

# EAST LYME HIGH SCHOOL STUDENT-ATHLETE HANDBOOK



Rev May 2024

# East Lyme High school

## HOME OF THE VIKINGS

### MISSION STATEMENT

East Lyme High School will educate all students to be responsible, independent, and productive life-long learners.

### VISION STATEMENT

The East Lyme High School faculty and staff respect the integrity of each student. We acknowledge the uniqueness of individual needs, capabilities, and perspectives. We challenge all students to hold high expectations for their learning, moral values, and physical well-being. Equally compelling is our belief that students should make responsible decisions, be proud of their achievements, and accept the ramifications of their actions.

Providing a learning environment that addresses the needs, expands the abilities, and encourages the aspirations of all students is paramount. By presenting diversified and flexible curricula, this school offers multiple opportunities for all students to obtain a comprehensive education. We are committed to providing the tools and inspiration necessary for our students to become life-long learners.

It is our conviction that education is a dynamic process. Therefore, our students prepare for the future not merely by acquiring knowledge but by creating their own learning opportunities, realizing their aptitudes, and attaining their goals. Our culture of trust fosters self-confidence and responsibility, thus inspiring students to be intrinsically motivated.

East Lyme High School recognizes the value of diversity and the universality of human experience. We ask students to examine their own beliefs and those of others to develop a sense of global awareness and responsibility, thereby promoting an acceptance of and respect for every member of society. By advocating participation, service, and leadership, we encourage exemplary citizenship in our students.

The East Lyme High School experience prepares students academically, emotionally, and socially to be positive forces in the world and to live purposeful, healthy, and satisfying lives.

### **Expectations for Student Learning**

Students and graduates of East Lyme High School will:

#### **Academic**

- Reading, listening, and viewing actively and critically for a variety of purposes.
- Writing, speaking, and presenting effectively.
- Demonstrating flexibility and creativity in problem solving.

#### **Civic**

- Demonstrate respect for self and others.
- Contribute positively in a variety of settings.

# **ELHS ATHLETIC DEPARTMENT MISSION STATEMENT AND BELIEFS**

It is the mission of the ELHS athletic program to provide an opportunity for all students to participate and grow physically, socially, and emotionally through participation in competitive interscholastic athletics.

In meeting the Athletic Department Mission, the coaching staff believes that participation in athletics:

- Enhances the development of positive student habits/attitudes
- Provides life-long lessons through sportsmanship, teamwork, camaraderie, adversity, competition and winning/losing gracefully
- Teaches responsibility
- Improves one's self-concept
- Develops leadership skills
- Builds character

# ATHLETIC LEVELS

## **VARSIITY ATHLETICS:**

East Lyme High School's varsity athletic programs are designated for those athletes who have tried out for and made the team and are the most skilled of the players in the program. Student-athletes who are on the varsity squad have the opportunity to play against other varsity teams and other highly skilled opponents. The purpose of varsity athletics is to continue the student-athletes development of skills, compete at the highest level a high school has to offer, and to teach teamwork in an effort to be a successful program which includes but is not limited to a positive win-loss record. Any academically eligible student-athlete is allowed to play in varsity contests.

## **JUNIOR VARSITY ATHLETICS:**

East Lyme High School's junior varsity (JV) athletic programs are designated for those student-athletes who have tried out for and made the program, but who do not yet possess the skills required to play at the varsity level. JV athletics are a chance for student-athletes to develop and improve the appropriate skills needed while continuing to play in a competitive setting. JV programs work to allow students to gain valuable knowledge, skill, and experience required to prepare a student-athlete for Varsity competition. All academically eligible student-athletes, freshmen through juniors, are allowed to compete at the JV level.

## **FRESHMEN ATHLETICS:**

East Lyme High School's freshmen athletic programs are designated for those freshmen who have tried out for and made the program, but who do not yet possess the skills and/or knowledge to compete at JV level. Freshmen programs are designed to allow freshmen to gain those skills and knowledge necessary to compete at the JV level. Through freshmen athletics, student-athletes are taught the importance of teamwork and cooperation while still playing in a competitive setting.

