

# WALLA WALLA HIGH SCHOOL



*It's a great day to be a Blue Devil!*

**PARENT/STUDENT  
ATHLETIC HANDBOOK**

## **PHILOSOPHY OF ATHLETICS AT WALLA WALLA HIGH SCHOOL**

The Walla Walla community takes great pride in the success and achievements of their athletic teams and members. At Walla Walla High School, students have the opportunity to participate in a variety of individual and team interscholastic activities. Student-athletes have the opportunity to learn, develop, and practice skills by extending their abilities through the athletic program. The purpose of athletics is to enhance and contribute towards the overall education of each student-athlete. Similar to the curricular program, we hope to offer a sound educational environment where appropriate methods of instruction are used. It is also recognized that a well-organized and well-conducted athletic program is a potent factor in the morale of a school student body and an important phase of good community-school relations.

Athletics and interscholastic sports are not extracurricular activities. They are an extension of the total educational program and are viewed as co-curricular. The rewards that accrue to students as a result of their participation in activities are well documented and extremely positive. Students who participate in comprehensive co-curricular programs benefit socially, physically, mentally and emotionally.

The success of the program is dependent upon the quality, commitment and dedication of the personnel employed in the program. As coaches, the success of our programs will be based on the ability of each student athlete to gain positive experiences in the following areas: teamwork, discipline, goal setting, academic achievement, cooperation, and competitive desire. Winning may be important but not as important as the athletes who participate in the programs and their efforts to improve and be team players.

## **ATHLETIC REGISTRATION PROCEDURES**

Before a student-athlete may begin practice or be issued equipment for a sport, he/she must complete the athletic registration process and obtain clearance from the Athletic Office. The Athletic Office will issue clearance upon receiving the following items through the registration process:

1. Completed enrollment eligibility information emergency information on ArbiterSports.
2. Verification of policies and rules signed by parent/guardian on ArbiterSports.
3. Prior to registration for interscholastic athletics at the high school and middle school level all student athletes must have a current sports physical with no limitations on file at the school, good for the entire length of the sport they will participate in.
4. Show proof of Home Insurance coverage or purchase of the School Insurance package.
5. Review Concussion and Sudden Cardiac Arrest (SCA) information for Parents and Athletes. Parent/Guardian verifies understanding of Concussion and SCA by signing on ArbiterSports.
6. Protect your eligibility- read the requirements and make sure the athlete meets all requirements of the WIAA and Walla Walla High School.
7. Payment for any hold slip issued due to lost or damaged equipment or clothing incurred in a previous sport.
8. Completion of the additional residence Information for Athletic Eligibility as needed.
  - a. Running Start, Home Schooled, or Alternative Education students must provide proof of current enrollment and proof of passing at least 5 classes and furnish a completed WIAA contract for Running Start, Alternative Education or Home based education. WIAA contracts are available on the WIAA website: <https://www.wiaa.com/eligibility/>
  - b. Foreign exchange students must complete Appendix 1-Educational/ Cultural Exchange also available on the web page listed above.

## **RISK MANAGEMENT**

Our coaches are committed to doing everything possible to minimize your student's chance of injury. We have carefully reviewed the coaching techniques with student safety as the primary concern. We are confident that methods of teaching skills and fundamentals are sound and safe. All of our coaches and trainers have current first aid and CPR certification. They have received training in dealing with medical

emergencies and blood borne pathogens.

We want to remind you that there is always the risk of serious injury, serious illness, paralysis or even death in interscholastic athletics. However, studies by agencies such as the National Federation of State High School Associations have shown the frequency of catastrophic injuries to high school students is no greater in interscholastic athletics than it is in daily living. Through an emphasis on injury prevention, rule changes, and coaching skills, we are attempting to keep this frequency of injury as low as possible.

Any student participating in competitive athletics is required by Walla Walla School District to have accident insurance in force. Families may purchase school insurance through Myers-Stevens ([www.myers-stevens.com](http://www.myers-stevens.com)) to meet the minimum requirements for participation in athletics programs. Families who have private insurance for their students that meet the minimum requirement, need not purchase the school insurance. Families using private insurance will be asked to furnish the Name of their insurance company and the number of their insurance policy and group. Please contact the athletic department or coaching staff if you have any questions or concerns about our program.

