

North Tapps Middle School

Student/Parent

Extracurricular Activities Handbook



STUDENT/PARENT HANDBOOK

FOREWORD

This North Tapps Middle School Student/Parent Extracurricular Handbook has been created to provide parents with valuable information to aid in the extracurricular experience for every family. It will also help our school to meet the Washington Interscholastic Activities Association (WIAA) goal of providing a written plan addressing citizenship and the role that parents play in helping their children understand the importance of sportsmanship and fair play.

Washington Interscholastic Association Affiliation

North Tapps Middle School is a member of the Washington Interscholastic Activities Association. As described in its mission statement, “WIAA exists to assist member schools in operating student programs that foster achievement, respect, equity, enthusiasm and excellence in a safe and organized environment”.

Middle School Philosophy of Extracurricular Activities

The Dieringer School District is required to annually approve membership in WIAA as the District’s designated activities organization. As a member school, North Tapps is required to follow all WIAA rules and regulations relating to extracurricular activities. WIAA annually publishes an official handbook that is available for parent review upon request. The WIAA handbook and other useful information can also be accessed online at www.wiaa.com.

Middle School Philosophy of Extracurricular Activities

The Dieringer School District seeks to provide every eligible student the opportunity to participate in sports and activities. North Tapps Middle School provides extracurricular activities for the social, physical and emotional growth of its students. The wide variety of activities offered is designed to appeal to a broad number of students making it possible for the school to meet or exceed the goal of at least 80% of the student body participating in at least one activity during the year.

Different types of teams are available to allow for different experiences for students. Activities, clubs, sixth grade athletics and “C” teams are designed to provide maximum participation and limited competition for those involved. Sixth, seventh, and eighth grade students will be able to participate on varsity and junior varsity teams who are seeking a more competitive experience. Sixth graders will not be able to participate in football due to WIAA rules.

Coaches and advisors are responsible for the selection of participants on teams. Selection is done based on criteria established by the coach or advisor at the beginning of the season or activity. Coaches and advisors are also responsible for the amount of playing time or participation each participant receives. The more

competitive the team, the more playing time becomes uneven as the focus for the team switches from participation to being more competitive. For those parents not comfortable with this transition, other extracurricular experiences outside of school may be an option. In this case, parks and recreation programs usually provide for more equitable playing time for participants.

Communication is the key if questions regarding team assignment or playing time arise. Parents are also encouraged to share their concerns with coaches or advisors during the course of the year. We encourage your student-athlete to communicate to the coach about playing time or questions they may have first. We also ask that the “24 hour rule” applies to sending emails or calling a coach after games if there is frustration involved. It is important to remember that every coach and advisor is committed to helping every student have a quality experience through North Tapps activities, clubs and athletics.

Athletics is a privileged part of your total educational experience. It creates a special environment that produces experiences promoting loyalty and dedication to yourself, family, home, school and community.

Athletics, as a part of the total education process, is an integral factor in the overall curriculum. It honors social, mental, moral, and spiritual development. To help the athlete realize the above goals, it is necessary to understand that athletics are more important to the athlete than the athlete is to athletics. We invite you to accept this challenge.

North Tapps Middle School

Title IX Notice:

The Dieringer School District is committed to gender equity as it pertains to academic instruction, curriculum, athletic facilities, and athletic programs. The Title IX officer is Tyler Borden, Asst. Principal, NTMS; 20029 12th Street E; Lake Tapps, WA 98391; Phone: 253-862-2776

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1. Philosophy

- a. "Athletics" means more than competition between individuals or teams representing different schools. It is, rather, a means of building a way of life respected in our society. It teaches understanding and appreciation of teamwork—that to participate means success, and to follow training rules means healthy living habits and establishes high team morale. This results in a mutual trust by coaches and other team members. Athletics exemplifies the philosophy that dedication, drive, and determination bring eventual improvements day by day.
- b. The athlete is a role model for other students and peers. Therefore, it is important that the athlete's behavior remains above question. As a student leader, the athlete must accept the responsibilities and obligations placed by those represented.

