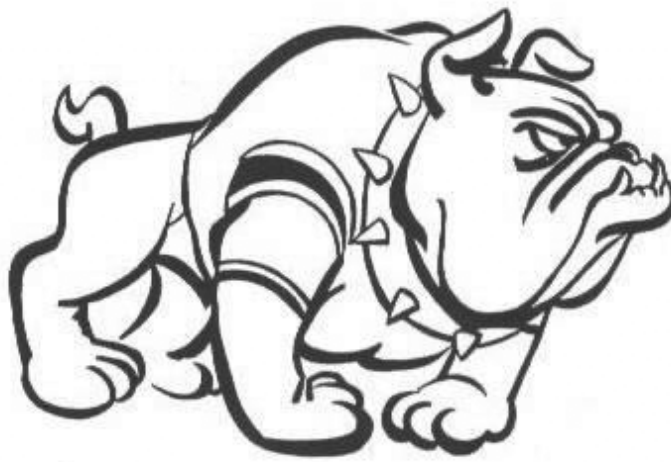


HEATH CITY SCHOOLS



BULLDOG PRIDE

**Parent-Athlete
Athletic Policy Handbook**

2016-2017

Table of Contents

Athletic Department Philosophy	1	Transportation	14
Parent Expectations	2	College Recruitment Policy	14
Athlete Expectations	2	Release from Class	14
Sportsmanship	3	Grooming and Dress Policy	14
Fan Behavior Policy	3	Vacation Policy	15
Governance of Policies	4	Squad Reduction Policies	15
Requirements for Participation	5	Reporting of Injury	15
Physical Examination	5	Team Rules	15
Emergency Medical Authorization	6	Ejection	16
Parent Acknowledgement of Policies	6	Locker Room Regulations	16
Insurance	6	Weight Room Regulations	16
"Concussion Information Sheet	6	Sports Season	17
Scholastic Eligibility	6	Athletic Awards Policy	17-18
Compliance with the Student		Varsity Letter Requirements	17
Code of Conduct	7	Award Criteria for all Sports	17
Attendance	7	Types of Awards	17
Risk of Participation	8	Senior Scholar Athlete Scholarship	18
Financial Obligations and		Forms	
Equipment	8	Athletic Policy Agreement	19
Athletic Code of Conduct	9-17	Insurance Verification Form	21
Drug and Alcohol Policies	9-12	Emergency Medical Authorization	23-24
Conduct of Athletes	12-13	Form	
Loss of Participation Privileges	12	Consent to Perform Urinalysis	25-26
Basic Athletic Department Policies	13-17	ODH Concussion Information Sheet	27-29
Participation	13		
Dropping or Transferring Sports	13		

PHILOSOPHY

The Heath Athletic Department believes that participation in athletics provides positive experiences in the areas of educational, social, and physical growth. Interscholastic competition provides a vehicle for such growth. We believe that values to our student athletes are genuine. Development of good health habits, fair play, sportsmanship, initiative, dedication, teamwork, self-discipline, and the ability to win and lose gracefully are only some of the potential benefits of involvement in our athletic programs. The student-athlete in turn, along with the coaching staff, provides the student body with loyalty, enthusiasm, pride and spirit for the school system.

Character

Character is the strongest, most important trait to mold in young people. Heath students are expected to exhibit integrity, honesty, dedication, and sportsmanship in all of their extra-curricular activities. The purpose of interscholastic athletics is to mold successful young people by creating high expectations and providing the opportunities necessary to help students set and meet their goals.

Scholarship

Success in the classroom is of the utmost importance at Heath. We refer to our athletes as students, rather than student-athletes. The purpose of athletics at Heath is to enhance and strengthen the educational experience. High school and middle school students have standards of participation that are consistent, but more stringent than those set by the Ohio High School Athletic Association.

Teamwork

Every sport at Heath is a team sport. Whether students are participating in an individual event or as a member of an eleven person squad, they are a member of a team. The concept of teamwork is several people working together toward a common goal. Students at Heath will be enabled with this quality that will ensure they are prepared for the real-life challenges the future will hold.

Leadership

Each team will offer leadership positions, some official, and some unofficial. Strong leaders set examples, and hold members of the team accountable by using positive reinforcement and inspiring confidence in teammates. Not all Heath athletes will serve as leaders during their athletic career, however all students will gain qualities and lessons that will enable them to serve as leaders in their future endeavors.

Parent Expectations

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in personal adjustments.

Athletic activities are an important part of the Heath City Schools' curriculum. While our number one goal as a school district is to provide a sound academic experience for our students, athletic activities provide special opportunities for participants to promote their mental, physical, social, and emotional development. Students participating in interscholastic athletics will learn good sportsmanship, the meaning of competition, teamwork, self-discipline, respect for authority, and the spirit of hard work and sacrifice. We feel these contributions to the overall development of our young men and women are valuable, and we appreciate the support of our programs by our student body, teachers, parents, and community. The Bulldog Experience is unique as a result of the cooperative efforts of the Heath educational community and parents.

Participating in athletics for Heath City Schools is a privilege and not a right and is made available to students who abide by the rules and regulations outlined by Heath City Schools, the Licking County League, and the OHSAA. Students are expected to accept seriously the responsibility and privilege of representing themselves, their family, their team, their school, and their community while participating in interscholastic athletics.

Likewise, we feel that you, as a parent, have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics. It is our hope to accomplish this through the publication of this Parent-Athlete Handbook.

Athlete Expectations

Being a member of a Heath City Schools athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Heath High School or Heath Middle School, you have inherited a wonderful tradition, which you are challenged to uphold.

It will not be easy to contribute to such a great athletic tradition. When you wear the brown, white, and orange, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them.

You have assumed a responsibility as a squad member to your school. Heath City Schools cannot maintain its position as having outstanding schools unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community, and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Heath High School and/or Heath Middle School proud of you; and make your community proud of your school, with your consistent demonstration of these ideals.

Sportsmanship

Heath Schools Sportsmanship Policy

The Heath Board of Education recognizes and supports the value of interscholastic athletics. In so doing, the Board supports the students, coaches, support personnel, fans and officials, all of whom have an essential role in athletic contests.