## **RULES AND REGULATIONS FOR WALLA WALLA HIGH SCHOOL ATHLETES**

Students who participate in the athletic program of Walla Walla High School must comply with all rules and regulations governing the sports in which they participate. These include the rules and regulations of Walla Walla School District, Walla Walla High School, Walla Walla School District Athletic Department, Washington Interscholastic Athletic Association (WIAA), the Mid-Columbia Conference League (MCC), and any special rules that each individual coach deems necessary for the safe and successful operation of his/her sport.

### **WIAA / WALLA WALLA SCHOOL DISTRICT STANDARDS FOR ATHLETICS**

- A. **Student eligibility criteria** - All contestants must be eligible under the rules of the Washington Interscholastic Activities Association to participate in an interscholastic contest. For more information, please visit [WIAA.com](http://WIAA.com)
- B. **Age limits** – The student shall be under 20 within the first two weeks of each sport season.
- C. **Student member of a school** - An individual must be a regular member of the school he/she represents in order to participate in an interscholastic athletic activity. An individual is a "regular member" of a school if he/she is enrolled half time or more, exclusive of interscholastic athletic activities.
- D. **Running Start/Home School students** - Students contemplating Running Start or any other programs need to carefully check their athletic eligibility before enrolling in the program. Running Start students must comply with WIAA standards of attendance. **All students involved in any of the above programs must comply with the same eligibility standards as students attending high school on a full time basis.**
- E. **Scholarship** - In order to maintain athletic eligibility during the current nine (9) weeks, the student shall maintain passing grades in a minimum of five (5) full-time subjects. Grades will be monitored periodically to ascertain a student's academic eligibility. A student shall have passed at least five full-time subjects in the immediately preceding nine (9) weeks/semester in order to be eligible for competition at the beginning of the following quarter/semester.
- F. **Transferring and Foreign Exchange Students** - In order to be eligible, the student must live with parent(s) or legal guardian(s) within the bounds of Walla Walla School District or comply with WIAA rule 18.11.0. Any student who is not eligible because of the Residence Rule will be eligible at the sub-varsity level only.

**G. Previous Semester** - The student shall have been in regular attendance in an elementary, intermediate, middle school, junior high, or high school during the semester immediately preceding the semester in which the contest occurs.

**H. Regular Attendance** - The student shall be enrolled and in regular attendance within the first 15 school days in a semester, 10 school days of a trimester, or at the start of the current semester in order to participate in interscholastic contests during the current semester.

**I. Physical Examinations** - Prior to registration for participation in interscholastic athletic activities a student must undergo a thorough medical examination and be approved (for FULL participation) for interscholastic competition by a medical authority licensed to perform a physical examination. Physical examinations are good for 24 months from the date of the examination. Physical must not expire before the end of the athlete's sport season. To resume participation following an illness and/or injury requiring medical care, a participating student must obtain a written release from a physician or a return- to-play form.

**J. Season's Limitation** - After entering or being eligible to enter the ninth grade, a student shall have no more than four (4) consecutive years of interscholastic eligibility.

**K. Non-School Participation** - During any sport season after joining a school squad, students may participate in non-school athletic activities, provided they do not miss a team practice or scheduled contest and they have the approval of their school coach. Exceptions maybe allowed if such activity does not adversely affect the performance of the athlete in practice and/or competition in the judgment of the coach and/or district athletic director.

## **AMATEUR STANDING RULES**

WIAA Rule 18.24.0 states that students representing a school in an interscholastic sport must be an amateur in that sport. An amateur student athlete is one who engages in athletics for the physical, mental, social and educational benefits and to whom athletics is an avocation and not a source of financial reward. In order to maintain amateur standing in those activities under WIAA jurisdiction, the student athlete:

