



STUDENT ATHLETIC HANDBOOK 2019-2020





DEPARTMENT OF LEARNING AND TEACHING
ATHLETICS OFFICE

TABLE OF CONTENTS

	Page
Athletic Participation Information - Welcome Letter	
Renton School District Mission and Athletics Mission	1
Purpose, Rationale, and Safety	2
Renton School District Rules for Interscholastic Athletic Participation	3
Athletic Fee Refunds	4
Athletic Transportation	4
Conduct and Responsibilities for Athletes	5
Procedures for Implementing Discipline, Probation, Suspension and Expulsion	5
Grievance Procedure	6
Emergency Removal	7
Providing False Information	7
Residence Rules for Renton Schools	7
Expectations of the Athlete to School and District	8
Student Academic Requirement for Athletic Participation	9
Head Injury/Concussion Information	11
Return to Play Protocol for Athletes Suspected of a Head Injury / Concussion	13
Return to Play Protocol for Athletes After an Injury (Non-head injury)	13
College Recruitment	15
Bus Guidelines	16
Renton Memorial Stadium Guidelines	16
RSD Letter to Athletes, Coaches and Parents/Guardians	17
WIAA Information	19

SERVICE | EXCELLENCE | EQUITY



DEPARTMENT OF LEARNING AND TEACHING
ATHLETICS OFFICE

Dear Parent/Guardian:

We are excited that your student has chosen to participate in the Renton School District Athletic Program. The mission of the program is to: *“provide wholesome opportunities for student-athletes to develop from their experiences into well-rounded individuals capable of their full potential in a diverse, ever changing society”*. We achieve this by teaching the values of self-discipline, commitment, teamwork, dedication, and hard work. When learned properly these values assist in raising achievement levels of our student-athletes and also help to prepare them for life after high school. This mission assists us in reaching our District’s mission of *“Each student graduating with options and prepared to fully participate in our democracy.”* Our Core Values of *Service, Excellence, and Equity* drive all of our programs, including our athletic programs. Parents/guardians are key in assisting in instilling these core values so that our missions can be accomplished. Therefore, I ask that you keep these core values and overall goals of our programs in mind at all times during the upcoming school year and WIAA season.

We have high expectations for our student-athletes and parents/guardians in the Renton School District, and we view participation in the Renton School District Athletic Program as a privilege and not a right. We want athletes and their parents/guardians to realize that they are representing their community, school, district, and league when they are a part of a Renton School District Athletic Program. With this in mind we expect all members of the athletic program (athletes, coaches, parents/guardians, fans) to conduct themselves in a positive manner at all times.

To ensure that athletes have the best possible experience and get the most out the program, we have developed this Student Athletic Handbook. Because your awareness of the contents of this handbook is very important, we are requesting that you take some time to go through and discuss it with your student-athlete. All student-athletes are held to a higher standard for academic achievement and behavior. Please read and be aware of all of the expectations/requirements. By participating in the interscholastic athletic program, your athlete will be subject to the Athletic Code of Conduct for the entire year. Athletes involved in code violations will be subject to sanctions during this period.

You should also be aware that coaches are authorized to decide which athletes are selected to the team(s) and which athletes are to play in each contest. Although we have developed an extensive program to provide the most participation possible, it is an interscholastic program and there is no guarantee that an athlete will make the team and/or play in every contest. School/District Administration will generally not get involved in “playing time” issues. A “Guide for Parent/Coach Communication” is available on the FamilyID athletic registration website.

Again, our expectation is that you will take the time to review this information. We wish you and your athlete all the best for the upcoming WIAA sports season!

Brian Kaelin
Director of Athletics
Renton School District

SERVICE | EXCELLENCE | EQUITY

**RENTON SCHOOL DISTRICT
MISSION**

“Each student graduating with options and prepared to fully participate in our democracy.”

We work to achieve this by focusing on the District’s core values of:

SERVICE, EXCELLENCE and EQUITY

**RENTON SCHOOL DISTRICT
ATHLETICS MISSION**

“To provide wholesome opportunities for student-athletes to develop from their experiences into well-rounded individuals capable of their full potential in a diverse, ever changing society.”

We achieve this by teaching the values of **self-discipline, commitment, teamwork, dedication, and hard work**. When learned properly these values assist in raising achievement levels of our student-athletes and also help prepare them for life after high school. We ask that you keep the major goal of the program in mind at all times.

