

# **Sandridge School**

  

# **Athletic Handbook**

“I pledge to play the game, the best that I can do, to be a team player, to respect my opponents, rules and officials and to improve myself in spirit, mind and body.”

## **Athletic Rules & Code of Conduct**

The Athletic Code applies to all students who want to participate in athletics. Athletics includes competitive sports, extracurricular activities, cheerleading and pom-poms. This code applies in addition to other rules and regulations concerning student conduct and imposes additional requirements on student athletes and cheerleaders.

Participation in athletics is a privilege. Those who participate in athletics have a responsibility to favorably represent the school and community. Student athletes are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of the school and district. If a student fails to comply with the terms of this code, the privilege to participate in athletics may be lost in accordance with the terms of this Athletic Code.

Selection of members or participants in extracurricular and athletic activities is at the discretion of the designated teachers, sponsors, and coaches.

# SANDRIDGE STUDENT-ATHLETE/PARENT CONTRACT

## **Illinois Elementary School Association**

Eligibility for most athletics is also governed by the rules of the Illinois Elementary School Association and, if applicable, these rules will apply in addition to this Extracurricular and Athletic Activities Code of Conduct. In the case of a conflict between IESA and this Code, the most stringent rule will be enforced.

## **Statement of Coaching Beliefs**

The athletic department at Sandridge School would like to welcome you to our program. We look forward to coaching and teaching you skills and sportsmanship. The sports program at Sandridge is one of a number of experiences and programs available at Sandridge School to assist students in developing important skills like teamwork, good work ethic, sportsmanship, and fair play. Winning and losing is secondary to the manner in which athletes conduct themselves on and off the court or field. We understand that all athletes do not perform at the same level, but maximum effort, commitment, and a hard working attitude are required for any and all team members.

## **Student Athletes as Leaders**

Participation in an interscholastic program is a PRIVILEGE, not a right. As leaders and as highly visible representatives of Sandridge School, all student athletes have the obligation to represent themselves in an exemplary manner. Dishonesty, unsportsmanlike behavior, use of controlled substances, or behavior unbecoming of a student athlete will not be tolerated and will lead to nonparticipation in any extracurricular programs.

## **School Attendance / Absence from School on Day of Activity**

A student who is absent from school after noon is ineligible for any extracurricular or athletic activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made for 1) a pre-arranged medical absence; 2) a death in the student's family; OR 3) a religious ceremony or event.

A student who has been suspended with an in-school or out-of-school suspension is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension. *They may not attend any after school function while suspended, which includes all clubs, activities, field trips, and athletic activities.*

A student who is absent from school on a Friday before a Saturday event may be withheld from Saturday extracurricular or athletic activities at the sole discretion of the coach.

An in-school or out-of-school suspension may be assigned by administration or administrative staff. Students may not participate in or attend any school related activity during the period of suspension. These suspensions may be assigned for major disciplinary infractions or for repeated minor infractions. Parent conferences at school may be necessary prior to the student's return to school following an OSS.

An in-school or out-of-school suspension will result in being on the No Participation List for grades 3-8.

### **Risks of Playing Sports**

Athletics can be a rewarding experience, however there are always risks involved. Though the coaching and teaching staff at Sandridge School will make every effort in training all athletes in preventing injury or harm, participating in sports can cause injury or even death.

### **Uniforms / Equipment**

Uniforms and equipment are assigned to student athletes on a loan basis for the duration of that sport's season. It is the responsibility of the student athlete to maintain the equipment and uniform they are given. Uniforms and equipment must be returned in the same condition they were given within one week of the conclusion of the sport season. The student athlete will be financially responsible for any uniform that is lost, damaged or stolen.

### **Transportation**

Transportation will not be provided for athletic competitions. Parents are responsible for transporting their child to and from the team activities or for making arrangements for their child's transportation.

### **Participation Fees**

Fees will be required of each student who participates in extra-curricular activities. Fees are used to cover the costs of referees / officials for home games, league fees for outside leagues and any outside tournament registration approved by Sandridge School administration. Fees will be assessed according to the number of students participating in each sport. Payment will be required at the time of the extracurricular registration if required and will be non-refundable. Fees must be paid before a student receives his or her uniform and before the student is allowed to participate in an extracurricular activity.