1. Name Image and Likeness (NIL): A student is in violation of this rule and shall immediately lose eligibility if that student, their family member, or anyone else on behalf of that student, enters into an agreement with an individual, corporate entity, partnership, association, or any other party or organization, for use of that student's NIL which in any way relates to the student's connection to their high school. 1. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no affiliation with the school team, school, WIAA District or WIAA state association. 2. The student does not appear in the uniform of the student's school and does not utilize the marks, logos, etc. of the school, WIAA District, or WIAA state association as part of any endorsement.
2. May not accept merchandise or in-kind gifts of more than \$500 in fair market value per sport during any one calendar year.
  3. May not accept reduced membership fees or reduced user fees from an athletic club, recreation center, golf courses- these do not count toward this \$500 limit.
  4. Awards that are permitted-Awards to athletic teams or to individual members of such teams under the jurisdiction of the Association may be made by a member school in the form of letters, insignias, certificates, medals, and/or trophies as are customarily emblematic of athletic competition and whose intrinsic values are insignificant.
  5. May not accept cash awards.
  6. May not enter competitions under a false name.
  7. May not accept payment of expense allowances over the actual and necessary expenses for the athletic trip.
  8. May not sign or have ever signed a contract to play professional athletics in that sport.

## **TRAVEL RULES**

Transportation to and from athletic contests will be provided by the Walla Walla School District whenever possible. When school district transportation is not available, parents/guardians are responsible for providing transportation for their child to and from practice and game sites within the Walla Walla valley.

1. All student athletes must travel to and from athletic contests with the team and in the transportation provided for this purpose. Parent/guardian permission and coaches approval is needed to release a student from this regulation. Students may be released only to their parents/guardians or emergency contact as listed in Skyward.
2. Team members will remain with the team and under supervision of the school and the coach when attending away contests.
3. Team members are expected to conduct themselves according to standards of their school and coach while traveling to and from contests and on overnight trips.
4. Athletes will dress according to the standards of the school and coach on all athletic trips.
5. No beverage containers or beverages will be allowed on travel vehicles unless special permission is granted by the coach and bus driver.
6. Athletes will follow established district and athletic department rules for students riding school buses.

## **EQUIPMENT RULES**

1. Athletes are responsible for all school equipment checked out to them. They are expected to keep it clean and in good condition. The coach will inform participants at the beginning of the season regarding the athletic department laundry services and care of the equipment.
2. Loss of issued equipment or unnecessary damage to equipment will be the student's financial obligation. The athlete will be issued a fee and until this obligation is fulfilled, the athlete will not be allowed to receive his diploma or official transcripts. Issued equipment or clothing is to be worn only while participating with the team in a sanctioned practice or during scheduled contests. It is not to be worn in Physical Education classes or for personal use.

## **ACADEMIC ELIGIBILITY**

Student Athletes must be passing a minimum of five classes.

1. Athletes shall have passed a minimum of five classes in the immediately preceding semester in order to be eligible for competition during the succeeding semester. The record at the end of the semester shall be final, except for those class-for-class replacement credits earned in a regular, accredited summer school program accepted by the Walla Walla School District.
2. A grade monitoring system will be in place to ascertain the student's passing status in the minimum of required classes, and to monitor a student's continued academic eligibility. Periodic grade checks within the season are required. Private school students participating at their public school of residence will be held to the grade standard of the public school of residence.

## **GRADE MONITORING SYSTEM**

1. Walla Walla High School student athletes will undergo periodic grade checks through their sport season.
2. Coaches will be notified regularly by the athletics department of a student athlete's academic eligibility, and will be given the ability to check their athlete's grades via Skyward on their own.
3. Coaches may set grading standards that are above and beyond what is stated here and must notify their athletes of those standards in writing at the start of the season.

## **ACADEMIC SUSPENSION PERIOD**

### **1. FAILURE TO PASS FIVE CLASSES IN THE PREVIOUS SEMESTER**

- a. Student athletes who failed to make the grade requirements from the previous semester, shall be placed on suspension. The student shall be ineligible to compete and placed on practice-only status during the suspension period. If, at the end of the initial suspension period, the student is passing in the minimum number of classes required above, the student may then be reinstated for interscholastic competition.
  - i. The initial suspension period for high school students shall be from the end of the previous semester through the first five weeks of the current semester.
  - ii. Each student who was initially ineligible from the start of the season, and is now meeting grade requirements shall become eligible the following Monday.