Student or spectator use of profanity, disrespectful or derogatory yells/chants, or gestures toward students, coaches, officials and fans will not be tolerated.

As this policy is to reflect sportsmanship, ethics, and integrity, the following are the expectations of the Heath Board of Education concerning these groups:

- The student is expected to compete within the spirit of the rules established by the Board of Education, his/her coach, and the Ohio High School Athletic Association.
- The coaches are expected to instill sportsmanship, ethics, and integrity in their students by serving as models of acceptable behavior, both as coaches and as people.
- Support personnel (time keepers, scorers, chain crew, line judges, announcers, etc.) are expected to perform their assigned duties fairly and ethically to the benefit of both the hosts and the guests.
- Officials have been licensed by the OHSAA to serve as unbiased and impartial judges of contests. Their honesty, integrity, and ethics have been guaranteed and should not be questioned.

Ethics, integrity, and respect are values important in our daily lives. All of these important values are learned by participation in interscholastic activity programs. During competition, they are translated into one word---sportsmanship. Sportsmanship is one of the strongest educational lessons and lifetime values taught by interscholastic activities

Heath Schools Fan Behavior Policy

The Board of Education recognizes the value of extracurricular activities in the educational process and the values that young people develop when they have the opportunity to participate in an organized activity outside of the traditional classroom

Student participants and all adults involved in Board-approved extracurricular activities are expected to demonstrate responsible behavior and conduct. The Board encourages the development and promotion of sportsmanship, ethics, and integrity in all phases of the educational process, including athletics and all other extracurricular activities. The Board encourages that sportsmanship, ethics, and integrity be demonstrated by all segments of the community including administrators, participants, adult supervisors, parents, fans, spirit groups, and support/booster groups.

The Board authorizes contest/event supervisors and security personnel to ensure that the contest/event can be enjoyed by participants and spectators alike. Any person who uses profanity, disrupts a contest/event in any manner (including prior to and following a contest/event) will be subject to removal from the contest/event. The Heath City Police or other appropriate law enforcement officers may be called upon to deal with any person who refuses to leave upon request. Offenders may also be subject to criminal prosecution for disorderly conduct, trespassing, or other applicable violations. The supervisor or security personnel may order the removal of any individual(s) who interferes with or causes a disruption of the contest/event or violates the principles of decency and sportsmanship to ensure that the contests and events can be enjoyed by participants and spectators alike.

In the event that a spectator is removed from a contest/event by a game official, security personnel, or a school employee, that spectator shall be denied attendance to any contest/extracurricular event involving the Heath City Schools, whether at home or away, for a period of one calendar year, unless a lesser period is determined by the Superintendent or his/her designee. Probationary status may be granted if the following conditions are met:

1. A meeting is requested by the ejected fan with the building principal and superintendent.
2. The ejected fan accepts in writing all guidelines as set forth by school personnel, and the individual agrees to behave in a manner expected of all who follow the principles of good sportsmanship. Guidelines may include going online and registering at NFHSLearn.com and completing such online courses in Positive Sport Parenting and/or Sportsmanship. Proof of completion of one or more of these courses may be required before a fan may be allowed to return to attending Heath athletic events.
3. Any further infraction will result in the fan being denied admittance for one calendar year.

Governance

1. The Board of Education

The Board of Education is the governing body for the Heath City Schools and shall periodically evaluate the District's interscholastic athletic program in terms of its value to students and the community.

2. The Ohio High School Athletic Association

Heath High School and Heath Middle School are voluntary members of the OHSAA and agree to abide by and enforce all rules and regulations disseminated by this association.

The primary role of the OHSAA is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The OHSAA solicits input and is responsive to requests for rule modifications from member schools, appointed committees, and coaches' associations.

Heath Schools offer athletic competition in the following approved sports and/or activities: Bowling, Cheerleading, Cross Country, Football, Golf, Gymnastics, Volleyball, Basketball, Wrestling, Swimming, Baseball, Soccer, Softball and Track and Field.

3. The National Federation of State High School Associations (NFHS)

The NFHS consists of the fifty-one individual state high school athletic and/or activities associations. The purposes of the NFHS are to serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications and activities which will permit each state association to profit by the experience of all other member associations.

The NFHS is both a service and regulatory agency. The growth and influence of state associations and the NFHS ensure some degree of teamwork on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

4. The Licking County League

Heath High School and Heath Middle School are voluntary members of the Licking County League. This league was established for the primary purpose of promoting selected interscholastic activities among member schools and assuring such advantages as may be gained by a union of effort.

The Licking County League was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting league meets and determining league championships. The LCL provides Heath High School and Heath Middle School the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules, and regulations.

Member Schools are:

<u>Buckeye Division</u>	<u>Cardinal Division</u>
Granville	Heath
Lakewood	Johnstown
Licking Heights	Newark Catholic
Licking Valley	Northridge
Watkins Memorial	Utica

5. Ohio High School Athletic Association Rules

To be eligible for interscholastic athletics, a high school student **must** meet the state regulations as set forth in the OHSAA Eligibility Bulletin provided to the student athlete by his/her coach (Extra copies are available in the Athletic Director's office.).

Requirements for Participation

1. Physical Examination

A yearly physical examination is required of all participating students in grades 7-12. An OHSAA Pre-participation Physical Examination Form must be completed by physician and submitted to the coach or athletic director **prior** to participation. In addition the medical history part of the form must be filled out and signed by the student and parent or guardian. A physical exam is valid for one calendar year from the date of the exam, or, if received at any time in May, until the end of the following academic year. The form will be kept on file with the athletic trainer.

2. Emergency Medical Authorization (EMA)

Each student's parents shall complete an EMA Form giving or denying permission for treatment by a physician or hospital when the parent(s) are not available. The coach will keep one copy of the form for availability at all practices and contests another copy will be on file in the athletic office.

3. Parent/Student Acknowledgement of Athletic Policies

Upon entering middle school and again upon entering high school, or at the time a student tries out for an athletic team, he/she will be presented with this Handbook containing all the necessary forms and information for participating in athletics. **Each parent or guardian and student shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district.** This Acknowledgement Form will be filed in the athletic administrator's office.