PURPOSE

The Renton School District offers a comprehensive athletic program. The purpose of this program is:

1. To provide opportunities for the development of desirable social traits such as loyalty, cooperation, fair play, and resourcefulness.
2. To provide directed leadership and supervision that stresses self-discipline, self-motivation and the ideals of good sportsmanship that make for winning and losing graciously.
3. To create an atmosphere of unity, and to foster school spirit to help with the educational process in the sport and in the school.
4. To provide for a worthy use of leisure time in later life, either as a participant or spectator.
5. To stimulate community interest and support for the entire school program.

RATIONALE

In order to accomplish the objectives set forth, it is necessary to develop and maintain a team spirit that is based on appropriate standards. Certain regulations are necessary to prevent disruption of team spirit that could detract from the values of competition and cooperation provided by athletics.

School programs should reflect the attitude of the community that pays for them, and, if appropriate benefits are to be derived from the athletic program, it must be able to operate in a climate devoid of disruptive influence. If the community is to truly identify with its schools through the athletic medium, it is imperative that team members conduct themselves in a manner that will inspire pride and approval.

SAFETY

You have chosen to participate in a Renton School District athletic program. We assure you that the district will do everything possible to emphasize safety practices for your protection. However, you must realize that some athletic programs are more dangerous than others. Accidents can happen and risk of serious injury does exist. For additional information refer to the sport specific warning letters and safety guidelines on the athletic registration website.

RENTON SCHOOL DISTRICT RULES FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION

Athletic Participation

Because students involved in athletics perform and represent their schools in public, they are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team, school and community. In participating as a secondary school athlete, it is understood that the student will accept all the responsibilities inherent in being an athlete. The decisions related to imposing disciplinary action are the responsibility of the coaching staff, athletic director, and the principal. The conduct of the athlete in school and in the community is an important part of the training program for athletes.

In order for student athletes to participate on any athletic team, the following conditions must be met.

Athletic Clearance

In order for student athletes to participate on any athletic team, the following conditions must be met.

A. The parent/guardian must:

- 1) Complete an online registration. This registration includes items such as: Student Information, Athletic Eligibility Information, Parent/Guardian Permission, the Mandatory Accident Insurance / Assumption of Risk Agreement, Emergency Contact Information and authorization, etc.;
- 2) Attest and sign online that they and their athlete have read and understand the Concussion and Sudden Cardiac Arrest Information documents and the rules and guidelines as set by Renton School District for athletic participation.
- 3) Turn in a completed Athletic Pre-Participation History/Physical Examination form to the school Athletic Office that certifies that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate in. This physical examination must be conducted by a medical authority licensed to perform a physical examination- Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician. The physical exam shall be valid for up to twenty-four (24) consecutive months BUT cannot expire prior to the final state championship contest in the season that the athlete is registering for. If it is set to expire before the final state championship contest, the athlete will be required to get an updated physical exam prior to being cleared for participation.
- 4) Purchase ASB Card
- 5) Pay Athletic Participation Fee
- 6) Pay any outstanding fines



NOTE: Schools may have additional requirements.

- B. Accept responsibility for all school equipment issued him/her. It is understood that school equipment can be used or worn only with the approval of the coach.
- C. Realize that decisions relating to: abilities of athletes, assignments to positions, and actions that directly affect team morale and performances are made by the coach in charge.
- D. Demonstrate appropriate use and care of locker room facilities and adhere to specific building regulations both at home games/events and away.
- E. Adhere to the following attendance regulations including, but not limited to:

1. Attendance at School - Students who are absent all or part of a school day are not eligible to compete or practice that day (or the next day in the event of a weekend contest) unless the absence is excused. If excused, the athlete may participate if he/she is in attendance for one half day or more or if approved by the Assistant Principal and/or Principal.
 2. Absence from Practice – An athlete is expected to attend all team practices unless excused for illness or by prior approval. If an athlete is absent from practice and not excused, the athlete will be ineligible to participate in the next contest.
- F. Understand and adhere to the following rules regarding the use of tobacco, alcohol, and illegal drugs (including anabolic steroids). Student athletes are prohibited from using, possessing, or being in the presence of other students using or possessing alcohol, illegal drugs, or tobacco. The use, possession of, or being in the presence of other students using any illegal drugs, alcohol, or tobacco products during the entire activity season at any time (24 hours a day) on or off campus will result in expulsion from the team with the right to appeal.
- G. Students must refrain from using any school athletic equipment or uniforms at any other time than during the regular sport season in which they are participating, unless approved by the Principal or designee.
- H. Any student that has a medical condition considered as life threatening, and has medication for this condition, is required to carry this medication and have it accessible at all times.

Athletic Fee Refunds

Students cut in a “cut sport” will be allowed a refund of their athletic fee if the refund request is submitted within two weeks after the cut date.

For all other sports, refunds will be allowed for students who withdraw from the sport **and** request a refund **prior to the first contest** (league or nonleague).