### **2. FAILURE TO PASS FIVE CLASSES AT THE PERIODIC GRADE CHECK**

- a. The student will be placed on academic probation for one week in an effort to meet the minimum of passing 5 classes. Athletes may practice and play while on probation
- b. After one week of probation, if the athlete is not meeting the minimum of passing 5 classes they will be placed on suspension. Athletes may practice but not participate in games.
- c. Students will be taken off probation or suspension upon proof to the athletic office that they are meeting the minimum academic requirements. Proof may be skyward grade check, teacher email to athletic department/coach, or visit to athletic office.

## **ATTENDANCE REGULATIONS**

Students involved in athletics will be subject to the following Walla Walla High School Athletic Department attendance rules and regulations:

1. Regular and prompt attendance at all practices. If it is necessary to be absent from, or late to practice, common courtesy dictates that the coach must be notified in advance by the athlete.
2. Athletes who have an absence for any part of the school day for illness are not eligible to compete or practice on that day unless special permission is granted by the administration.
3. The student leaves school or class during the day because of illness she/she will not be eligible to compete or practice on that day.
4. If illness or injury requires a doctor's care, written permission must be obtained from the doctor prior to resuming participation on an athletic team.

## **CONDUCT RULES**

The following acts by a student athlete shall result in disciplinary action by the coach:

1. The use of profane or obscene language or acts of vulgarity.
2. Any acts of bullying, intimidation or harassment.
3. Acts of poor sportsmanship such as showing disrespect for your opponents, cheating, and lack of courtesy.
4. Acts of inappropriate conduct and citizenship on or off campus. Refer to the athletic contract for specifics.
5. WIAA rules require student athletes ejected from a contest to sit out the next contest. A second ejection means the athlete is ineligible to compete for the remainder of that sport season.

## **ANTI-HAZING POLICY**

The Walla Walla School District (WWSD) recognizes that membership in extracurricular and co-curricular student organizations can significantly enhance the learning and growth of students. In accordance with state and federal laws, the WWSD adamantly prohibits any form of hazing by any student extracurricular or co-curricular organizations. All new member orientation, initiation activities, and other group activities are expected to refrain from hazing in any form. We believe in forming positive mentoring activities, meant to uplift students.

No student activity, student team, individual student, volunteer, or employee shall conduct nor condone hazing activities. Hazing activities are defined as any action taken or situation created, intentionally, whether on or off WWSD property, to produce mental or physical discomfort, embarrassment, harassment, or ridicule.

Any individual or organization suspected of authorizing or tolerating the occurrence of a hazing incident will be subject to an investigation by either the WWSD or law enforcement officials. The investigation may be followed by formal charges or a formal disciplinary hearing in accordance with the student or employee conduct due process procedures outlined in the WWSD policies and procedures and/or contracts. The express or implied consent of participants or victims will not be a defense.

All student organizations that are part of the WWSD must agree to the rules and policies of the WWSD. The acceptance of this agreement will allow the organization to exist and represent their school and district.

## **DISCIPLINARY ACTION FOR VIOLATIONS OF CONDUCT RULES**

Students are expected to avoid environments where inappropriate/unlawful behaviors are taking place. Students also need to avoid a pattern of negative behavior at school. Students found to be involved in these behaviors can expect the consequences as stated below. Consequences may include:

- Athletic Probation
- Athletic Suspension of a percentage of season
- Athletic Suspension of a season
- Athletic Suspension of high school athletic/activity career
- Counseling at parent/guardian expense unless there is a financial hardship
- Mandatory urinalysis at parent/guardian expense unless there is a financial hardship
- Grades and attendance must be held to District Athletic Policy standards
- Community service
- Viable re-entry plan on how to reconnect with teammates

## **ATHLETIC CODE OF CONDUCT CONTRACT**

The rules and regulations of this contract apply to each student who participates in extracurricular

activities. This contract applies to student athletes, cheerleaders, mascots, managers, trainers, and statisticians. Students participating in extracurricular activities must abide by all rules and regulations that are set forth by Walla Walla School District, the Mid- Columbia Conference, and WIAA, or the supervisor of the activity. Students in violation of any of the rules and regulations set forth by the above mentioned authorities shall be subject to disciplinary action, suspension, and/or expulsion from that activity and future extracurricular activities as outlined in the athletic handbook, student handbook, school district policy book, and WIAA handbook. Students disciplined, suspended, or expelled from an activity by these rules and regulations will be entitled to the appeal procedure, as outlined in the discipline section of the school district policy handbook.