2. Definition of Participants and Period of Coverage

The Athletic Code applies to all students participating in the inter-school athletics and managers of teams as well as athletes for a given academic school year. It is determined that provisions of the Athletic Code shall govern from the first "turnout" of a sports season until the culminating awards ceremony for the particular sport. Rules of Conduct A through H of the Athletic Code shall also apply to "non-participating" periods during the academic school year.

3. Eligibility & Rules of Conduct (During Periods of Participation)

The following rules of conduct are intended to clarify, for the athletes, their obligations as leaders and participants during periods of participation. To participate in all extracurricular activities, students must meet the following requirements:

- a. Be enrolled at North Tapps Middle School, a homeschool student who lives in our district, or a student meeting requirements for the combined cooperative agreement with the Auburn School District.
- b. Follow all North Tapps Middle School Student Rules and Regulations.
 - i. HIB Policy Adherence: As per District Policy 3027 and RCW 9A.36.080 (3), the NTMS will not tolerate any acts of harassment, intimidation, or bullying in verbal, written, or electronic form. This includes the prohibition of hazing or other inappropriate and unsanctioned initiation activities. Discipline procedures for HIB violations will be administered as per the student and parent handbooks.
- c. Purchase a North Tapps Middle School ASB card and pay a \$30.00 sports/ club/ activities fee, up to a maximum of \$60.00 per year.
- d. Have a physician complete the Medical Evaluation Report and a parent/guardian complete the Dieringer School District Athletic/Activities Registration, the Request for Waive of Accident Plan and the Extracurricular Activities Code Form. (Physicals remain in effect for two calendar years from the date of doctor appointment.)
- e. Be present and participate in their regularly scheduled classes the day of the activity for at least **3 class periods** in order to be eligible to practice or play in a game. Students must suit up and participate in Health/Fitness classes. Any known exceptions must be cleared with the building principal or assistant principal/ athletic director prior to the day of the practice or contest.

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- i. Unexcused absenteeism: If the principal/ assistant principal/ athletic director determines that a student's educational progress is being impaired by unexcused absenteeism, the principal may declare that student ineligible for the season.
- f. Ensure that each student has completed all of the necessary requirements on InTouch to be eligible to compete in sports.
- g. Maintain an overall grade point average of 2.0 (with no "F's"). The information in the Extracurricular Participation Academic Guidelines will be used to determine if the GPA requirement has been satisfied.
 - i. Grades 6-8 Qualifications
 1. Report cards and progress reports will be used to determine if students are meeting the grade point average requirement in order to be eligible to participate in the activity.
 2. If a student fails to achieve the required grade point at the beginning of the season or throughout the season, the student will be placed on a 5 school day probation period.
 3. If at the end of the 5 day probation period the student has achieved the required grade point, he/she will be eligible until the next reporting period.
 4. If at the end of the 5 day probation period the student fails to achieve the required grade point, the student will be placed on academic probation for a period of time until the student reaches the goal of a 2.0 (with no "F's") or could be dismissed from the team/ activity. The student will create a plan with the principal/ assistant principal in order to become eligible which could consist of: missing practice time to get school work done, attending homework club, and/or working closely with the teacher in order to raise the grade. The teacher is not responsible or should not be pressured to change or grade an assignment that was turned in late. If the grade in Schoology is not changed prior to the day of a game, that athlete will not be eligible to play in the game or contest.
- h. On athletic trips, obey bus riding, training, and school rules and regulations. Remain with the squad/ group or team at all times, and comply with the reasonable request and directions of the coaching/teaching staff.
 - i. Students must be supervised at all times.
- i. Turn out for all regular and special practices and meetings, unless excused by the coach and/or school. If you are going to miss practice, **please notify the coach**. If you miss practice(s) prior to games, that athlete may not be allowed to participate in that game due to missing practice.
- j. All athletes will be subject to any additional rules established by their respective coaches or advisors. These regulations will be issued before the second practice session and must be signed/ returned before the first game, contest or event.
- k. Shall not provide, use, and/or be in possession of illegal drugs, legend drugs, alcohol, or tobacco products.

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- I. Meets WIAA Academic Eligibility Regulations.