Athletic Transportation

Transportation to and from athletic contests will be provided by the Renton School District whenever possible. However, we often ask the teams to provide their own transportation to and from Renton School District sites. Whenever school district transportation is not available, parents/guardians are responsible for arranging transportation for athletes to and from practice and game sites within the Renton School District.

The following rules will be enforced whenever it is necessary to travel to other schools for athletic contests:

- A. All athletes must travel to and from athletic contests in transportation provided by the school district. Except that an athlete may return:
 1. With their own parent/guardians(s) – if the parent/guardian meets the coach in person after the contest and requests to take his/her athlete (only) home in their own vehicle. The coach will have the parent/guardian sign the athlete out, or
 2. In a private car, if the parent fills out a “Student Private Transportation Permission Form” prior to departure and the Principal gives approval to the coach in charge.
- B. When traveling to and from athletic contests in transportation provided by the school district, all athletes will remain with their squad and under the supervision of their coach. Misconduct of any sort while traveling to and from an athletic activity will be dealt with as outlined in the District Student Athletic Handbook.

CONDUCT AND RESPONSIBILITIES FOR ATHLETES

The opportunity to participate in the interscholastic athletic program is a privilege granted to all students of the district. All students who participate in this voluntary program are expected to comply with the applicable rules and regulations and will submit to the reasonable discipline of school authorities. Any participating student who willfully performs any act on or off school premises that materially interferes with or is detrimental to the orderly operation of a school's athletic program will be subject to discipline which may include expulsion from that athletic program. Such acts include, but are not limited to, those listed below:

- A. Possession, use, and/or sale of tobacco, alcohol, drugs (including anabolic steroids and marijuana/cannabis), or narcotics not prescribed by a physician;
- B. Being in the presence of students using alcohol, drugs, or narcotics not prescribed by a physician;
- C. Fighting
- D. Refusal to identify oneself;
- E. Non-compliance/failure to follow directions;
- F. Unauthorized absence from turnout or game;
- G. Cheating or falsifying documents
- H. Lewd or obscene conduct;
- I. The use of vulgarity or profanity;
- J. Destruction or defacing of property;
- K. Extortion or intimidation of another student or staff member;
- L. Stealing;
- M. Lack of academic performance consistent with WIAA and district policy;
- N. Possession or use of any dangerous weapons or objects; and
- O. The commission of any criminal act as defined by law.

Participants must finish the season in good standing in accordance with team, school, and school district rules to include representing the school as a good citizen both on campus and in the community to be eligible for individual and team awards.

Students suspended or expelled from school may not participate in extracurricular activities during the period of school exclusion. Students returning from disciplinary suspensions where practice was not allowed must practice at least one day before being allowed to compete (they also must meet WIAA practice requirements). Students returning from suspensions that end on a Friday may return to participation the next scheduled school day.

Procedures for implementing athletic discipline, probation, suspension and expulsion

1) Athletic Discipline and Probation

Coaches may send student athletes home for the remainder of a contest or turnout if their conduct is disruptive.

In the event athletic probation is imposed, the coach will:

- a) Inform the Principal/Building Athletic Director of the proposed discipline and secure approval;
- b) Inform the student athlete of the deficiencies, how the student athlete is to correct them, and the number of days of probation;
- c) Send an athletic discipline letter to the parent/guardian with copies to the Building Athletic Director and Principal;

- d) Upon completion of the probationary period, and if the deficiency is corrected, the student athlete is removed from probation; if the deficiency is not corrected, the probationary period is extended or the student athlete is recommended for suspension.

2) Athletic Suspension and Expulsion

Prior to the suspension or expulsion of any student athlete, a conference will be conducted with the student athlete as follows:

- a) The head coach, Athletic Director, or Principal/designee will provide the student athlete an oral and/or written notice of alleged misconduct and violation(s) of school district rules; the evidence in support of the allegations; and, the corrective action or sanction to be recommended.
- b) The student athlete will be provided the opportunity to present an explanation.

Following the conference with the student athlete, the head coach and/or Athletic Director may recommend athletic suspension or expulsion to the building Principal.

If the building Principal imposes athletic suspension or expulsion, the student athlete will be notified orally of the action taken. Promptly thereafter, written notice will be sent to the student athlete's parent/guardian containing the following information:

- a) the action taken (suspension, expulsion, etc.);
- b) the reason for such disciplinary action; and
- c) the right to an informal conference

Documentation

A copy of the suspension or expulsion notice will be sent to the office of District Director of Athletics.