4. Insurance

All students must have proper insurance coverage before participating in practice sessions or try-outs. A parent/guardian will need to sign the Insurance Verification Form showing that they possess a family insurance plan and return it so that it may be kept on file with the athletic director. Parents/guardians may purchase insurance from an insurance carrier approved by the school. Forms are available in the office.

5. The Ohio Department of Health's "Concussion Information Sheet"

The school district cannot permit a student to practice for or compete in interscholastic athletics until the student has submitted a Concussion Information Acknowledgement Form signed by the parent stating that the student and parent have received this information sheet.

6. Scholastic Eligibility (The information below represents a partial list of OHSAA Student Eligibility Bylaws. Please see ohsaa.org or the Principal or Athletic Director for the complete list).

In order to participate on a Heath High School or Heath Middle School athletic team, each athlete will be required to meet the following eligibility standard:

All high school students must meet the scholastic requirements of the Ohio High School Athletic Association which require that the students pass a minimum of the equivalent of five credits toward graduation during the immediately preceding grading period in order to be eligible for athletics the following grading period. Changes of eligibility will become effective at the conclusion of the fifth school day after the end of the nine weeks.

Minimum Cumulative Grade Point Average:

1. All student-athletes of Heath High School will be required to earn a grade point average of 1.700 or better during the preceding grading period in order to be eligible for the following grading period.
2. The grade point average for the preceding year's 4th nine weeks grading period shall be used for the purpose to determine fall athletic eligibility.

The minimum cumulative grade point average policy does not apply to Heath Middle School students. Middle school students must have received passing grades in five (5) of the subjects in which they were enrolled during the immediately preceding grading period.

For eligibility, summer school grades may not be used to substitute for failing grades received in the final grading period of the regular school year, or for lack of enough courses taken the preceding grading period.

All beginning seventh graders are eligible for the first grading period. All beginning ninth graders must have received passing grades in five (5) of the subjects in which they were enrolled during the immediately preceding grading period to be eligible for the first grading period.

Students, for whom an Individualized Education Plan (IEP) is on file, at the time that they would be declared ineligible under the above standards, shall automatically be afforded a review of their case. The review shall be conducted by the principal, the athletic director, the student's guidance counselor, and the student's special education teacher. This review committee shall have the right to waive the grade point average eligibility requirement if, in their professional judgment, the student has made every effort possible to meet the standard.

7. Compliance with the Student Code of Conduct

All Students must maintain compliance with the District's Code of Student Conduct, and this Athletic Policy Handbook. Disciplinary suspensions for violations of the Code of Student Conduct will result in the student being deemed ineligible for interscholastic athletics, including the denial of participation on the days of suspension, whether they are practice or game days. The student will not be permitted to attend practices, scrimmages or games (home or away) during the time of suspension. Time of suspension is defined as the beginning of the school day when the first day of suspension begins and ending with the beginning of the school day a student returns to school from suspension.

Example: A student who has been suspended for three days during the school day on Friday, with a beginning suspension date on Monday is eligible to play during the weekend because the suspension begins at the start of the school day on Monday. Example B: A student who has been suspended for three days during the school day on Tuesday, with a beginning suspension date on Wednesday is not eligible to play during the weekend because the suspension does not end until the start of the school day on Monday. Holidays and calamity days do not count toward a suspension. Students who have been removed from school under the twenty-four hour emergency removal provisions are denied participation privileges during the twenty-four hour emergency removal.

8. Attendance

Joining and being part of a team requires total commitment from the student. Coaches must know that they can count on every student throughout the entire mandatory season from the first practice to the final game. Students ***are required to attend all practices/contests/meetings, etc. during the season unless excused for a valid reason by the coach, athletic director, or principal.*** Valid reasons include, but are not limited to, family emergencies, religious observances, and educational endeavors related to Heath City Schools. The approval of the reason is at the sole discretion of the coach, athletic director, or principal.

To be eligible to participate in an extra-curricular activity sponsored by Heath City Schools, a student must be in attendance a minimum of five (5) full periods and must have written permission from a parent/guardian for the periods missed to be able to participate in after school practice and/or contests that day. Exceptions may be made for excused non-illness related absences (e.g. college visitation, emergency room visits, funerals, etc.). If there must be a variation to the above stated rule, prior permission must be obtained from the athletic director or principal.

9. Risk of Participation

All students and parents must realize the risk of serious injury, which may be a result of athletic participation. The Heath City School District will use the following safeguards to make every effort to eliminate injury:

- conduct a mandatory parent/student meeting prior to the start of the season to fully explain the athletic policies and to advise, caution, and warn parents/students of the potential for injury;
- maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport;
- instruct all students about the dangers of participation in the particular sport.

10. Financial Obligations and Equipment

- Pay to Participate (optional as financial conditions warrant) – Each sport season when squads are selected, students may be assessed a small fee as established by the Board of Education to help maintain the high quality of the athletic program.
- Athletic Fee-- Each student will be required to pay a fee of \$25.00 at the beginning of each athletic season, which will be used for transportation, athletic training services and/or other expenses related to the athletic program. This fee will be due within the first two weeks of practice for the respective sport. Students who try out for a sport and are not selected for the team, but have already paid the \$25.00 activity fee, will receive a refund from the athletic department if the request is made to the athletic director. Students who fail to pay the \$25.00 athletic fee once the two week time period has expired may be denied participation until payment has been submitted. Once payment is submitted, and the student has permission of the coach and athletic director to rejoin his/her team, the student may resume participation in practice and competitions. Students will not be required to pay more than \$50.00 in "Athletic Fee" per school year.
- Uniforms – In several sports, students will be required to purchase a portion of their game uniform, which will become their property.
- Equipment – Each student will be issued equipment at the beginning of the interscholastic season of his/her sport. The student will be responsible for the care and security of this equipment. School-furnished equipment is to be worn only for contests and practice. Return of this equipment is also a responsibility of the student at the end of the sports season. All equipment not returned in good condition at the end of the season will be subject to a financial penalty. No student will be permitted to try-out for, or participate in, another interscholastic sport unless equipment from the previous sport is turned in or if lost, damaged, or destroyed reimbursement made to the athletic department.

ATHLETIC CODE OF CONDUCT

Participating in athletics in the Heath City Schools is a privilege. If a student is offered, and accepts, membership on a Heath team, then he/she becomes a representative of the Heath City Schools. Thus personal conduct should be unquestionable at all times.