# EAST LYME VIKING TEAMS

## **GIRLS:**

Soccer (Fall)  
Volleyball (Fall)  
Field Hockey (Fall)  
Swimming/Diving (Fall)  
Cross-Country (Fall)  
Cheerleading (Fall, Winter)  
Basketball (Winter)  
Ice Hockey (Winter)  
Indoor Track (Winter)  
Fencing (Winter)  
Gymnastics (Winter)  
Softball (Spring)  
Tennis (Spring)  
Track (Spring)  
Lacrosse (Spring)  
Golf (Spring)  
Crew (Spring)

## **BOYS:**

Soccer (Fall)  
Football (Fall)  
Cross-Country (Fall)  
Basketball (Winter)  
Ice Hockey (Winter)  
Swimming/Diving (Winter)  
Indoor Track (Winter)  
Fencing (Winter)  
Wrestling (Winter)  
Baseball (Spring)  
Lacrosse (Spring)  
Tennis (Spring)  
Track (Spring)  
Golf (Spring)  
Crew (Spring)

# ATHLETIC DEPARTMENT

## STUDENT-ATHLETE POLICIES/RULES

### Behavioral Expectations:

Participation in athletics is a privilege which carries with it varying degrees of honor, responsibility, and character. This privilege is maintained through excellence in academics, behavior, and character. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the CIAC (Connecticut Interscholastic Athletic Committee), East Lyme Board of Education and its administration and the East Lyme High School Athletic Department and team policies. It is important to reinforce that each student athlete represents his/her school and the student body in the classroom, on the field, and in the community. It is the athlete's duty, therefore, to conduct himself/herself in a manner becoming the student athlete, his/her family, and East Lyme High School. In addition to the consequences outlined in this handbook, student-athletes are subject to all school policies and student handbook regulations concerning conduct and responsibilities.

Through participation in athletics at East Lyme High School, the student athlete commits himself/herself to general standards of character, behavior, and performance including but not limited to:

- Appropriate behavior in and out of school
- Academic effort
- Adherence to all school and team rules
- Respect for opponents and officials
- Commitment to training rules and personal wellness
- Loyalty/commitment to team and teammates
- Dedication to principles of good sportsmanship and fair play
- Respect for all athletes regardless of race, religion, sexual orientation, or gender
- Maintaining a healthy lifestyle and refraining from the use of drugs, alcohol, tobacco, and other mood-altering substances

## Consequences:

The Athletic Department will enforce all rules and regulations as described in this handbook, as well as the school handbook. Student-athletes may be subject to disciplinary measures, up to and including dismissal from the program should he/she violate the rules and regulations set forth by East Lyme High School and/or its athletic department. Members of East Lyme High School athletic teams are representatives of the school and are expected to always conduct themselves properly, whether or not they are engaging in school-related activities and whether or not they are on school grounds.

1) Students who are suspended (either in school or out of school) will not be eligible to participate in interscholastic athletic contests or practice on the day(s) they are suspended including all suspension days.

2) If suspension occurs on a Friday, students are ineligible for weekend practices and/or competitions.

The following infractions may result in suspension or dismissal from a team, regardless of whether the activity occurs on or off campus, during or after the school day, or during or after the school year. Infractions are not limited to the following, but rather a list to serve as a guideline.

- Use of physical force or violence.
- Unsportsmanlike behavior.
- Vandalism of school property.
- Use, possession, distribution, or being under the influence of alcohol, tobacco products, illegal drugs, mood altering substances, or related paraphernalia, and the abuse of prescription and non-prescription drugs.
- Theft or being in possession of stolen property.
- Unexcused absence(s) from a practice or game.
- Any offensive, disrespectful or abusive act, which in the opinion of coaches or administrators, reflects in the negative manner on East Lyme High School athletics.
- Any disrespectful comments or actions to the East Lyme coaching staff and/or opposing team.
- Inappropriate use of social media including but not limited to bullying, harassing, and/or receiving/sending inappropriate content.

## **Substance Use/Abuse:**

Tobacco, Alcohol and Drugs  
(Illegal, Prescription, and/or Non-Prescription)

It is the overwhelming opinion of health educators, teachers, and coaches that student athletes perform best when they follow intelligent training rules. The use of tobacco, alcohol, and/or non-prescribed drugs is detrimental to performance on the field and in the classroom. The coaching community at East Lyme High School is concerned with the healthy habits and decision making of their student-athletes. They are convinced that athletics and academics and the use of the substances are not compatible.