### **Summary of Rules and Regulations for Walla Walla Public Schools Athletic Program**

1. THE PARTICIPANT must be in attendance all day the day of the practice/contest unless excused by the attendance office and permission by the administration has been given.
2. Must be in good standing with the school, ASB, and the particular sport in which the student is participating.
  - a. Not be suspended from school or on any other form of disciplinary action that would prevent participation.
  - b. Have fulfilled all requirements for the specific sport.
  - c. Does not have any outstanding fines or fees to ASB
3. Will not use, consume, possess, transfer, or sell alcoholic beverages, legend drugs, narcotics, steroids and/or tobacco in any form at any time.
4. Will refrain from using obscene or vulgar language or gestures, and any display of unsportsmanlike conduct.
5. Will not be in the company of minors who are using illegal substances nor attend parties where alcoholic beverages, tobacco products, legend drugs, or steroids are being used, or consumed.
6. Will not steal, or use another's property without permission of the owner.
7. Will not engage in conduct that is substantially disruptive to the group or school.
8. Will attend all required practices, meetings, and contests, whether school is in session or not. If it is found necessary to miss such, the athlete must make prior arrangements with the coach/advisor.
9. Shall be appropriately clothed and well-groomed for the duration of all activities.
10. Shall be responsible for school-owned equipment which has been checked out in his/her name. The loss or misuse of this equipment will be the financial obligation of the participant. Participants will not be allowed to request an official transcript or their diploma after Graduation.
11. Shall travel to and from meetings, contests, or performances with the group when transportation is provided for this purpose. Exceptions can be made and must be approved by the coach and arranged only by the parent/guardian.
12. Will be required, in addition to the activities code, to adhere to rules and regulations that are set forth in the student/parent athlete handbook, school handbooks, and by the coaching staff of each individual sport.

## **TRAINING RULES FOR INTERSCHOLASTIC ACTIVITY PARTICIPATION**

The following acts by a student athlete during an athletic season shall constitute immediate removal from the team until a meeting can be held with the student athlete, the student athlete's parents, and the athletic director. An athletic season begins on the day the student registers for the sport. The season ends with the last official team activity.

1. Student athletes using or in possession of alcoholic beverages.
2. Student athletes using or in possession of legend drugs or steroids, as defined by the laws of the State of Washington.
3. Student athletes using or in possession of unidentifiable drugs as determined by the Physicians' Desk Reference.
4. Student athletes who are with minors and/or attend parties where alcoholic beverages, tobacco products or narcotics are being served or consumed by minors. Student athletes who inadvertently find themselves in this type of situation are expected to leave immediately or they will be in violation of the athletic training code.

## **DISCIPLINARY ACTION FOR VIOLATIONS OF THE TRAINING RULES**

Violations of training rules and regulations for Walla Walla High School student-athletes shall constitute cause for alternative corrective action, discipline, suspension, and/or expulsion pursuant to the appropriate governing authority. Violations are accumulated from year to year.

Student athletes who violate the Walla Walla High School discipline policy will be subject to corrective action under that policy. The corrective action may include suspension or expulsion from participation in activities. (Refer to "Discipline Policy" and "Student Assistance Program" sections of the Walla Walla High School Parent/Student Handbook.)

### **A. FIRST VIOLATION**

The student athlete will:

1. Be dismissed from the team for the remainder of the season and shall be ineligible for any and all awards for that season.

A student athlete who seeks and receives help for problems with the use of legend drugs (RCW 69.41.010 identified substances), controlled substance, controlled substance analogs (RCW 69.50.101 identified substances), alcohol or tobacco shall be given the opportunity for assistance through school and/or community agencies. In no instance shall the participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity to comply with a school and/or community approved assistance program may provide the opportunity to have the student's ineligibility to reduced to 20% of the activity's contests based upon the number of regular-season contests for the higher level of the activity. The student's ineligibility may continue into the student's next season of participation.