EACH HEAD COACH IS RESPONSIBLE FOR ESTABLISHING AND DISTRIBUTING WRITTEN RULES OF CONDUCT TO ATHLETIC PARTICIPANTS AND PARENT/GUARDIAN IN ADDITION TO THE INFORMATION PROVIDED HERE. THESE WRITTEN RULES AND REGULATIONS SHALL BE REVIEWED AND APPROVED BY THE BUILDING PRINCIPAL. WRITTEN PENALTIES FOR VIOLATION OF THE "RULES OF CONDUCT," AS STATED IN THE ATHLETIC CODE, WILL BE ESTABLISHED.

4. Disciplinary Rules and Regulations

- a. NTMS Academic Probationary Process
 - i. Coaches and advisors will submit to Mrs. Smith an accurate and up-to-date roster of team/club members as soon as they know each team.
 - ii. Students placed on probation will be notified by the principal/ assistant principal and will meet with one of them to review the probationary process.
 - iii. Staff will be notified via e-mail the names of students on probation, probation dates, and their activity/team.
 - iv. During the probationary period, participation in the activity is allowed if the coach and principal/ assistant principal agree.
 - v. Students must make arrangements with instructors involved to complete work within the probationary period.
 - vi. Late work turned in will be graded, but not necessarily the same day so a student can participate in a game that same day.
 - vii. At the end of the probationary period the office will verify eligibility using a grade check form or Schoology/ Skyward grades.
 - viii. The office/ AD will notify coaches/advisors, and the student if participation is granted or denied.
- b. Athletic Suspension/Expulsion
 - i. Students suspended for ten days or more or expelled from school are automatically dropped from their extracurricular activities.
 - ii. Students are subject to automatic dismissal for consumption or possession of alcohol, tobacco, or drugs, unsportsmanlike conduct, destruction of school property or the property of others.
 - iii. All athletes will be subject to any additional rules established by their respective coaches or advisors. These regulations will be issued before the second practice session and must be signed and returned before the first game, contest, or event.
 - iv. All students who remain on Honor Levels I and II will be allowed to participate during a season. Those on Honor Level III will not be allowed to participate for as long as he/she remains on that Honor Level. **ASB Officers, Senators, Representatives and Red Peppers:** First assignment to Honor Level III will be a loss of ASB and/or Red Pepper privileges while on Honor Level III. The second assignment to Honor Level III will be immediate removal from the ASB and/or Red Pepper position.
- c. Grievance Procedure for Athletic/Activity Suspension
 - i. Any student, parent, or guardian who is aggrieved by the imposition of a suspension shall have the right to request an informal conference with the

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building principal or his designee for the purpose of resolving the grievance. The suspension may possibly be reduced as a result of this conference as per the principal or designee's discretion.

5. Attendance Regulations

- a. School Attendance: In order to compete or practice, the following attendance regulations shall prevail:
 - i. Students need to be in attendance at least half a day (3 class periods) to be eligible to compete or practice that day. **Middle school students must be in class a total of three (3) hours to be eligible to compete or practice on that day.**
 1. If you leave school before half a day, you must obtain special permission through the principal/ assistant principal, or designee, to be eligible to compete or practice prior on that day.
 2. Students enrolled in Health/Fitness classes during the regular school day must suit up and participate in Health/Fitness in order to participate in after school sports.
- b. Practice Attendance
 - i. Regular attendance and promptness is imperative if you are to succeed as an athlete. Occasionally, it may be necessary to be either absent or tardy; however, common courtesy dictates that you notify your coach in advance or have a valid excuse when you return. If your student athlete misses practices the day before or prior to games, they could be subject to not playing in the next game.

6. An Athlete's Responsibilities & Behavior

- a. Equipment--School equipment checked out by you is your responsibility. You are expected to keep it clean and in good condition. Loss of any issued equipment is your financial obligation. Guard carefully against loss by remembering to lock up the equipment when you are not using it.
- b. Traveling--The following rules, in addition to rules addressed in Section III of this document, will be enforced whenever it is necessary to travel to other schools or athletic contests:
 - i. You will remain with your squad and under the supervision of your coach when attending away contests.
 - ii. You will refrain from misconduct of any sort while traveling to and from an away contest.
 - iii. You will dress appropriately and in good taste, according to team standards. Remember, as a visiting athlete, you are a direct representative of your school, community, and home. You are an ambassador and must conduct yourself properly at all times.