Since participation in interscholastic sports at East Lyme High School is a privilege for each student-athlete, it is important that students, parents, coaches, and other interested persons are aware of the adopted rules and regulations.

The East Lyme High School Athletic Department and the programs within prohibit the use/abuse of tobacco, alcohol, and prescription and non-prescription drugs of any form. These rules extend beyond school time, school grounds and school functions. In addition to consequences outlined in this athletic handbook, student-athletes are also subject to all school policies and student handbook regulations concerning the possession, use and/or distribution of alcohol, drugs, and controlled substances. Violations of the policy include:

- The purchase of tobacco, alcohol, drugs, or any other mood-altering substances
- Use of tobacco, alcohol, drugs, or any other mood-altering substances
- Dealing in tobacco, alcohol, drugs, or any other mood-altering substances.
- Possession of tobacco, alcohol, drugs, or any other mood-altering substances
- The possession of devices specifically associated with drug and any other mood-altering substances.

In addition to any school sanctioned discipline the student-athlete will also incur athletic department ramifications. The appropriate disciplinary action under these rules is separate from any other discipline that may otherwise be imposed. Disciplinary action under these rules will be determined by consideration of all the facts and circumstances of a particular situation but shall include as a minimum the penalties listed on the next page.



## Consequences for Substance Violations:

### **First Offense:**

1. Suspension from all team activities for ten (10) calendar days OR the amount of suspension days handed down by school administration. Those suspensions will run concurrently.
2. Any contests missed during the suspension period; the student athlete will be required to miss that number of contests upon return from suspension.

New CIAC eligibility policy states:

“A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination”

### **Second offense:**

1. If the second offense occurred within the same season as the first offense: The student is suspended for the rest of the season.
2. If the second offense occurs in a different season than the first offense: The student will be suspended from participation (including practice) for 20 calendar days with the same policies applied as the first offense with regard to contests missed upon return.

### **Third offense:**

1. Dismissal from the team for the remainder of the season.
2. A hearing will be held to determine future participation in the athletic program for the remainder of the athlete's career. The hearing participants include a School Administrator, Director of Athletics, Coach, Parent/Guardian, and the student athlete.

## Enforcement Procedures:

- A. East Lyme High School student-athletes and their parent(s)/guardian shall sign an acknowledgement of these rules/contract before participation in any athletic activity, to verify understanding of terms of these rules. Parents will be notified if an eligibility and participation rule is violated and of the disciplinary action taken.
- B. Once a student signs an acknowledgement of the eligibility and participation rules, the document remains in force for the remainder of the school year for all athletic participation.
- C. The school administration is responsible for the administration and enforcement of the extracurricular eligibility and participation contract and their determination under these rules shall be final.
- D. The director of athletics is responsible for the administration and enforcement of the athletic eligibility and participation contract and his/her determination under these rules shall be final.
- E. Due to the interdependence of athletics and other extracurricular violations, collaboration in decision-making and information-sharing will take place between the Athletics Director and school administration during any participation contract violation.
- F. Violations may result in longer suspensions, loss of leadership positions, and ineligibility for awards from the extra-curricular activity or sport team, as determined by the advisor, coach, and/or organizational guidelines.
- G. Due process will be afforded each athlete in accordance with school policy as outlined in the school handbook as well as the athletic department policies outlined in this handbook.
- H. Any student serving a suspension of any kind will not be permitted to practice and/or compete on the day(s) they are serving that suspension.

The safety of our students and student-athletes is our primary concern at East Lyme High School, and we do not wish to penalize students attempting to act responsibly in situations not of their making. Therefore, a student who has not used and is not in possession of any of the previously mentioned substances will not be considered for extra-curricular or athletic offenses in the following instances:

- Immediately leaving the premises where any of the above substances are/have been used illegally
- Assisting someone who has used or overused any of the above substances by contacting a responsible adult, or by transporting them to a safe location.