To insure consistency within the teams and in all sports, the following general rules have been established for the athletes at all times. The coach for any particular sport may have rules in addition to these which he/she demands the student to follow; but these few general rules apply to all students at all times.

HEATH CITY SCHOOL DISTRICT DRUG/ALCOHOL TESTING POLICY FOR STUDENTS PARTICIPATING IN ATHLETIC ACTIVITIES

All students in grades 9-12, who wish to participate in interscholastic athletic programs, will be subjected to drug and alcohol urinalysis testing. Such testing is done for the purpose of the health and safety of every student-athlete involved in athletics at Heath High School. For each sports season - fall, winter, spring - every student-athlete signed-up to participate in a sport will be tested. After the initial test of each sports season, random testing for up to 25% of the eligible student-athletes will be tested up to a bi-weekly basis anytime during the school year, or may be done based upon reasonable suspicion. The testing company will determine the random lists and testing protocols. All lists remain confidential until the day and time of the test. Once a student-athlete signs up for a sport he/she is subject to all random tests during that school year, whether his/her sport is in- season or not. All testing will be done during school hours except the initial test for fall sports, which will take place in August prior to school beginning. All tests will be done at the high school unless circumstances do not allow.

Students who incur a positive test result will be disciplined as described below under "Consequences Resulting from a Positive Drug/Alcohol Test."

Positive test results can result in one of five ways:

1. Positive test result from testing facility lab
2. Refusal to participate in testing
3. Inability to produce sample for collector
4. Tampering with urine collection process
5. Aiding or abetting another in violating this policy

Parents of a student who test positive from a sample will be notified by the Medical Review Officer (MRO) detailing the results of the positive test. Once the school is notified by the MRO of the positive test then a meeting will be held with the student-athlete, parent/guardian, athletic director and principal.

Consent:

Each student and all parents are provided a copy of the policy published in this Handbook, and a "Parent/Guardian and Student Consent to Perform Urinalysis for Drugs and Alcohol Testing" form. The Athletic Director/designee shall distribute the Handbook (containing the Policy) and the informed consent form at the beginning of each season and no later than two weeks prior

to the beginning of the official OHSAA starting date of the athletic season. Consent provided under this policy is valid through the shorter of:

1. one year from the date of consent;
2. the date of graduation, or
3. the date of written notice of withdrawal from participation in all athletic programs for the current academic year.

Both the student and the parent/guardian are required to read, sign and date the informed consent agreement as a condition of eligibility prior to participation in interscholastic athletic practices or competition.

The Athletic Director/designee is required to obtain the informed consent form prior to the administration of the drug and alcohol tests under this policy. The consent form shall be maintained in the student/athlete's athletic file.

Drug/Alcohol Use Prohibited:

The sale of, the distribution of, or the consumption of alcoholic beverages or illegal drugs is not permitted at the site of any contest involving OHSAA member schools.

Possessing, Using, Under the Influence, Selling or Distributing (i.e., offenses not requiring a positive Drug/Alcohol Test):

Any student determined by a school administrator, coach, teacher or law enforcement official to be buying, concealing, conveying, distributing, handling, possessing, offering to sell, selling, transmitting, using, being under the influence of, or consuming alcohol or nonalcoholic beer or wine, harmful intoxicants, inhalants, controlled substances, mood altering chemicals, anabolic steroids, or other drugs of abuse, shall be denied the right to participate in games, contests, competitions or events connected with extracurricular activities consistent with what is described more fully below. Examples of drugs of abuse include, but are not limited to: prescription or non-prescription drugs, narcotic drugs, hallucinogenic drugs, amphetamines, barbiturates, marijuana, glue, cocaine, or other substances that could modify behavior. Use of drugs authorized by a medical prescription from a licensed physician and used in accordance with the prescription shall not be considered in violation of this rule. Student-athletes shall not possess, use, transmit, sell, or conceal any commonly recognized drug of abuse instrument or paraphernalia (e.g. hypodermic needle, syringe, water pipe, roach clip). This rule is to be in effect on or off school property and enforced on a 24 hour/7 day basis from the time of the first scheduled practice date, established by the OHSAA by-laws, as well as pre-season conditioning as permitted by Heath City Schools and concluding with the athletic awards program for that sport. This policy also includes school sponsored or sanctioned events out of season such as training camps, open gyms, and trips where the student participates as a representative of Heath City Schools.

Consequences Resulting from a Drug/Alcohol Offense and/or Positive Drug/Alcohol Test:

All violations will be considered cumulative for all sports and within each of the following two periods of academic life: grades 7-8 and grades 9-12. Grade 9 begins the first day after the last day of classes in 8th grade.

Drug test violations will only be applicable to students in grades 9-12.

Possessing/using/under the influence/selling/distributing AND positive drug tests are considered coinciding violations, not separate.

SELF-REFERRAL

Self-referral means that a student realizes and admits that he/she has a drug or alcohol problem and needs help with the problem. A self-referral for the purpose of this Handbook means that the student had informed the administration of their need for help before being selected for testing. If a self-referral is made prior to being selected for testing, that athlete will be treated as not having a drug/alcohol violation. Self-referral may only be used once in an athlete's career.

FIRST VIOLATION

Students will lose any leadership position held in any athletic program for the remainder of the academic school year. Student-athletes will also be denied the right to participate in games, contests, competitions or events for a period of 25 % of their current playing season. If 25% of the playing season is not remaining when the violation occurs, the penalty (25%) will be enforced during the student-athlete's next playing season, whenever that may be. If the student-athlete agrees to participate in an approved drug/alcohol assistance/treatment program, not funded by the Heath City School District, the period that the student-athlete will be denied the right to participate in games, contests, competitions and events shall be reduced by 15%, or to 10%.

To continue to be part of the team, all rules and requirements of the activity **MUST BE** followed by the student during this period. He/she may be present at all such events if so arranged by the student and the coach, but may not participate, including dressing for contests. A meeting between the student and his/her parent/guardian will take place with the principal and athletic director. At this time, second violation penalties will be spelled out as well as potentially recommended agencies for assessment and/or counseling.

A positive drug test shall result in additional testing of the student by the District's vendor upon the student's reinstatement.