### **Nonrefundable Fees**

Students who are placed on the "no participation list" and / or removed from extra-curricular activities including but not limited to 8<sup>th</sup> grade graduation and field trips will not be eligible for reimbursement of fees already paid and/or earned during fund raising.

This Extracurricular and Athletic Activities Code of Conduct applies, where applicable, to all school-sponsored athletic and extracurricular activities that are not part of an academic class nor otherwise carry credit for a grade.

### **Requirements for Participation in Athletic Activities**

An student must have the following fully executed documents on file at the school office before being allowed to participate in any athletic activity:

1. A current certificate of physical fitness issued by a licensed physician, an advanced practice nurse or physician assistant. The preferred certificate of physical fitness is the Illinois Elementary School Association's "Pre-Participation Physical Examination Form."
2. A permission slip to participate in the specific sport in which the athlete intends to participate signed by the athlete's parent or guardian
3. Proof the athlete is covered by medical insurance
4. A receipt showing the athlete and his/her parents received a copy of the Athletic Code, understand the terms of the Athletic Code and agree to abide by its terms and conditions
5. A signed agreement by the student and the student's parent/guardian authorizing compliance with the School District's Extracurricular Drug and Alcohol Testing Policy.
6. Signed documentation agreeing to comply with the School District's policies and procedures on student athletic concussions and head injuries.

### **Academic Eligibility for Athletes**

All participants of a Sandridge School athletic team must be considered "academically eligible" in order to participate in athletic contest.

The following is an outline of the guidelines for academic eligibility:

1. The primary responsibility for Sandridge athletes is academics and passing grades must be maintained in order to be eligible for sports. Receiving an "F" grade will immediately place an athlete on academic probation and participation in athletic contests will not be permitted until the grade has been raised.
2. The school administration will notify the athletic director about the ineligibility report before the end of the day on Friday, and a letter will be sent to the parent / guardian of the athlete's ineligibility to play in any sporting contest for the next week.
3. The period of ineligibility will last for the entire next week, from Monday through Sunday. No changes in status for the athlete's eligibility can be made until the next grade check on the next Friday.

4. Students who are ineligible are not allowed to compete in athletic contests, participate in warm-up activities, or participate in exhibition type matches. Ineligible students are permitted to practice with the team and attend games.
5. Upon a THIRD consecutive report of ineligibility (same or different classes), the athlete will be placed on "academic suspension." This means the athlete may no longer attend practices, team meetings, or games. Academic suspension will continue until eligibility is restored.

### **Behavioral Conduct**

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the Student Assistance Program for alcohol or other drug problems. Participation in an alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.

Misconduct by student-athletes will not be tolerated. Misconduct shall include but shall not be limited to:

- a. Insubordination
- b. Any behavior or action which is negligently or intentionally injurious to a person or property or which places a person or property at risk of injury or damage
- c. Any behavior which disrupts the appropriate conduct of a school program or activity
- d. Hazing, bullying, or harassment of any kind
- e. Use of profanity
- f. Exhibition of bad sportsmanship
- g. Violation of any school rules, School District policies on student discipline including policies and procedures on student behavior, or regulations or law

- i. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute a beverage containing alcohol (except for religious purposes)
- j. Ingest or otherwise use possess, buy, sell, offer to sell, barter, or distribute tobacco or nicotine in any form
- k. Use, possess, buy, sell, barter, or distribute any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia
- l. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia
- m. Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet
- n. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors
- o. Act in an unsportsmanlike manner
- p. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, and vandalism
- m. Vandalize or steal
- n. Violate the written rules for the extracurricular or athletic activity
- o. Behave in a manner that is detrimental to the good of the group or school
- p. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff
- q. Falsify any information contained on any permit or permission form required by the activity or sport
- r. Hazing

Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate.

Bullying includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any physical or verbal act or conduct, including communications

made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear or harm to the student's or students' person or property'
2. Causing a detrimental effect on the student's or students' physical or mental health;
3. Interfering with the student's or students' academic performance; or
4. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Coaches and school officials will impose disciplinary measures appropriate to the offenses committed. The discipline imposed for any particular offense shall be at the sole and exclusive discretion of the coaching staff and school officials.