## Appropriate Behavior:

1. Any student-athlete who initiates a fight will be required to miss his/her team's next contest and will be dismissed from the team if there is a second offense in the same season.
2. Verbal and/or physical abuse of officials or coaches by student/athletes will result in immediate dismissal from the team.
3. The following behaviors will be considered serious violations of the athletic code and school rules and will result in severe disciplinary action including but not limited to suspension and/or expulsion from the athletic team:
  - a. Civil law and criminal infractions.
  - b. Theft or malicious destruction of individual, private or school property.
  - c. Misconduct by an athlete that is potentially detrimental to the athletic program, school, or school district.

## Attendance:

Student-athletes are expected to attend all practices and competitions **including those scheduled during vacation periods**. Coaches may excuse team members from practice or from a competition if they receive prior notification from the student or his/her parent/guardian. **For a more detailed explanation, refer to the sport specific team rules**. Each individual program will have its own more specific rules/policies regarding attendance. With that said, all programs are expected to follow the Athletic Department policies involving attendance (see below). In planning practice sessions, coaches must know in advance if team members will be absent. Unexcused absences can lead to game/practice suspension or even dismissal from the team.

- 1) Students who are absent from school will not be permitted to participate in interscholastic athletic contests or practice on the day they are absent. Exceptions due to extenuating circumstances may be granted by the Head Coach and Director of Athletics.
- 2) Any student absent on a Friday before a Saturday game will be ineligible to play.
- 3) A student is required to be in school for at least two (2) of the four blocks to be eligible to play in a contest or practice that day. Again, extenuating circumstances may be granted by the Director of Athletics.

## Athletic Equipment:

1. The student-athlete is responsible for all uniforms and equipment assigned to him/her.
2. Uniforms and all other equipment (unless purchased by the student-athlete) are the property of ELHS Athletic Department and are expected to be properly taken care of.
3. All equipment will be returned when the athlete completes the sport, either immediately at the end of the season, or upon leaving the team prior to the end of the season.
4. If items are lost, abused, or neglected, the student/athlete will be required to pay for a replacement.
5. Uniforms are to be worn only at scheduled practices, contests or on game days.
6. Equipment (i.e., warm-ups, t-shirts, sweatpants, etc.) not distributed by the Athletic Department must first be approved by the Athletic Department prior to purchase and/or wearing.

**Note: Athletes who do not return equipment/uniforms, are ineligible to participate on additional athletic teams throughout the year until items are returned. In addition, any senior student-athlete who has not turned in their equipment and/or uniform, or who has not paid for lost equipment at the time of graduation, will not walk during graduation ceremonies OR receive their diploma.**

## Transportation and Conduct on Buses:

- All students must use transportation provided by East Lyme High School when traveling to and from all contests. Exceptions may be made only after parent/guardian contacts the Athletic office. Only the Athletic Director may excuse any reason for a student to be transported to an away game, although the coach may allow the student to go home with a parent after an away game. In some cases, students may provide their own transportation to practices not on campus. If any parent/guardian has concerns, please contact the Director of Athletics.
- Good conduct on trips must be maintained, any misbehavior on a bus can be extremely dangerous. Student-athletes misbehaving during away games will be subject to the team's policies and to the Athletic Department depending on the severity. In addition, any student-athlete who damages any part of bus property while a part of an East Lyme Athletic Team will be subject to dismissal from the squad and required to pay any damages.

## Changing Sports:

Before each season opens, athletes can transfer from one sport to another only on mutual agreement of the two coaches involved.

An athlete who drops from a team after the first contest can join another team during that season up to 1 week after the first contest for the team they join if the coach permits it and they have not played in a game.

### **Bullying/Hazing/Initiation:**

Hazing in any form, including any degrading initiation, is forbidden by East Lyme High School. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, and personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person.

Any student(s) found hazing other student-athletes will be suspended for at least ten 10 calendar days OR the number of days suspended by the administration. Those suspension days will run concurrently. Students should be aware that hazing can also constitute a violation of Connecticut Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution. Under these statutes, all coaches are considered mandatory reporters, and must report any instances immediately to the athletic director.