SECOND VIOLATION

On the second violation, the student will be denied the right to participate in games, contests, competitions or events for the remainder of the current season and 40% of the student's next playing season. If the student agrees to participate in an approved drug/alcohol assistance/treatment program, not funded by the Heath City School District, the period that the student will be denied the right to participate in games, contests, competitions and events in the next season shall be reduced by half, or to 20%.

To continue to be part of the team, all rules and requirements of the activity **MUST BE** followed by the student during this period. He/she may be present at all such events if so arranged by the student-athlete and the coach, but may not participate, including dressing for contests. A meeting between the student and his/her parent/guardian will take place with the principal and athletic director. At this time, third violation penalties will be spelled out as well as potentially recommended agencies for assessment and/or counseling.

A second positive drug test shall result in additional testing of the student by the District's vendor upon the student's reinstatement.

THIRD VIOLATION

On the third violation, the student-athlete will be denied the right to participate in games, contests, competitions or events permanently, for the remainder of their junior high or high school career. He/she will not be allowed to be part of any athletic team in any way.

CONDUCT OF STUDENT ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All student-athletes shall abide by the Code of Student Conduct both on and off the field, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any misconduct that results in dishonor to the student, the team, or the school will not be tolerated.

LOSS OF PARTICIPATION PRIVILEGES

"Loss of participation privileges" means the exclusion from some or all extracurricular activities in which a student is participating or eligible to participate. This exclusion will normally apply to practices, rehearsals, field trips, competitions and all other activities connected with the extracurricular activity (or activities) involved. The loss of all participation privileges automatically accompanies any suspension or expulsion. In addition, the loss of extracurricular activity privileges may be imposed as a separate disciplinary measure whether or not the student is being suspended or expelled under the Code of Student Conduct.

All participants must understand that a violation of OHSAA, LCL, Heath City Schools or coaches' rules and policies may result in a loss of participation privileges. The Superintendent, a Principal, or a Head Coach, in his or her sole discretion, may prohibit a student from the privilege of participating in any particular or all extracurricular activities of the district, for an amount of time period of time as is determined appropriate.

Procedure for denial is listed below:

1. When a student has committed an offense, the student will be confronted and the loss of participation privileges will be explained at that time by the Head Coach.
2. After the student has been advised of the offense and action to be taken, a report will be made to the Athletic Director who will then advise the Principal. A letter explaining this action will be forwarded to the student's parents. During loss of participation privilege period, the student will relinquish all privileges, which he/she has received as an athlete.

3. Such decisions made by the Superintendent, a Principal, or a Head Coach are final and may not be appealed.

BASIC ATHLETIC DEPARTMENT POLICIES

1. Participation in Two Sports

Due to the relatively small student body at Heath High School and the desire of our student body to participate in more than one activity, the following guidelines must be followed when a student wishes to participate in two sports. When potential and/or probable conflicts occur, a student must adhere to the following guidelines:

- A. Before trying out or joining more than one team, the student with parent approval must identify the prime or first choice sport, and both coaches must agree to abide by the student athlete and parent decision.
- B. A competitive team activity must take precedence over non-competitive or performance activities. Rationale: When a team is selected, someone may be denied a starting role or position on the team.
- C. When two athletic events come in conflict, this athletic policy addresses the procedure to be followed.
 1. a competitive event such as softball, basketball, track, etc., shall take precedence over a non-competitive, event such as cheerleading;
 2. tournament competition takes precedence over regular season competition;
 3. league competition takes precedence over non-league competition;
 4. league championship contending competition takes precedence over non-championship play.
 5. when two performance activities come into conflict, competitions take precedence over a performance; whereas, a performance takes precedence over a practice.

In all instances every effort will be made by the school administration to schedule activities in a way as to avoid as many conflicts as possible. It is also expected that the student with the conflict will communicate to all parties involved as soon as the conflict is discovered.

2. Dropping from a Team or Transferring Sports: Students are encouraged and expected to finish what they start. Dropping a sport may put your coach and teammates in a difficult position. On occasion, however, a student may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- a) Consult with immediate coach and then the head coach;
- b) Report situation to the athletic director;
- c) Return any and all equipment;
- d) The athletic fee of \$25.00 WILL NOT be refunded for students who elect to discontinue participation during an athletic season.

Students may drop a sport at any time before the first regular season game is played in that sport without penalty. Once the regular season commences any student who drops a sport will be penalized with the following:

- a) Inability to attend any team function of another sport (e.g., open gyms, conditioning/weightlifting, camps, clinics, meetings, etc.) until the sport that he/she quit has finished their season (either eliminated from the state tournament or all makeup games have been played, whichever comes last). Exceptions may only be made by the in-season head coach of the sport for which the student was been selected, and only due to extenuating circumstances.
- b) Must sit out the first two (2) regular season contests of the next sport played. The student-athlete is eligible for practices but not scrimmages or previews in addition to the two contest suspension. He/she cannot dress for the suspended scrimmages or contests.
- c) Failure to turn in all uniforms and equipment within one (1) day of quitting a sport after the start of the regular season will add more suspended games to the two listed above, at the discretion of the principal and athletic director.
- d) A member of an interscholastic team sponsored by the District who drops from a team during the school's interscholastic season may participate in a non-interscholastic program as a team member or individual in the same sport but is ineligible for further interscholastic competition in that sport for the remainder of the school's interscholastic season.

3. Transportation: Heath City Schools is responsible for transporting students to and from any school-related athletic events including camps or other school related events that may take place in the summer. Coaches and other District employees may not rent vehicles, nor use their personal vehicles, to transport students to school-related events without first complying with applicable transportation regulations. Coaches may elect to allow parents to transport their child home from a contest provided the parent personally signs a release with the coach after the contest has concluded. Only a parent or guardian may sign this release and they must be present to do so. Students may not be released to other relatives, parents, boyfriends/girlfriends, etc. Coaches may also elect to have all team members ride the bus home after a contest. In this instance, no student will be released to their parents. Should a student miss the scheduled bus departure to a contest he/she is automatically ineligible for participation of that day's contest regardless of whether they make it to the game by private transportation. Missing the bus may also warrant further discipline by the coach.

All school district bus policies are in effect once a student enters the bus.

