time of departure.
2. Everyone should be properly dressed and remain so throughout the trip.
3. Coaches must outline what is expected of players and managers and not accept anything less.
4. Coaches are responsible for the control of students on buses/vans and the cleanup of said vehicles at the end of trip.

Athletes riding the bus will return home on the bus unless the coach allows them to ride home with his/her parents.

Athletes may be given permission to ride home with another parent when one-way busing is being used by supplying the coach with a special permission form given by the coach of that specific team. Under no circumstances will an athlete be allowed to leave an away contest with anyone other than the coach, supervised bus driver or designated parent.

**ATTENDANCE**

Each coach will have his/her own policy regarding absences from either practice or competitions. An athlete may not participate in an athletic event or practice if he/she has been absent from school the day of the athletic event or practice. He/she must be in school **for the entire school day**. Types of allowable excused absences are – medical or dental appointments, funerals or other valid reasons that may not involve illness.

**\*\*\*When an athlete is “In Season” and leaves for a medical appointment, the athlete must turn into the Attendance Office an “Excused” note from the Doctor’s office for that appointment.**

The athlete or a parent should contact his/her coach any time they will be unable to attend practices, contests or team functions.

A student, who misses school on Friday, with an excused absence, may play in a Saturday contest if he/she has parental permission.

**SNOW DAYS:**

On a declared snow day there will be NO PRACTICE for freshman or JV Teams.

Varsity will be allowed to practice, however practice will be after 1:00 p.m. after a clearance to travel has been received by the Coach through the Athletic Director and Administration.

**SCHOOL SUSPENSIONS:**

An athlete on in-school or out-of-school suspension will not be allowed to practice or participate on the days of his/her suspension. If the suspension carries over the weekend (Thursday-Friday-Monday), the athlete will not participate in any Saturday events.

**TRY-OUTS:**

Team try-outs will take place for a minimum of 3-4 days. After that time, team selections will take place. Any athlete that does not make a team will meet with the coaching staff for a short meeting. Athletes and Parents that have concerns or questions should contact the coach at their sport level with 48-72 hours after try-outs are completed.

In the event that a spot on a team should open after tryouts (due to player leaving the team or additional spot created) an additional tryout must be held before a new member is added. **The tryout will be advertised to the student body and open to previous participants and newly interested students.**

**CHANGING/QUITTING SPORTS:**

Quitting any team must be regarded as a serious matter. No athlete should quit a sport without first consulting with the coach and explaining his/her reasons. An athlete will not be permitted to participate in another sport during the same season in which he/she quit the first sport (unless he/she has the approval of the head coaches involved and the athletic director).

**\*\*\*VALUABLES:**

**CHS and the Athletic Office will not be responsible for the valuable items of Athletes. We strongly suggest that substantial amounts of cash and other valuable items are not brought to Athletic events either at home or away.**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of each other and provide greater benefits to our students. As parents, when your child becomes involved in our program, you have a right to understand the expectations placed on your child. This begins with clear communication from the coach of your child's team.

#### **Communication You Can Expect from the Coach**

1. Expectations the coach has for your student-athlete and the team.
2. Location and times of all practices and contests.
3. Team requirements; i.e.: fees, special equipment, off-season conditioning, and team/individual camps.
4. Procedures to follow should your student-athlete be injured during participation.
5. Team rules, guidelines, and requirements for earning awards.

#### **Communication Coaches Can Expect From Student-Athletes**

1. Notification of any schedule conflicts well in advance.
2. Specific concerns regarding a coach's philosophy and/or expectations.
3. Injury or circumstances that may endanger the student-athlete when participating.

As your student-athlete becomes involved in the athletic programs at Caledonia High School, they will experience some of the most rewarding moments of their lives. It is important to understand, however, there may be times when things do not go the way you or your student-athlete wishes. At these times, discussion with the coach is encouraged.

#### **Appropriate Concerns to Discuss with Coaches**

1. The treatment of your student-athlete, mentally and physically.
2. Ways to help your student-athlete improve.
3. Concerns about your student-athlete's behavior.

It is very difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your student-athlete's coach. Other issues, such as those listed below, must be left to the discretion of the coach.

### **Issues Not Appropriate to Discuss with Coaches**

1. Playing time.
2. Team strategy.
3. Play calling and game strategy.
4. Other student-athletes.

There are situations that may require a conference between the coach and parent. These are to be encouraged. However, if you have a concern, you may want to discuss the issue with your student-athlete first. You may find through this communication, an answer, resolution or understanding of the situation before contacting others. It is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedure should be used to help promote a resolution of the concern.