#### **The term “hazing” includes, but is not limited to:**

- Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
- Any type of physical activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.
- Any activity that intimidates or threatens the student with ostracism, that subjects a student to stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
- Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

**Note: The East Lyme School District will act to investigate all complaints of hazing immediately and swiftly and will discipline all individuals involved up to and including expulsion.**

## Eligibility:

East Lyme High School is a member school of the Connecticut Association of Elementary and Secondary Schools. As a member school, we are governed by a minimum of uniform eligibility requirements by the CIAC.

Coaches should be familiar with the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and the Athletes' Rights of Due Process. In accordance with the CIAC and ELHS athletic eligibility policies students are **NOT ELIGIBLE** if:

1. You are not taking at least four (4) units of work or its equivalent; (Rule I.B.)
2. You have not passed at least four (4) units at the end of the last regular marking period as of the official day that grades are issued, with the exception of fall eligibility. \* (Rule I. A.)
3. You have acquired at the prior marking term an "F" or more than two "D's" (Academic probation/ Appendix). Incompletes count as an F in determining eligibility until changed to a complete grade.
4. You are nineteen (19) years of age before July 1; Student-athletes will be allowed to compete up through their 19<sup>th</sup> birthday, however, if their 20<sup>th</sup> birthday falls during a season, the student-athlete will not be allowed to start or compete during that season and all eligibility will cease. (Rule II.B.)
5. You have changed schools without a change of legal residence; (Rule II.C.)
6. You have been in attendance for more than eight (8) semesters (A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition); (Rule II. B.)
7. You play or practice with an outside team in the same sport while a member of the school team after the first scheduled game where you compete or perform in any season. This includes all CIAC sanctioned and non-sanctioned sports; (Rule II.E.)  
The exception to Rule II.E. shall be:
  - a) Participation in parent/child tournaments and caddy tournaments.
  - B) Swimming, tennis, and gymnastics – a pupil may practice but not compete with a non-CIAC team or as an individual during the season if such practices do not interfere with or replace member school practices.
8. You play under an assumed name on an outside team; (Rule II.F.)
9. You receive personal economic gain for participation in any CIAC sport. (Rule II.F.)
10. Your work habits or conduct in and out of school make you unworthy to represent your school's ideals, principles, and standards.
11. Local rules may be more restrictive than those of the CIAC. (See additional eligibility requirements under policies and procedures).

NOTE: Marking period grades (quarterly, not semester grades) are to be used in determining scholastic eligibility.

### **The date of eligibility determination is the day report cards are issued.**

A student will be notified by the athletic department when it is determined they are academically ineligible. A letter will also be sent to the parent/guardian

\*Exception: Fall Sports Academic Eligibility - "

Final grades (not 4<sup>th</sup> quarter grades) are used to determine fall sports eligibility. The same eligibility standards apply to determine status. A student cannot have 1 F or more than 2 Ds as a

final grade to be eligible for fall sports.” Students can remain eligible for fall sports if that student completes credit recovery through the summer school process.

### **Academic Eligibility Appeals Process:**

A student-athlete can appeal their academic eligibility. That student is responsible for obtaining an “Academic Appeal Form” from the Athletic Office and is responsible for turning the completed form back into the Athletic Office. The Athletic Department is responsible for investigating each individual appeal. The Athletic Department must return a decision within ten school days once the appeal form is returned.

Possible Decisions include but are not limited to: Reinstate the student, Deny the appeal, Reinstate the student with specific conditions or Deny the appeal at present, but revisit updated teacher reports after three weeks. **NOTE: All student athletes are allowed up to one (1) appeal during their freshman year. Beginning the 1<sup>st</sup> day of their sophomore year they are allowed one (1) appeal for the remainder of their high school career.**

### **Physical Examinations:**

Student-athletes must receive a physical examination before they can participate in a practice, scrimmage, or game.

Physical Examinations given in June are acceptable for the next school year’s interscholastic athletic program. Physicals are good for thirteen (13) months.

Participants are to obtain the physical exam at their own expense. The **REGISTRATION/MEDICAL CONSENT/PHYSICIANS STATEMENT FORM** must be handed to the Director of Athletics during the sports registration period. The examining physician **must** include the current school year on the physical form. **Bridge letters will not be accepted.**

Student-athletes are also required to have a parent/guardian fill out and return a medical release form along with the physician’s statement form. Any one of the forms not handed in will prevent the student from participating in any athletics (practice or game) until all paperwork has been handed in.