Grievance procedure

1) Informal Conference

Any student athlete, parent or legal guardian who is aggrieved by any athletic suspension or expulsion has the right to an informal conference with the Principal, or his/her designee, and any other employee involved. Any request for such informal conference will be made within five (5) school days of the written notice of the action. The school Principal shall have the final authority as to the student athlete's participation in the school athletic program.

2) Formal Conference

Any student athlete, parent/legal guardian who may be aggrieved following the informal conference may, upon three (3) school days prior notice, present a written and/or oral grievance to the District's Chief of Schools or his/her designee. The Chief of Schools or designee will gather details and render a decision within 3 school day.

3) Appeal to Superintendent

If the grievance is not resolved, the aggrieved party may appeal to the Superintendent within 3 school days. The Superintendent will gather information and render a decision within 10 schools days.

4) Appeal to Board of Directors

If the grievance is still not resolved, the aggrieved party may appeal the Superintendents decision to the Board of Directors within 3 school days. The Board of Directors, after hearing the case in detail, will render a decision on the case within 10 school days. This decision will be final.



NOTE: The athletic discipline, probation, suspension or expulsion will continue throughout the duration of the grievance process.

Emergency removal

Emergency removal will be used when student is a physical threat to self or others and such threat is seen as continuing.

Immediate removal from activity but must have conference within 24 hours with the subject and parents when appropriate.

Providing false information

If a participant/parent/guardian provides the school with false information which caused the school to declare the participant eligible when they were not eligible (i.e. forged or altered tracer), the participant will be **declared ineligible for interscholastic competition for a period of one (1) year**. The one (1) year penalty begins on the day that the determination was made that false information had been provided.

If the athlete participated in a contest the appeal must be submitted to the WIAA Executive Director. If the athlete has not participated in a contest the appeal must be submitted to the Building Principal and the District Director of Athletics.

The full text of Policy/Procedure 2151 may be obtained on the district's website.

RESIDENCE RULE FOR THE RENTON SCHOOLS

Students are only eligible to participate in athletics while attending the school in the residential area where their parents with legal custody, or a court-appointed guardian (provided that the guardian has been acting in that capacity for one year) reside.

Senior High residential areas are designated by the administration. They are:

Hazen High School

Lindbergh High School

Renton High School

Transferring students attending a school outside of their Senior High residential area for one calendar year or more are eligible thereafter in their current school provided the enrollment is continuous and they meet all other eligibility requirements.

An appeals procedure for those who wish a review of the one year rule or a residence/service area ruling has been established by the WIAA. See WIAA Handbook (found on WIAA web site) or your Athletic Director/Assistant Principal for details.

EXPECTATIONS OF THE ATHLETE TO THE SCHOOL AND SCHOOL DISTRICT

- 1) Hold a valid ASB Card
- 2) Pay Athletic Participation Fee
- 3) Pay Fines and be a "Student in Good Standing".
- 4) Dress and Appearance: Personal appearance, cleanliness and neatness of dress must meet reasonable standards.
- 5) Conduct: Conduct manifested through such things as fighting, harassment, intimidation, bullying, hazing, obscenity, vulgarity, and other conduct such as defacing property, will be cause for disciplinary action. (See Board Policy 3207 on the District website for a definition of harassment/intimidation/bullying as well as reporting procedures.)
- 6) Truancy: Any athlete discovered to have cut, or deliberately absented himself/herself from class, during any part of the school day shall be considered truant and may not practice or compete until reinstated by the building Athletic Director.
- 7) Travel Etiquette: High school athletes represent their school at all times. It is expected that positive attitudes will be demonstrated on all trips and that bus conduct and proper regard for the facilities, personnel and school visited will be uppermost in the minds of each team member.
- 8) Letter Awards: Letter awards are presented by a student body to those athletes who meet all requirements for participation and performance established by their high school and as recommended by the head coach.

The letter award is a symbol for superior achievement in a sport and is to be displayed with pride on the school's official awards jacket. Athletes who receive the letter award accept a commitment to represent their school and sport as good citizens.

- 9) Athletic Courtesy: Opinions of athletes, the teams and the schools will be influenced by the attitudes, appearances, talk and actions of all athletes. Students who have volunteered to be members of squads and become student athletes, are expected to:
 - a. Be courteous and hospitable to visiting teams.
 - b. Respect the integrity and judgment of officials and accept their decisions without question.
 - c. Play hard and to the limit of their ability, regardless of discouragement. True athletes do not give up.
 - d. Be modest when successful and be gracious in defeat. A true athlete does not offer excuses for his/her failures.
 - e. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- 10) General Health Practices:
 - a. Good health practices dictate proper food, rest, and exercise. A physician should make decisions relative to health.
 - b. It is essential that athletes report illnesses, injuries and equipment damage (safety related i.e. mats, apparatus, helmets, etc.) to their coach and athletic trainer immediately.