### **Drugs, Alcohol and Tobacco**

Except with respect to prescription drugs used by the person for whom such drugs were prescribed in the manner intended by the prescribing medical doctor, the possession, use, distribution, purchase or sale of any alcoholic beverage, drug, drug paraphernalia, controlled substance, look alike, tobacco or tobacco product or any other substance which, when taken into the human body is intended to alter mood or mental state, including any item or substance which is represented by a student to be, or is believed by a student to be any of the foregoing, regardless of the true nature or appearance of the substance, is prohibited in school buildings, on school buses and on all other school property or school related events at any time. This prohibition shall include all school sponsored or school related activities, whether held before or after school, evenings or weekends and shall additionally include a prohibition of use by a student athlete in any instance where the school can demonstrate a reasonable connection to the school program or school athletic program. For purposes of this procedure, students who are under the influence of prohibited substances shall be treated in the same manner as though they had prohibited substances in their possession.

### **Due Process Procedures**

Students who are accused of violating the Code of Conduct are entitled to the following due process:

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.



5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:
  - Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all sports or activities for one of the time periods described below:
    - A specified period of time or percentage of events, competitions, or practices;
    - The remainder of the season or for the next season; or
    - The remainder of the student's school career.
  - Sanctions for alcohol and other drug violations, including tobacco, nicotine in any form, mood-altering or performance enhancing drugs, products composed purely of caffeine in a loose powdered form, paraphernalia or any other illegal substance, will be based on the following:

#### First violation

- Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of one third of the total number of performances, activities, or competitions or the remainder of the season, whichever is shorter. This penalty will be reduced if the student is enrolled in a school-approved alcohol or drug counseling program.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one sixth of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.
- The student may be required to practice with the group, regardless of the violation (unless suspended or expelled from school).

#### Second violation

- Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of 12 weeks or 1 season, including suspension from all performances, activities, or competitions during this period. To participate again in any extracurricular or athletic activity, the student must successfully participate in and complete a school-approved alcohol or drug counseling program and follow all recommendations from that program.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one third of the season and all extracurricular group performances, activities, or competitions during this period.
- The student may be required to practice with the group (unless suspended or expelled from school).

#### Third violation

- Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension from extracurricular or athletic activities for the remainder of the student's school career.

- Attendnace at a party or riding in a vehicle wehere alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one calendar year from the date of the suspension, including all extracurricular and athletic activities during this period.
7. The appropriate administrator will make a written report of this or her decision and rationale. The student may appeal the decision to the Principal or Principal's designee.

All students remain subject to all the School District's policies and the school's student/parent handbook.

### **Rules in Effect**

The rules set forth in this Athletic Code are in effect throughout the calendar year and twenty-four hours a day, whether or not school is in session and including vacation periods, and holidays. The rules apply on and off campus and whether or not the misconduct occurs at school or a school-sponsored activity or in some other locale. The rules apply from the beginning of the athlete's first tryout or practice in the first sport which the athlete attempts until the completion of the athlete's athletic eligibility in all sports.

### **Code of Conduct for Sandridge Athletes**

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the Student Assistance Program for alcohol or other drug problems. Participation in an alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.

It is a PRIVILEGE not a right to represent Sandridge School and the Sandridge School Community by participating on a school athletic team. With this privilege comes a responsibility to conduct one's self in an appropriate manner. The following is a "Code of Conduct" for all student athletes at Sandridge to follow.

1. I understand that I must follow the Sandridge School and the league or host school's eligibility rules, including all medical and academic requirements.
2. I understand that the use of drugs, alcohol, steroids or tobacco is unacceptable. Any use thereof will result in my immediate suspension and probable expulsion from the team as well as any other discipline imposed by the administration of Sandridge School.

3. I will be supportive of other teammates, coaches, parents and officials.
4. I am responsible for the uniform and equipment I am provided. Uniforms must be returned neat and clean within 1 week of the end of the season. If the uniform is NOT returned, I understand that I will be asked to pay the replacement costs (\$60 per uniform).
5. I understand that I am a very visible representative of my school and as such I will at all times represent the ethics and values of Sandridge School on and off the field / court.
6. I understand that if I have a concern or problem with anything, I am expected to speak with my coach first, followed by the athletic director and then by the principal.
7. I understand that I will not be allowed to participate in a practice or contest the same day I am absent from school. The day is defined as a whole day. Only the principal can change this due to extenuating circumstances.
8. I will follow the motto: "WIN WITH CHARACTER, AND LOSE WITH DIGNITY" with every contest I participate in.