### **Family ID:**

All student-athletes are required to sign up on family ID with a parent/guardian before the first day of that season for them to be eligible for tryouts or practice.

### **Game Schedules:**

Game schedules are constantly changing due to many factors. It is important to stay updated as to when games and bus times are.

Please Access:

Connecticut Interscholastic Athletic website at: [www.ciacsports.com](http://www.ciacsports.com). Individuals can sign up for e-mails and/or text messages in the event of a game or time change, as well as any changes in bus times.

### **Team Selections:**

East Lyme High School and its Athletic Department recognize that safety, facility, and coaching availability and the other specific nature of some sports may require squad size limitations to conduct a safe and educationally viable program. When team cuts occur, a competitive tryout will be conducted to determine the team's make-up. Individual team coaches will be responsible for establishing guidelines for their tryouts. Any student not chosen for a team is encouraged to speak with the head coach to discuss reasons as to why they were not chosen for that team.

### **Post Season Competition:**

The East Lyme Athletic Department will cover the cost of entry fees and transportation for any team qualifying for the state tournament up to and including the State Class Tournament and State Open if they have more than 4 players competing. Transportation for any team with less than 4 participants is the responsibility of the family. The entry fee for any individual that qualifies for a New England or National Championship will be paid for by the athletic department. All other fees will be the athlete's responsibility including transportation, lodging and meals.



## Head Injuries:

Head trauma is a common problem in sports that has the potential for serious complications if not managed correctly. Even what appears to be a “minor ding” or “bell ringer” without loss of consciousness, has the risk of catastrophic results in an adolescent who is returned to action too soon. The medical literature and lay press are reporting instances of death from “second impact syndrome” even after mild concussions. For these reasons, it is important to be aware of the signs, symptoms, and appropriate treatment for head injuries.

While a *mild* headache may be expected, it is still important to monitor the athlete. **IF THERE IS ANY OBVIOUS ABNORMALITY OR DETERIORATION OF SYMPTOMS, IMMEDIATE MEDICAL CARE SHOULD BE FOUND.**

**Sideline Management of Acute Head Injury** – Following a head injury, an athlete should be returned to practice or a game **ONLY** if he/she meets **ALL** the following criteria.

1. Head injury did not result in any loss of consciousness;
2. Any “confusion” or altered mental status clears in less than 15 minutes;
3. The injured athlete has had no other concussion or significant head injury during the present season.
4. The athlete checks out “clear” on mental status, orientation, concentration and memory tasks.
5. The student-athlete is cleared by the athletic trainer and/or physician.

### SIGNS AND SYMPTOMS OF CONCUSSION: (ctathletictrainers.org)

Headache	Fatigue	Dazed/stunned
Nausea	Feeling “foggy”	Difficulty concentrating
Vomiting	Balance/visual problems	Confusion
Dizziness	Sensitivity to light/noise	Irritability
Vacant stare	Sadness	Uncoordinated/unsteady
Nervousness	Appears drowsy	Difficulty Remembering

### “When In Doubt, Sit It Out!”

Remove any athlete who exhibits signs or symptoms of concussion and refer the athlete to a qualified health care professional who is trained in the evaluation and management of concussion

## **Return To Play Protocol (RTPP) Concussions:**

Progression for RTPP is individualized and will be determined by whether a student-athlete remains symptom free throughout the protocol. Factors that may affect the rate of progression include previous history of concussion, duration and type of symptoms, age, and sport/activity in which the student-athlete participates. A student-athlete with a prior history of concussions, one who has had extended duration of symptoms, one who had any loss of consciousness, or one who is participating in a collision sport may be progressed more slowly and conservatively.

### **Return to Play Progression Protocol Following a Head Injury:**

Step 1: No activity

Step 2: Fast walk/stationary bike work out (15-20 mins)

Step 3: Jogging/running (20 mins)

Step 4: Non-contact sport related drills

Step 5: Full participation in practice without contact

Step 6: Full practice participation

Step 7: Return to game play

Each athlete will be treated individually depending on signs, symptoms, severity, and test results.

**NOTE:** If the student-athlete experiences post-concussion symptoms during any phase, the athlete will drop back to the previous step and resume protocol after 24 hours.