STUDENT ACADEMIC REQUIREMENT FOR ATHLETIC PARTICIPATION

High School Activities

High school interscholastic activities programs will include:

- A. Interscholastic athletic and activities programs as governed by the Washington Interscholastic Activities Association (WIAA); and
- B. Drill/dance team, and cheerleading, for which higher standards may be prescribed by either the school or activity constitution.

Scholarship Requirement

In order to maintain athletic eligibility during the current semester/trimester, the student shall:

- Pass 4 classes in a 5 period class schedule or the equivalent credits (WIAA Requirement)
- Have a current GPA of 2.0 or above (Renton School District Requirement)

NOTE: **For fall sports**, incoming 9th grade students:

- Must receive a grade of two (2) or higher on Standard Based Grading Reporting (SBGR) in a minimum of four (4) out of six (6) classes (RSD Requirement)
- Are not required to meet the WIAA previous semester scholarship requirement for initial eligibility.

Students entering high school without an established GPA or others not meeting WIAA and/or Renton School District standards will be assisted through the provisions outlined in these procedures.

Eligibility

Eligibility is defined as those conditions that demonstrate a student will be allowed to participate in an activity:

Students participating in activities governed by the WIAA will meet WIAA and district requirements.

1. Students will demonstrate that they are:
 - a. meeting the Scholarship Requirement (WIAA and RSD Requirements noted above)
 - b. taking a program of courses that will lead to graduation,
 - c. meeting school attendance, classroom work, and behavior expectations.

NOTES:

- Grades earned during summer school for like classes that were failed during the previous semester/trimester MAY count towards fall eligibility. HOWEVER, this should be confirmed BEFORE summer courses are taken.
- No Credit (NC) grades are used to figure out full-time enrollment. They may not be used to fulfill the requirements of passing four (4) of five (5) classes (or equivalent) and would be not be included when calculating the grade point average (GPA).

Ineligibility

Ineligibility is defined as those conditions that demonstrate a student will not be allowed to participate in an activity or one who may be removed from an activity for a clearly established reason. Students will be ineligible for activities if they do not meet WIAA and/or district requirements. Students may regain eligibility by meeting requirements established by WIAA and the district.

Athletic/Activity Suspension and Removal

- A. Failure to meet WIAA and district standards will result in suspension from the athletic/activities program. Athletic/Activities Suspension is not intended to be a prolonged process for students. Appropriate action needs to be taken by the student, assisted by parents/guardians and staff, to meet WIAA and district standards.

- B. The principal or designee will make certain that students on suspension are placed on probation so they are monitored regularly to encourage meeting academic, attendance, and behavior expectations.
- C. Athletic/Activities suspension will consist of the following progressive steps:
 - 1. Participation or practice/work sessions will be allowed, but participation in competition or events will be withheld.
 - If a student is not meeting the WIAA scholarship requirement (passing 4 classes in a 5 period class schedule or equivalent credits), the WIAA suspension period for a high school student shall be from the end of the previous semester/trimester through the fourth Saturday in September in the fall or the first five (5) weeks of the succeeding semester/trimester.
 - If a student is not meeting the Renton School District Grade Point Average (GPA) Requirements (current GPA of 2.0 or above), the Renton School District suspension period for a high school student shall be through the first regulation contest at the primary level that the athlete will be participating in.
 - 2. Students that fail to meet the WIAA Scholarship requirement and/or the Renton School District Grade Point Average (GPA) during the season will be ineligible for competition until the week after their grade check shows that they are meeting these requirements. These students will be placed on probation and their grades will be monitored weekly for the remainder of the season.
 - 3. Suspension will be extended if the student has not yet met standards on a week-to-week basis for the remainder of the season or to the end of the semester/trimester.

Program of Assistance

- A. Assistance will be provided in high schools to help students improve their academic performance. Efforts will be made to identify students needing assistance as early as possible. Information regarding areas where help is needed and best ways to provide the needed help will be gathered.
- B. Assistance may consist of:
 - 1. Scheduled contacts between teacher(s) and student
 - 2. Study contracts
 - 3. “Study table” opportunities before or after school, during evenings, and/or on Saturdays
 - 4. Tutoring
 - 5. Progress check
- C. Expectations for involvement
 - 1. Students in athletics/activities may, as a condition of probation or to regain eligibility, be required to participate in an appropriate program of assistance.

All students are eligible to participate in assistance programs.

Appeals

Decisions regarding ineligibility or suspension may be appealed to the Principal. Appeals beyond that level will be appealed to the appropriate Chief of Schools and Director of Athletics.