4. College recruitment policy: In the event a student should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Coaches should be contacted as soon as possible. College recruitment information is available in the athletic office. NCAA standards are available to students and families in the athletic office and through the guidance office.

5. Release from Class: It is the responsibility of students to see their teacher the day before the classes they will miss because of an athletic contest. All work will be made up at the convenience of the teacher.

6. Grooming and Dress Policy: A member of an athletic team is expected to be well groomed. Members of a team or squad have made a choice to uphold certain standards expected of athletes in this community.

Team members will adhere to the following grooming and dress rules:

- a) Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school;
- b) Students shall dress presentably at all times, on trips, or at assemblies or banquets;
- c) Only uniforms issued by the athletic department will be worn for contests;
- d) Students will not be permitted to participate in competitive events until deviations of the above rules are satisfactorily corrected.

7. Vacation Policy: Vacations by athletic team members during a sport season are discouraged. Parents/students wishing to take a vacation during a season should reassess their commitment to being on a competitive team. In the event of an unavoidable absence due to a vacation, a student must:

- a) contact the head coach prior to the vacation; and
- b) practice one day for each practice or contest day missed prior to resuming competition; (Contest day will count as a practice day) and
- c) be willing to assume any consequences related to their status on that squad.

8. Squad Reduction Policies: The rosters for each sport and team are determined by the head coach. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- a) Extent of try-out period
- b) Criteria used to select the team
- c) Number to be selected
- d) Practice commitment if they make the team
- e) Game commitments

The head coach has final decision on all cuts. When a squad cut becomes a necessity, the process will be as follows:

- a) Each candidate shall have competed in a minimum of five practice sessions; and
- b) Been personally informed of the cut by the head coach.

9. Reporting of Injury: All injuries, which occur while participating in athletics, should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once a physician treats a student, the student must obtain the doctor's permission to return to the activity.

In Ohio, any student who exhibits signs, symptoms, or behaviors consistent with a concussion, such as loss of consciousness, headache, dizziness, confusion or balance problems, shall be immediately removed from the contest or practice and shall not return to play that same day. Thereafter, the student shall not return to practice or competition until cleared with written authorization from a physician or health care provider approved by the local board in accordance with state law.

10. Team Rules: Each coach may include special rules of his/her own. If a coach does so, the student is expected to be aware of these rules and abide by them. The athletic director and principal must approve these additional rules and regulations, and a copy should be filed with both administrators. All students should keep in mind that participation in interscholastic

athletics is a privilege not a right. Students need to remember that not only do they represent themselves, but they also represent their coach, team, school, and community. Their behavior should reflect this responsibility on and off the playing field.

11. Ejection: The OHSAA has adopted an ejection for unsportsmanlike conduct policy. The OHSAA policy is as follows:

Any student ejected for unsportsmanlike conduct or flagrant foul shall be ineligible for contests for the remainder of that day. In addition, the player shall be ineligible for all contests at all levels in that sport, until two regular season/tournament contests (one in football) are played at the same level of ejection.

If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time, as stated above, in the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room, or be affiliated with the team in any way traveling to, during, or traveling after the contest(s).

A student who is ejected a second time shall be suspended for the remainder of the season in that sport. A student who has been ejected for unsportsmanlike conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contests subject to the discretion of the Commissioner of the Ohio High School Athletic Association. The period of ineligibility shall commence during the next sport in which the student-athlete participates.

Further disciplinary action or suspension by Heath City Schools, in addition to the mandatory OHSAA suspension, may be forthcoming from the principal or athletic director, if deemed necessary.

12. Locker Room Regulations:

- a) Rough-housing and throwing towels or other objects is not allowed in the locker room. Hazing of other players is prohibited.
- b) All showers must be turned off when finished using them. The last person to leave the shower room is expected to check all showers.
- c) No one except coaches and assigned players are allowed in the locker room.
- d) No glass containers are permitted in locker rooms.
- e) All spiked or cleated shoes must be put on and taken off outside of the building. Wearing of spikes or cleats is never permitted in any part of the school building.

13. Weight Room Regulations:

- a) Shirts and shoes are required at all times.
- b) No one is to be in the weight room alone.
- c) All students must be under the supervision of the instructor assigned.
- d) Lifters must work with a partner.
- e) Replace all weights on racks immediately following use.
- f) Know your limits! Work with the instructor to determine your limits.
- g) Do the lifts correctly. It is better to use lighter weight for correct lifting than heavier weights and run the risk of injury.
- i) Warm-up with proper stretching exercises.

- j) No chewing gum or eating candy while lifting.
- k) No food or drinks inside weight room.
- l) No horseplay or profanity.
- m) No abuse of equipment. Any equipment that is broken must be reported immediately.
- n) Strength training is not only a supplement to other athletic programs, but also a highly skilled activity itself.

14. Sports Season

All of the preceding rules and policies apply during the school year and any season in all locations.

ATHLETIC AWARDS POLICY

1. Varsity Letter Requirements

The varsity award shall be presented to a student who has satisfied the participation requirements as determined by the coach with the approval of the athletic director.

- a) The requirements to earn a varsity letter are different for each sport. The student should check with the coach for specific requirements in their sport.
- b) Each student must be in "good standing" at the end of the season to receive an award.
- c) No student will receive an award until all equipment has been returned.
- d) Season is defined as that period of time from the first practice to the awards program.
- e) Junior varsity and freshman awards are given based on the recommendation of the coach. To be eligible, athletes must complete the season.
- f) Manager's award will parallel the regular awards if they manage for the entire season.
- g) Statistician's award for satisfactorily compiling statistics for the entire season.

2. Award Criteria That Pertain to All Sports

- a) A student who moves from one level of competition to another will be awarded at the level of highest competition provided the student has met combined requirements.
- b) A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
- c) Injury Rule: Any student who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgement, he/she would have met the lettering requirements.
- d) In a sport where state tournament play is sponsored, students may letter if they have become a starter and play 75% of the quarters, innings, matches, or score team points in individual competition in tournament play regardless of other lettering criteria.
- e) Complete the season in "good standing" (eligible and all obligations met) with the school and coach.
- f) Attend awards ceremony or notify the coach or athletic director in advance of unavoidable conflict.