2. Be requested to meet with an athletic board composed of the school principal or designee, the athletic director, and possibly the coaches of the sports in which the athlete participates.
3. Request a meeting with the athletic director and coach prior to participating on another school team. They will review previous violation(s) and determine if the student will or will not be allowed to participate.

## **B. SECOND VIOLATION**

The student athlete will:

1. Be excluded from participation on any school district team for one calendar year from the day of violation and will be ineligible for any and all awards.
2. Be requested to meet with an athletic board composed of the school principal or designee, the athletic director, and possibly the coaches of the sports in which the athlete participates.
3. Request a meeting with the athletic director and coach prior to participating on another school team. They will review previous violation(s) and determine whether or not the student will be allowed to participate.

## **C. THIRD VIOLATION**

The student athlete shall be excluded from interscholastic competition at Walla Walla High School for the remainder of his/her educational program.

## **STUDENT ASSISTANCE PROGRAM**

A student athlete with the approval of his/her parents/guardians may elect to be referred to the "Student Assistance Program" for treatment of the drug/alcohol or tobacco problem instead of being disciplined according to the disciplinary action outlined under the "First Violation" section of the Training Rules and Regulations.

The "Student Assistance Program" option is only available to first offenders of the athletic training policies. The student athlete and his/her parents/ guardians electing to participate in the Student Assistance Program will agree to:

- 1) Meet with a representative of the Student Assistance Program to discuss the details and obligations of the program.
- 2) Commit to the prescribed Student Assistance program outlined in the
- 3) Walla Walla High School Student Handbook.
- 4) Forfeit the student's participation in 20% of the team's contests. (The numbers of contests forfeited are determined by multiplying the number of regular season team contests by .20 and rounding to the nearest whole number.
- 5) Commit the student to continue to practice and attend all team meetings during the time the student is ineligible to participate in contests.

If at any time the student athlete or parent/guardian feels that he/she no longer wishes to be involved in the treatment program, the student-athlete will be referred back to the disciplinary action outlined in the VIOLATIONS OF RULES AND REGULATIONS section.

## **DUE PROCESS**

Any student athlete who is alleged to have violated the athletic code is entitled to due process procedures as established by the Walla Walla School District Board of Directors.

## **CHANGE A SPORT POLICY**

The following policies apply to student athletes changing sport.

1. In the event an student athlete wishes to change from one sport to another during a specific sports season (ex: from basketball to wrestling), permission must be granted from both coaches involved. This change must be made within the first two (2) weeks of the season or prior to the final cut of that sports season. Student athletes will also be required to obtain athletic office clearance prior to making the change. Any exceptions to these guidelines will need approval of the Athletic Director.

If a student athlete plans to change from one sport to another from one year to the next (ex: from track one year to baseball the next), it is common courtesy that both coaches involved be notified by the student athlete.

## **COLLEGE RECRUITMENT POLICY**

In the event a student athlete should be contacted personally by a college recruiter, he/she is encouraged to work through their coach and the athletic department so that all possible assistance may be offered. All contacts with college recruiters during the school day must be cleared through an administrator.

## **CONCUSSION TRAINING**

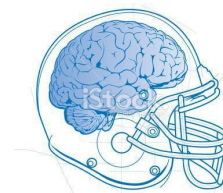
A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most 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, and notify appropriate personnel at the school.

### Concussion Facts for **STUDENT ATHLETES**

#### **WHAT IS A CONCUSSION?**

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven’t been knocked out
- Can be serious even if you’ve just been “dinged”



#### **WHAT ARE THE SYMPTOMS OF A CONCUSSION?**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise

- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”

#### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical checkup.** An athletic trainer or a doctor can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from your athletic trainer or doctor to return to play.

#### HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards).
- In order for equipment to protect you, it must be:
  - > **The right equipment for the game, position, or activity**
  - > **Worn correctly and fit well**
  - > **Used every time you play**

Concussion Facts for

#### PARENTS

#### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

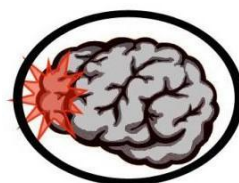
You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

##### Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

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



- Can't recall events after hit or fall

### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's athletic trainer and coach about any recent concussion.** Athletic trainers and coaches should know if your child had a recent concussion in ANY sport. Your child's athletic trainer or coach may not know about a concussion your child received in another/club sport or activity unless you tell them.