The full text of Policy/Procedure 2152 may be obtained on the district website.

Renton School District #403 Concussion Information Sheet

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

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009

Renton School District #403 Concussion Information Sheet

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

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

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

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

and

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

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

For current and up-to-date information on concussions you can go to:

:

<http://www.cdc.gov/headsup/youthsports/index.html>

<http://wiaa.com/subcontent.aspx?SecID=623>

Return to Participation Following an Injury/Illness Requiring Medical Attention

A written report shall be completed when a student is injured while participating in a school-supervised activity. Participants who have been injured or have incurred an illness serious enough to require outside medical care must present to school officials the Renton School District Student Athlete Return to Participation form signed by a medical authority licensed to perform a physical examination before resuming participation. High School Athletes must be subsequently tested and cleared by the School Athletic Trainer before resuming participation.

RETURN TO PLAY PROTOCOL FOR ATHLETES SUSPECTED OF HAVING A HEAD INJURY/CONCUSSION

Return to Activity is carried out in a Step Wise Fashion **ONLY AFTER PLAYERS SYMPTOMS HAVE RESOLVED AND MEDICAL CLEARANCE HAS BEEN GRANTED!** Please work closely with athlete's Healthcare Provider or Athletic Trainer to ensure a safe progression back to full athletic activity.

Step 1- Rest

First Step in recovering from a concussion is rest. Rest is essential to help the brain heal. Athletes need rest from both physical and mental activities that require concentration and attention, as this may worsen symptoms and delay recovery.

After an athlete has returned to school full time, is no longer having symptoms, AND they have received clearance from an appropriate Healthcare Professional, a gradual return to activity program may begin.

Step 2- Gradual Return to activity program may begin.

Return to Activity Program

- 1) Light Exercise
 - a) 5 to 10 minutes on an exercise bike or a light jog.
 - b) No weight lifting.
- 2) Running in the gym or on the field without a helmet or other equipment.
- 3) Non-contact training drills in full uniform.
 - a) Light weight training may begin.
- 4) Participation in full-contact practice or training.
- 5) Return to competition.

This progression usually takes about one week, but may be longer with the player progressing one step each day. **It is crucial that the activity be stopped immediately if signs or symptoms of concussion return. If symptoms occur at any step, the player needs to be re-evaluated by a Healthcare Professional.** (Information obtained from the CDC).

RETURN TO PARTICIPATION FOR ATHLETES AFTER AN INJURY (NON-HEAD INJURY)

Under the Care of Athletic Trainer: The Licensed Athletic Trainer attained by the school shall make return-to-participation (RTP) decisions on injuries evaluated and/or managed by him/her.

Referred to / Under the Care of a Physician: Athletes that have been referred to a physician* for diagnosis and/or further care for an injury must bring a "physician's note" designating when it is acceptable for a limited or full return-to-participation. This applies to any athlete referred to a physician office, urgent care center or hospital.

Under Care of Outside Healthcare Provider (PT, DC, Other): Athletes under the care of an outside healthcare professional must provide a periodic report, from their provider on the functional progress being made ("progress report"). This report must also include any limitations placed on their athletic participation.

Attendance at Practices / Competitions: Injured athletes are expected to attend all practices and competitions. Where appropriate, the athlete will be provided an alternate conditioning program to help maintain a base fitness level.

Phases for Return to Participation:

Phase 1

Goals: Control pain/swelling, improve range of motion, improve isometric strength, ADL (Activities of daily living) Training

Additional Training: Additional strengthening of non-injured muscles as tolerated, cardiovascular training as tolerated

Phase 2

Criteria to reach Phase: Decreased pain/swelling, increased range of motion & improved joint mobility, sufficient neuromuscular/muscular control, normal gait pattern

Goals: Prepare athlete for basic sport specific strength and neuromuscular control. Prepare athlete for next phase of rehabilitation.

Additional Training: Core stability, strengthen involved limb, and improve cardiovascular training, flexibility

Phase 3

Criteria to reach phase: Limited pain/swelling, full range of motion, good neuromuscular control, injured area at > 75% of noninvolved limb, good hop/jump/throwing and landing/catching techniques

Goals: Optimize sport specific neuromuscular control. Prepare player for return to team practice

Additional Training: Core stability/strength, strength training, cardiovascular sport specific, flexibility

Phase 4 – Return to Reduced Sport Practice

Criteria to reach phase: Minimal to no pain/swelling, symmetrical range of motion, optimal sport specific neuromuscular control, injured area at >80% strength of non-injured side, Plyometric Test at > 80% of non-involved limb

Goals: Bring player back to unrestricted team practice with full possession of skills and conditioning

Additional Training: Core stability/strength, strength training, flexibility

Phase 5 – Return to full sport practice

Criteria to reach phase: No pain swelling, symmetrical range of motion, optimal sport specific neuromuscular control, injured area at >95% of non-involved side, Plyometric Test at >90% of non-involved side, returned cardiovascular fitness to 90% of teammates

Goals: Final Preparation of the player for the physical and psychological needs and demands of competitive sport participation

Additional Training: Continue additional training in the form of a sport specific warm-up.