3. Awards

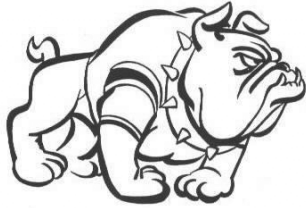
- a) Varsity awards
 - (1) 1st year award: Chenille award letter with insert signifying the sport for which the letter was earned.
 - (2) 2nd year award: Second-year medal.
 - (3) 3rd year award: Small plaque.

- (4) 4th year award: Large sport plaque indicating the recipient as a four-year varsity letter winner.
- b) Junior varsity (reserve) awards
- (1) 1st year award: Patch and certificate
 - (2) 2nd year award: Certificate
 - (3) 3rd year award: Certificate
- c) Freshman awards: Numerals and certificate
- d) Non-letter awards
- All members of a varsity athletic squad who successfully complete an athletic season for a particular sport, but who have not earned a varsity letter, are to be awarded a varsity participation certificate. Students will receive only one Bulldog Patch no matter the number of sports participated in.
- e) Championship awards
- All members of a varsity team that wins a league, district, regional, or state championship will receive a chenille emblem of that sport. Individuals who qualify for district, regional or state competition will receive a chenille emblem of that sport indicating their achievement.

4. Senior Scholar Athlete Scholarship Award

This award is presented each year at the Senior Awards Ceremony to the senior girl and senior boy who maintain a high scholastic average along with athletic excellence. Each recipient will receive a \$100 scholarship from the Heath Athletic Boosters.

KEEP THIS HANDBOOK AND RETURN ALL OF THE FOLLOWING FORMS



<p style="text-align: center;">HEATH CITY SCHOOLS</p> <p style="text-align: center;">ATHLETIC POLICY AGREEMENT</p>
--

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

1. Successfully pass a physical examination by a registered physician and the copy of such examination must be on file in the office of the athletic director. A physical exam is valid for one calendar year from the date of the exam, or if received at any time in May, until the end of the following academic year.
2. Return to his/her coach the Parent/Student Acknowledgement of Athletic Policies.
3. Properly fill out and return to the coach the Emergency Medical Authorization Form.
4. Properly fill out and return the Insurance Verification Form.
5. Submitted the Concussion Information Acknowledgement Form.
6. Properly fill out and return to the coach the Drug Testing Informed Consent Agreement.

As a student-athlete participating voluntarily in interscholastic athletics, I understand that:

1. Participation in athletics is a privilege not a right and for me to participate I must abide by the Heath City Schools Student Code of Conduct, the Heath Athletic Policy Handbook, and the rules of the Ohio High School Athletic Association.
2. I will conduct myself in an exemplary social manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, am in possession of such substances, or am suspended from school for use or possession of these substances, I will be subject to disciplinary actions as outlined in the Athletic Policy Handbook and/or the Random Urine Drug Testing Policy.
5. I acknowledge that I have been properly advised, cautioned, and warned by administrative and coaching personnel of the school district that I am exposing myself to the risk of injury, including but not limited to, the risk of sprains, fractures and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
6. I, along with my parents/guardians, certify that I have read and understand all of the school district athletic policies in the athletic policy handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.

Student Signature _____ Date _____

Parent Signature _____ Date _____

**HEATH CITY SCHOOLS
INSURANCE VERIFICATION FORM**

Dear Parent / Guardian,

Your son or daughter will be participating in interscholastic sports this year. It is important that we know whether he or she has adequate insurance coverage.

I cannot urge strongly enough that you check your insurance policy now to make sure you are covered, especially for football protection and emergency room visits. Occasionally we find too late that such is not the case.

Please take time to see that you have adequate insurance coverage for your son or daughter. If you do not, and it is past the October 1 deadline, please see your agent about obtaining sufficient coverage. Your son or daughter cannot participate until we have this information.

Sincerely,

Ellis E. Booth
Athletic Director
Heath City Schools

.....

I hereby verify that _____ has adequate insurance protection and therefore the Heath City School District will not be financially liable for injuries suffered during athletic related activities.

Date

Parent / Guardian Signature

EMERGENCY MEDICAL AUTHORIZATION

10/25/2012

Student: _____ Date of Birth _____ Grade _____

School _____ Grade _____ Student Name _____

RESIDENTIAL PARENT OR GUARDIAN

Street Address

Mother's Name _____
(Day Phone) _____ City _____ Zip _____

Father's Name _____
(Day Phone) _____ Phone _____

Other's Name _____
(Day Phone) _____ E-Mail address _____

Name of Relative or Childcare Provider:

(Name) _____ (Address) _____ (Phone) _____ (Relationship) _____

Purpose – To enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured while under school authority, when parents or guardians cannot be reached.

Please list facts concerning the child's medical history including allergies, medications being taken, and any physical impairments to which a physician should be alerted:

PART I OR II MUST BE COMPLETED

Part I – TO GRANT CONSENT

I hereby give consent for the following medical care providers and local hospital to be called:

Doctor _____ Phone Number _____

Dentist _____ Phone Number _____

Medical Specialist _____ Phone Number _____

Local Hospital _____ Emergency Room Phone _____

In the event reasonable attempts to contact me have been unsuccessful, I hereby give my consent for (1) the administration of any treatment deemed necessary by above named doctor, or in the event the designated preferred practitioner is not available, by another licensed physician or dentist; and (2) the transfer of the child to any hospital reasonably accessible.

This authorization does not cover major surgery unless the medical opinions of two other licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery.

Date _____ Signature of Parent/Guardian _____

Street Address _____ City _____ Zip _____

DO NOT COMPLETE PART II IF YOU COMPLETED PART I

Part II – I DO NOT GIVE MY CONSENT FOR EMERGENCY MEDICAL TREATMENT OF MY CHILD. In the event of illness or injury requiring emergency treatment, I wish the school authorities to take the following action:

<hr/> <p>Date</p>	<hr/> <p>Signature of Parent/Guardian</p>	
<hr/>		
<p>Street Address</p>	<p>City</p>	<p>Zip</p>

**SECTION 3313.712, OHIO REVISED CODE
(Pursuant to H.B. 811 and H.B. 639)
(Effective 6-11-1992)**

- A. Annually the board of education of each city, exempted village, local, and joint vocational school district shall, before the first day of October, provide to the parent of every pupil enrolled in schools under the board's jurisdiction, an emergency medical authorization form that is an identical copy of the form contained in division (B) of this section. Thereafter, the board shall, within thirty days after the entry of any pupil into a public school in this state for the first time, provide his parent, either as part of any registration form which is in use in the district, or as a separate form, an identical copy of the form contained in division (B) of this section. When the form is returned to the school with Part I or Part II completed, the school shall keep the form on file, and shall send the form to any school of a city, exempted village, local or joint vocational school district to which the pupil is transferred. Upon request of his parent, authorities of the school in which the pupil is enrolled may permit the parent to make changes in a previously filed form, or to file a new form.