### **Procedure to Use in Discussing Concerns with a Coach**

1. Call (or email) the coach to set up an appointment with yourself and your student-athlete.
2. If the coach cannot be reached, please call the Director of Athletics and a meeting will be set up for you.
3. Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before or after a contest or practice is not acceptable. This can be an emotional time for all parties. Meetings in this setting usually do not promote resolution. We fully support the use of the 24-hour rule.

### **The Next Step**

#### **What can a parent do if the meeting with the Coach did not provide a satisfactory resolution?**

1. If a positive resolution was not reached, please contact the Athletic Director and a meeting with you, your student-athlete, the coach, and the Athletic Director will be set up.
2. If a positive resolution is still not reached, a meeting with the Principal, the Athletic Director, the coach, the student-athlete and the parent will be scheduled.

Research shows us that participation in extracurricular activities in high school gives the student a greater chance of success during adulthood. A recent survey of America's CEOs revealed that over 40% of these individuals participated in extracurricular activities while in high school. We are confident that the athletic department at Caledonia High School will aid in the preparation of those students who choose to participate in our programs. We are also hopeful that the

information provided in this handbook will enhance both student and parent participation in our athletic program.

## NCAA RECRUITING FACTS

<b>Division I</b>	<b>Division II</b>	<b>Division III</b>
<p>Division I schools, on average, enroll the most students, manage the largest athletics budgets, offer a wide array of academic programs and provide the most athletics scholarships.</p> <p><b>Participation</b> 173,500 student-athletes 346 colleges and universities</p> <p><b>Athletics Scholarships</b> 53 percent of all student-athletes receive some level of athletics aid</p> <p><b>Academics</b> 2012 Graduation Success Rate: 81 percent</p> <p><b>Other Stats</b> Average Enrollment: 12,900 Average Number of Sports: 18 Average Percentage of Student Body Participating in Sports: 6 percent Division I National Championships: 26 (1 out of every 8.5 student-athletes participates)</p>	<p>Division II provides growth opportunities through academic achievement, high-level athletic competition and community engagement. Many participants are first-generation college students.</p> <p><b>Participation</b> 109,100 student-athletes 300 colleges and universities</p> <p><b>Athletics Scholarships</b> 56 percent of all student-athletes receive some level of athletics aid</p> <p><b>Academics</b> 2012 Academic Success Rate: 71 percent</p> <p><b>Other Stats</b> Average Enrollment: 4,200 Average Number of Sports: 15 Average Percentage of Student Body Participating in Sports: 14 percent Division II National Championships: 25 (1 out of every 7 student-athletes participates)</p>	<p>The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful non-athletics opportunities.</p> <p><b>Participation</b> 183,500 student-athletes 450 colleges and universities</p> <p><b>Financial Aid</b> 75 percent of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals \$13,500 on average.</p> <p><b>Academics</b> 2012 Academic Success Rate: 87 percent</p> <p><b>Other Stats</b> Average Enrollment: 2,600 Average Number of Sports: 18 Average Percentage of Student Body Participating in Sports: 21 percent Division III National Championships: 28 (1 out of every 10 student-athletes participates)</p>

### Does the NCAA award athletics scholarships?

Individual schools award athletics scholarships. Divisions I and II schools provide \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools, with more than 180,000 student-athletes, do not offer athletically related financial aid, but many student-athletes receive some form of academic grant or need-based scholarship.

### Do many high school athletes earn athletics scholarships?

No, very few. In fact, about 2 percent of high school athletes are awarded some form of athletics scholarship to compete in college.

### Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport?

While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

### Do many NCAA student-athletes go on to play professionally?

Fewer than 2 percent of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are more than 460,000 NCAA student-athletes, and most of them will go pro in something other than sports.

## ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

<b>Student-Athletes Basketball</b>	<b>Men's</b>	<b>Women's Basketball</b>	<b>Men's Ice Ho k y</b>	<b>Men's Soccer</b>
High School Student-Athletes	7,400,000	538,700	433,100	1,100,000
NCAA Student-Athletes	460,000	18,000	16,200	70,100
Percentage Moving from High School to NCAA	6%	3%	4%	6%
Percentage Moving from NCAA to Professional	2%	1%	1%	2%



## UNDERSTANDING CONCUSSION

### Some Common Symptoms

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

### WHAT IS A CONCUSSION?

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

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

### IF YOU SUSPECT A CONCUSSION:

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

### SIGNS OBSERVED BY PARENTS:

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

### CONCUSSION DANGER SIGNS:

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

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

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

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

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to [www.odc.gov/concussion](http://www.odc.gov/concussion).