COLLEGE RECRUITMENT

In the event you should be contacted personally by a college recruiter, you have an obligation to work through your coach and the building Athletic Coordinator. Inform your coach of such contact as soon as possible. This is especially important if it occurs during the time when you are actually involved in active participation. Check with your coach regarding NCAA rules governing recruiting. Rule violations could result in loss of eligibility.

For additional college eligibility information please see the following web sites:

NCAA: <http://www.eligibilitycenter.org>

NAIA: <http://www.playnaia.org/page/process.php>

Accredited Schools Online: <http://www.accreditedschoolsonline.org/resources/athletic-recruiting/>



NOTE: Web addresses are valid at time of handbook publication and subject to change.

BUS GUIDELINES

For reasons of safety, health, and compliance with state regulations and district policies, the following items are NOT allowed on a school bus:

- 1) Glass objects: bottles, jars, etc.
- 2) Open containers of food, drink, gum, sunflower seeds
- 3) Inflated balloons
- 4) Live animals, birds, bugs and/or worms
- 5) Plants, dirt, other growing projects
- 6) Oversized objects and instruments; those that cannot fit safely in the seat with a student
- 7) Weapons: guns, knives, razor blades, etc. (real or toy)
- 8) Sports equipment which could endanger others: javelins, pole vaults, shot puts, skateboards, baseball bats
- 9) Any item which cannot be transported easily or which creates a safety concern
- 10) Distractive electronic devices or trading cards.

Alternative arrangements must be made to transport any of the above mentioned items to and from school.

RENTON MEMORIAL STADIUM GUIDELINES

- 1) There is no cross field traffic for any events. For football games, each side of the stadium has its own entrance, ticket booth(s), parking lot, concession stand, restrooms, and telephone. When Renton district students are seated on the visitors' side of the field, they will purchase their admission ticket(s), park and sit on the visitors' side of the stadium.
- 2) All stadium ticket booths and gates will close at the end of the third quarter (football) or at halftime (soccer). All gates will reopen at the end of the event for spectators to leave the stadium area.
- 3) There is a "**NO PASS-OUT POLICY**" (once you have entered the stadium area and you choose to leave the stadium area, you will not be able to re-enter). Pass-outs may be allowed for emergencies or at the discretion of the stadium manager. **Please plan and prepare to stay in the stadium once you purchase your ticket and enter the gate.**
- 4) All students need to show a valid ASB card w/sticker to enter the stadium at the student prices. On their schools' home game nights students will be admitted free (as long as they show their valid ASB card w/sticker). Electronic copies of ASB cards will not be accepted.
- 5) Excessive "traffic" across the top of the stadium stands will not be permitted as it creates a safety hazard. The walking area below the bleachers and the bleacher aisles must be kept clear of spectators.
- 6) Helium balloons must be weighted down and no large balloon bouquets will be allowed in the grandstand area.



Athletes, Coaches, and Parents/Guardians,

We expect our athletes, coaches, and players to exhibit good sportsmanship and represent their team, school, district and league in a positive manner at all times. Those not exhibiting positive behavior will receive consequences. For example, if an athlete, coach, or spectator is ejected from a contest/venue the following penalties will be imposed, and the party in question will need to complete the listed steps before they are allowed to return to the program.

1. ATHLETE EJECTION

- A. The athlete will sit out a minimum two contests in that sport at the same level of competition from which the athlete was ejected (note: a senior with sports remaining will sit a minimum two contests in the next sport played).
- B. The athlete must meet with the school Athletic Director and/or building Principal and/or District Athletic Director prior to returning to events. Parent/Guardian contact is expected.
- C. The athlete must apply in writing through his/her school district process to seek reinstatement/reduction. The request for reinstatement/reduction, if approved through the school district process, will then be submitted to the appropriate league president.
- D. In addition to the required meeting noted above, the athlete must complete the NFHS Sportsmanship course before returning to events. This course can be accessed at www.nfhslearn.com. A copy of the NFHS Sportsmanship Course certificate must be submitted with the written request for reinstatement/reduction.
- E. The league president will forward materials to the appropriate league's discipline committee who will vote on reinstatement/reduction. All application materials and any additional documentation submitted by the applicant must be submitted in one packet to the athletic directors.