If a parent does not wish to give such written permission, he shall indicate in the proper place on the form the procedure he wishes school authorities to follow in the event of a medical emergency involving his child.

Even if a parent gives written consent for emergency medical treatment, when a pupil becomes ill or is injured and requires emergency medical treatment while under school authority, or while engaged in an extra-curricular activity authorized by the appropriate school authorities, the authorities of his school shall make reasonable attempts to contact the parent before treatment is given. The school shall present the pupil's emergency medical authorization form or copy thereof to the hospital or practitioner rendering treatment.

Nothing in this section shall be construed to impose liability on any school official or school employee who, in good faith, attempts to comply with this section.

- B. The emergency medical authorization form provided for in division (A) of this section is as follows: (See reverse side)

CONSENT TO PERFORM URINALYSIS FOR DRUG TESTING

We hereby consent to allow the student named on the front of this form to undergo urinalysis testing for the presence of illicit drugs or banned substances in accordance with the District's **Drug/Alcohol Testing Policy for Students Participating in Athletic Activities** as outlined in this Handbook and as approved by the Heath City School Board.

We understand that the collection process will be overseen by a qualified vendor.

We understand that any urine samples will be sent only to a certified medical laboratory for actual testing, and that the samples will be coded to provide confidentiality.

We hereby give our consent to the medical vendor selected by the Heath City School Board, their laboratory, doctors, employees, or agents, together with any clinic, hospital, or laboratory designated by the selected medical vendor to perform urinalysis testing for the detection of illicit drugs or banned substances.

We further give permission to the medical vendor selected by the Heath City School Board, its doctors, employees, or agents, to release all results of these tests to the Medical Review Officer (MRO) working for the medical vendor.

We understand these results will be forwarded to the Building Principal and will also be made available to us. We understand that consent pursuant to this Informed Consent Agreement will be effective for all athletic sports in which this student athlete might participate during the current school year.

We hereby release the Heath City Schools Board of Education and its employees from any legal responsibility or liability for the release of such information and records.

This will be deemed a consent pursuant to the Family Educational Rights and Privacy Act of 1974, 20 U.S.C. 1232g as amended, and Ohio Revised Code 3319.321, for the release of the test results as authorized by this **Informed Consent Agreement** or as required by law.

**BOTH PARENT AND STUDENT-ATHLETE ARE REQUIRED TO EXECUTE
THE FORM FOUND ON THE FOLLOWING PAGE.**

**STUDENT AND PARENT/ GUARDIAN INFORMED CONSENT TO PERFORM UNANALYSIS
FOR DRUGS AND ALCOHOL TESTING FOR STUDENTS PARTICIPATING OR INTENDING
TO PARTICIPATE IN INTERSCHOLASTIC ATHLETIC ACTIVITIES**

Student Name (Print Clearly): _____

As a parent or guardian of a student enrolled in the Heath City School District, I have read and understand the District's Parent-Athlete Athletic Policy Handbook as it applies to Heath City student athletes.

Because my child participates in high school interscholastic athletic activities, I hereby voluntarily consent on behalf of my student that in order from him/her to participate in such activities, my student will submit to drug/alcohol urine testing. We agree to be subject to the terms of the "Drug/Alcohol Testing" provisions contained in the Parent-Athlete Athletic Policy Handbook ("Handbook"). We accept the method of obtaining urine samples, testing and analysis of such specimens, and all other aspects outlined in the Handbook. We further agree and consent to the disclosure of the sampling, testing and results as provided within the Handbook.

I also understand that while my child cannot be compelled to produce a specimen, the giving of a specimen when requested by the District is a condition of my child's continuing to participate in interscholastic athletic activities.

I understand that if a test of my child's specimen reveals an unexplained presence of a drug or alcohol, the District may withdraw the privilege of participating in interscholastic athletics. I understand that a refusal to submit to a test will have the same consequence as if my child had tested positive.

I authorize the officers, employees, and agents of the District to communicate and share information with each other regarding my child's drug test results both orally and in writing. The District may also communicate such results at any administrative proceeding regarding my child's drug test.

Parent/Guardian Name (Please Print Name Clearly)

Consenting Parent/Guardian Signature

Date

Consenting Student Signature

Date

The following section is to be completed only by a student who is over the age of 18.

Under the Family Educational Rights and Privacy Act (FERPA), the District is permitted to disclose information from your education records to your parents if your parents (or one of your parents) claim you as a dependent for federal tax purposes. Please indicate whether your parents claim you as a tax dependent.

Yes. I certify that my parents claim me as a dependent for federal income tax purposes.

OR

No. I certify that my parents do not claim me as a dependent for federal income tax purposes.

Consenting Student Signature

Date

If you are not claimed as a dependent or you do not know whether you are claimed as a dependent for federal income tax purposes, but you agree that the District may disclose information from your education records to your parents, please sign the following consent:

I consent to the disclosure of any personally identifiable information from my education records to my parent(s), for reasons determined by the District as appropriate.

Consenting Student Signature

Date

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can’t recall events before or after hit or fall.*

Symptoms Reported by Athlete

- ◆ *Any headache or “pressure” in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not “feel right.”*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

Resources

ODH Violence and Injury Prevention Program
<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention
<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

I have read the Ohio Department of Health's Concussion Information Sheet and understand that I have a responsibility to report my/my child's symptoms to coaches, administrators and healthcare provider.

I also understand that I/my child must have no symptoms before return to play can occur.

Athlete

Date

Athlete *Please Print Name*

Parent/Guardian

Date