### **Parent Participation / Expectation Form**

Parents, athletes and coaches must work together for the best possible youth athletic experience and performance. The following suggestions are meant as a general guideline for parents. As a parent, you understand the daily pressures your child faces. We at Sandridge School believe that athletics should be an outlet for fun along with the learning of a new skill. Encourage your child and allow him/her to have a good time.

- Do your part and support your child by attending ALL events. Children become very discouraged and distracted when parents are not present at their sporting events.
- Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents and coaches on both teams.
- There is nothing wrong with applauding the opponents. Parents can be good role models by appreciating the efforts made by both teams.
- Most coaches are volunteers and work hard at what they do. To lessen confusion, and out of respect for their position, please allow your child's coach to be the only one coaching players on the field.
- Please refrain from loud or rude behavior.
- Offer encouragement and positive reinforcement, not criticism, to your star player.

- Encourage discipline and accountability by having your child arrive on time for practices and athletic events.
- Belonging to a team requires commitment. Parents can help children understand this through regular attendance and preparation.
- Whenever possible, volunteer. This shows participants the value of being a team player.

## **SANDRIDGE SCHOOL EXTRACURRICULAR PLEDGE**

### **THIS IS A YEAR-ROUND PLEDGE, NOT A SEASONAL PLEDGE**

As a student participant in extracurricular activities in Sandridge School District 172, I recognize and accept the fact that participating in extracurricular activities is a privilege, an opportunity for me to make a significant contribution to my school, my community, and my personal development. Representing the Sandridge School District in extracurricular activities places many responsibilities upon me as an individual. Many people – including fellow students, faculty members, sponsors, coaches, school officials, parents, and adult fans – are giving many hours of time and a great deal of financial support to provide a fine extracurricular program for me. In consideration for this, I agree to live by and conduct myself in accordance with the following pledge:

1. I will conduct myself at all times and in all places so as to reflect only honor on myself, my teammates, my school, and my community.
2. I will keep myself mentally and physically alert so that I can contribute my best efforts for myself, my teammates, my school and my community.
3. I will not use tobacco, alcohol and / or other illegal drugs while a student in the Sandridge School District.
4. I will promote actively the non-use of tobacco, alcohol, and other illegal drugs among youth in order to achieve a tobacco, alcohol, and drug-free school environment.

#### **CONSEQUENCES FOR FAILURE TO ABIDE BY THE PLEDGE**

The sponsors, coaches and school officials have sole authority over my eligibility in extracurricular activities, and they have the right to deny extracurricular privileges to me should they decide that my personal conduct so warrants. This may include suspension or expulsion from student extracurricular activities.

The violation of the SANDRIDGE SCHOOL DISTRICT 172 RULES AND STANDARDS OF STUDENT CONDUCT, *THE STUDENT/PARENT HANDBOOK*, AND *THE ATHLETIC HANDBOOK* and the rules and regulations as set forth by the coaches and sponsors, such as smoking, alcohol and other drug use, gang activity, stealing, destroying property or other behavior that reflects negatively on myself and / or school, may result in the denial of extracurricular privileges.

We have read the terms of this pledge and understand what is expected of the participant, along with the consequences of school / pledge violations.

## **SANDRIDGE SCHOOL SPORTS CONTRACT**

### **Athlete's Section**

I have read and understand the rules governing "Academic Eligibility" and the "Code of Conduct" for Sandridge School athletes. I understand that I must be passing all of my classes in order to participate in my team's athletic contest. I also understand that any behavior in violation of the "Code of Conduct for Athletes" may result in consequences including, but not limited to loss of playing time, loss of privilege to attend practices or games, suspension from the team, or permanent removal from the team. Furthermore, I understand the daily school attendance requirements in order to participate (page 3 of *Athletic Handbook*).