2. COACH EJECTION

- A. The coach will sit out a minimum two contests in that sport at the same level of competition from which the coach was ejected. An individual on suspension may not attend contests or be at a home or away facility as a spectator during the suspension period. This includes attendance at events held at any level (varsity/sub-varsity) during the suspension period.
- B. The coach must meet with the school Athletic Director and/or building Principal and/or District Athletic Director prior to returning to events.
- C. The coach must apply in writing through his/her school district process to seek reinstatement/reduction. The request for reinstatement/reduction, if approved through the school district process, will then be submitted to appropriate league's president.
- D. The coach will complete the NFHS Sportsmanship course prior to returning to competition. This course can be accessed at www.nfhslearn.com. A copy of the NFHS Sportsmanship Course certificate must be submitted with the written request for reinstatement/reduction.
- E. The league president will forward materials to the appropriate league's discipline committee who will vote on reinstatement/reduction. All application materials and any additional documentation submitted by the applicant must be submitted in one packet to the athletic directors.
- F. If a team has three athletes ejected in a season, the coach will be suspended for the next contest at that level with that team with the right to appeal through his/her school district process.

3. SPECTATOR EJECTION

- A. The individual will not be allowed to attend a minimum two contests in that sport at the same level of competition from which the spectator was ejected. The individual may not attend contests or be at a home or away facility as a spectator during the suspension period. This includes attendance at events held at any level (varsity/sub-varsity) during the suspension period.

- B. For student spectators, the student must meet with the school Athletic Director and/or building Principal and/or District Athletic Director prior to returning to events. Parent/Guardian contact is expected.
- C. An adult spectator must meet with the school Athletic Director and/or building Principal and/or District Athletic Director prior to attending future events.
- D. The individual may apply in writing through his/her school district process to seek reinstatement/reduction.
- E. In addition to the required meeting noted above, a student spectator must complete the NFHS Sportsmanship course before returning to events. This course can be accessed at www.nfhslearn.com. A copy of the NFHS Sportsmanship Course certificate must be submitted with the written request for reinstatement/reduction.
- F. An adult spectator, if the parent of a student athlete, must complete the NFHS "The Role of the Parent in Sports" online course before a return to events is allowed. An adult spectator who is not the parent of a student athlete must complete the NFHS Sportsmanship course. These courses can be accessed at www.nfhslearn.com. The appropriate NFHS certificate signifying course completion must be submitted with the written request for reinstatement/reduction.
- G. The league president will forward materials to the appropriate league's discipline committee who will vote on reinstatement/reduction. All application materials and any additional documentation submitted by the applicant must be submitted in one packet to the athletic directors.
- H. A student spectator, ejected for the second time, will sit out a minimum one calendar year with the right to appeal.
- I. An adult spectator, ejected for the second time, will receive a no trespass order from his/her school district that applies to all WIAA-sanctioned activities for one calendar year with the right to appeal.

In addition, the following proactive steps will be implemented in an attempt to improve overall sportsmanship:

1. Proactive steps to improve sportsmanship
2. Schools are to educate every coach, athlete, and parent on sportsmanship expectations (i.e. via a Sportsmanship PowerPoint presented at pre-season meetings).
3. Ejections will be carefully tracked.
4. A more welcoming environment will be established by host schools. Gym Managers, AD's or administrators will welcome both the officials and visiting teams upon arrival and provide them with needed information.
5. Each school will post in their gym banners of all league members, a "Just Play Fair" banner.
6. "Acceptable behaviors" will be included on every game program or information will be communicated another way (i.e. cards).
7. A sportsmanship announcement will be made prior to each game (games that have pre-game announcements).
8. Starters will shake hands prior to the contest (in sports where this is feasible).
9. Schools are encouraged to announce a home and visiting athlete who exemplify good sportsmanship.
10. A team sportsmanship champion will be named in each sport each season. An annual sportsmanship award will be presented to the school with the most individual sportsmanship awards.

Please review the information contained in this document carefully so that you are aware of the steps that we are taking to ensure that our athletes, coaches, and parents know the importance of exhibiting good sportsmanship at all times as well as the consequences for not doing so. We hope that by working together we can improve sportsmanship and make all of our programs ones that we can be proud of!

WIAA INFORMATION

The complete WIAA Handbook can be found online. To access the complete, current year handbook go online to www.wiaa.com. Click on the Publications menu and select the WIAA handbook.

Thank you for your participation in Renton School District Athletics. We have high expectations for all our student athletes. If at any time you have questions regarding the program please feel free to contact your Athletic Director.

Have a great season!