### SUDDEN CARDIAC ARREST FACTS

#### What is sudden cardiac arrest?

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year. **SCA is also the leading cause of sudden death in young athletes during sports**

#### What causes sudden cardiac arrest?

SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk.

SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

Passing out during exercise  
Chest pain with exercise  
Excessive shortness of breath with exercise  
Palpitations (heart racing for no reason)  
Unexplained seizures  
A family member with early onset heart disease or sudden death from a heart condition before the age of 40

#### How to prevent and treat sudden cardiac arrest?

Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm. **Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!**

#### RECOGNIZE

**Sudden Cardiac Arrest** Collapsed and unresponsive  
Abnormal breathing  
Seizure-like activity

#### CALL 9-1-1

**Call for help and for an AED**

#### CPR

**Begin chest compressions Push hard/ push fast (100 per minute)**

#### AED

**Use AED as soon as possible**

#### CONTINUE CARE

**Continue CPR and AED until EMS arrives**

#### AWARD QUALIFICATION

In order to qualify for a letter, a student athlete must meet the requirements set forth and be recommended by the head coach.

1. Letters are only available for VARSITY.
2. Upon dropping out of an activity, or being dropped from the squad for disciplinary reasons, the student athlete automatically forfeits and points, awards, or letters he/she might have received in that activity.
3. A student athlete must complete the season to receive an award.
4. A student athlete who does not complete the season due to injury or illness will receive an award based upon the discretion of the coach and Athletic Director.
5. All varsity student athletes who complete the regular season and do not earn a varsity award will receive a participation award.
6. A senior student-athlete who has turned out for a sport for four years will receive a varsity award in that sport.
- 7.

#### SPECIFIC LETTER AWARD REQUIREMENTS BY SPORT

The requirements for letter awards for specific sports will be explained by each coach at their pre-season parent/student meeting.

#### SCHOLAR ATHLETE AWARDS

The Wa-Hi athletic department, in conjunction with the WIAA, rewards scholastic achievement through the following awards:

1. **Scholar Athlete** - Maintains between a 3.000 to 3.499 cumulative GPA. This sticker is placed on the award certificate.
2. **Honor Scholar Athlete** - Maintains a 3.500 or better cumulative GPA. This sticker is placed on the award certificate.
3. **WIAA Team Scholastic Awards** - These Awards are presented to the team for their combined cumulative semester GPA. The WIAA Distinguished award recognizes the team with a semester GPA between 3.00 and 3.499 while the WIAA Outstanding award is presented to the team with a semester GPA above 3.500. A notation will be made on the athlete's certificate if they were a member of a Distinguished or Outstanding team.

### **SPECIAL AWARDS**

**BROWN AWARD** - Presented to the senior boy who participated in a sport and has been outstanding in sportsmanship, school citizenship, and the spirit in which he trains. Selection is made by coaches of boys' sports, athletic director, and the principal.

**LEHNEN AWARD** - Presented to the senior girl who has participated in a sport and has been outstanding in sportsmanship, school citizenship, and the spirit in which she trains. Selection is made by coaches of girls' sports, athletic director, and the principal.

**JACKY AWARD** - Presented to the senior who has contributed to the development of the Walla Walla High School athletic programs while showing outstanding citizenship in all phases of school life. Selection is made by the faculty.

**TWELVE SEASON AWARD** - Presented to those students who completed twelve sports seasons while at Walla Walla High School.

The Walla Walla School District complies with all Title IX/RCW 28A.640 and Section 504 requirements and does not discriminate against any protected class as defined by state and federal regulations. The Affirmative Action Plan is on file with and available for review from building administrators and the Administration Office, 364 South Park Street, Walla Walla, WA. Copies are available upon request. Individuals with disabilities who require assistance or special arrangements to attend a program or activity sponsored by the Walla Walla Public Schools should contact the district's compliance officer, 24 hours in advance of the event to arrange accommodation. Inquiries regarding accommodation, compliance and/or grievance procedures may be directed to, 364 South Park Street, Walla Walla WA 99362 (509) 527-3000.