Athlete's Name (Please Print): \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

### **Parent's / Guardian's Section**

#### **FEES**

Fees will be required of each student who participates in extra-curricular activities. Fees are used to cover the costs of referees / officials for home games, league fees for outside leagues and any outside tournament registration approved by Sandridge School administration. Fees will be assessed according to the number of students participating in each sport. Payment will be required at the time of the extracurricular registration if required and will be non-refundable. Fees must be paid before a student receives his or her uniform and before the student is allowed to participate in an extracurricular activity.

#### **PARENT/SCHOOL VOLUNTEERS**

Parent volunteers are an integral and important part of our school. Without our parent volunteers several of our programs and activities would not be possible. All parent volunteers must complete a background check through the school office. When volunteering it is important to adhere to the following: 1) While volunteering please do not "pop in" to see your child or speak to his/her teacher. Please follow the school procedures in place; 2) For the safety and welfare of

all concerned, school volunteers are not to bring younger or older siblings while they are volunteering.

### **LATE PICK-UP PROGRAM**

Parents/guardians of students who are not picked up from 2:45p. m. to 3:00p.m. will be charged \$15.00 per child. Parents/guardians of students who are not picked up from 3:01p.m. to 3:15p m. will be charged \$30.00 per child. Anyone not picked up by 3:15p.m.will be charged the full \$30.00 rate per child and will be referred to the Lynwood Police Department AND/OR the truancy officer and/or DCFS at the discretion of administration. This will take effect the first Tuesday, after Labor Day. STUDENTS WHO ACCRUE WEEKLY UNPAID FEES WILL BE ADDED TO THE "NO PARTICIPATION LIST."

THIS APPLIES TO SIBLINGS OF STUDENTS PARTICIPATING IN AFTER SCHOOL ACTIVITIES. THEY SHOULD BE PICKED UP AT THE NORMAL END-OF-DAY SCHOOL TIME; OTHERWISE, CHARGES WILL ACCRUE.

I have read and understand the rules governing "Academic Eligibility" and the "Code of Conduct" for Sandridge School athletics. I have also read the "Parent Participation / Expectations Form," the "Fees" section, the "Parent/School Volunteer" section, and the "Late Pick-up Program sections regarding the responsibilities I have as a parent of a Sandridge School athlete. I pledge to honor all parts of the agreement and understand that failure to do so may result in consequences including, but not limited to, removal from school property during an athletic contest and loss of privilege to attend Sandridge athletic contests at home and at other schools. I also understand that I assume the responsibility of making sure all other spectators who attend a Sandridge athletic contest in support of my child adhere to the agreement as well.

Parent / Guardian's Name (Please Print): \_\_\_\_\_

Parent / Guardian's Signature: \_\_\_\_\_

**This signed sheet must be returned to your athlete's coach or athletic director in order to allow your child participation in a Sandridge School athletic contest.**

## 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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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 Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

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/ConcussionInYouthSports/>

### **Student/Parent Consent and Acknowledgements**

By signing this form, we acknowledge we have been provided information regarding concussions.

#### **Student**

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### **Parent or Legal Guardian**

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

## 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.

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





Post-concussion Consent Form  
(RTP/RTL)



Date \_\_\_\_\_

Student's Name \_\_\_\_\_

Year in School 5 6 7 8 9 10 11 12

By signing below, I acknowledge the following:

1. I have been informed concerning and consent to my student's participating in returning to play in accordance with the return-to-play and return-to-learn protocols established by Illinois State law;
2. I understand the risks associated with my student returning to play and returning to learn and will comply with any ongoing requirements in the return-to-play and return-to-learn protocols established by Illinois State law;
3. And I consent to the disclosure to appropriate persons, consistent with the federal Health Insurance Portability and Accountability Act of 1996 (Public Law 104-191), of the treating physician's or athletic trainer's written statement, and, if any, the return-to-play and return-to-learn recommendations of the treating physician or the athletic trainer, as the case may be.

Student's Signature \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Parent/Guardian/s Signature \_\_\_\_\_

**For School Use only**

Written statement is included with this consent from treating physician or athletic trainer working under the supervision of a physician that indicates, in the individual's professional judgement; it is safe for the student to return-to-play and return-to-learn.

**Cleared for RTL**

**Cleared for RTP**

Date \_\_\_\_\_

Date \_\_\_\_\_