7. Parent/Spectator Behavior

- a. Cheering should be positive and encouraging to every athlete/ coach/ ref or umpire.
- b. Refrain from negative comments to officials, players, or coaches.
- c. Help by modeling the school "no food or drink" policy in the gym.
- d. Allow the coach to do the coaching during the game and don't shout instructions to players from the stands, as it is only confusing to them.
- e. Wait until after the game to speak to your child unless it is an emergency.
- f. After the game, be positive with your child and let them know how much you enjoyed watching them play. They already know the mistakes that were made.

8. After School Guidelines

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- a. Students staying after school for activities or events must be supervised by a staff member at all times.
 - b. Students attending games must report to the commons or homework club (Wednesdays/ Thursdays) after school and remain there until the activity supervisor opens the gym or walks everyone outside to the field.
 - c. If a student leaves campus, they must return with a parent or guardian in order to watch the game
 - d. If both an inside and outside activity are happening at the same time, students may view both, but must go directly from one site to the other. Students may only leave the gym between games or at halftime.
 - e. Students who are excused from one after school activity (such as homework club) and would like to attend another (such as a basketball game) are to report to that location immediately.
 - f. During the activity, spectators must be in the gym seated in the bleachers watching games, at the track watching the game/ meet, or at the baseball diamond watching the game.
 - g. Water only is allowed in the gym. The commons restrooms are available for student use at halftime or between games only.
 - h. The locker rooms are to be locked and are off limits to all students after school unless accompanied by a coach or advisers.
 - i. Coaches and advisors are responsible for the supervision of their teams from the time their participants, players, managers and statisticians are excused from school to go to the event until they are picked up by their parents.
 - j. The gym floor is off limits for spectators as well as members of both teams who are waiting to play their game.
 - k. All classrooms, halls and other areas of the building are off limits to students unless students in those areas are supervised by NTMS or visiting staff.
 - l. Spectators are expected to follow all school rules and demonstrate good sportsmanship and respect at all times.
 - m. Students leaving the game to go home may do so at the 4:07 bell when an after school is available, or must wait until their parents arrive at the gym door to pick them up.
- 9. After School Loss of Privileges:**
- a. NTMS students who don't follow rules will receive:
 - i. **First offense: warning up to not attending anymore games**
 - ii. **Second offense: blue slip issued and the student is required to sit in a designated seat in the bleachers or up to not attending anymore games.**
 - iii. **Third offense: office referral issued and loss of after school privileges for the remainder of the quarter or longer.**
- 10. Enforcement of Regulations:**
- The athletic code is the guide for clarifying the rules and attitudes which govern the conduct of student athletes. Any problems which occur will be handled according to the procedures stated therein. If questions arise, contact your coach for clarifications.**

NOTE: The information on pages 9-13 is provided for parent and student reference only, and outlines WIAA rules and regulations pertaining to extra-curricular student participation. The WIAA permits school districts to adopt stricter policies for their student

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athletes and activity participants. The Dieringer School District and NTMS have chosen to institute elevated standards as outlined in pages 1-9 of this Handbook.

APPENDIX A

STUDENT STANDARDS FOR INTERSCHOLASTIC ELIGIBILITY AS DETERMINED BY THE WASHINGTON INTERSCHOLASTIC ATHLETIC ASSOCIATION *ARTICLE 18*

PHILOSOPHY OF STANDARDS OF ELIGIBILITY: In keeping with the belief that participation in activities is a privilege and not a right, certain standards of eligibility have been established. Standards on age, residence, and seasons limitations promote the Association's goals of fairness and equality of opportunity for all participants. Standards on scholarship, attendance, and amateur standing promote the Association's goals of educating youth and promoting activities as an integral part of the total educational process. **AFFIRMATION OF ASSOCIATION GOALS 1, 4, AND 6. THEREFORE:**

- 18.1.0 **STUDENT ELIGIBILITY CRITERIA** – All contestants must be eligible, under the rules of the Washington Interscholastic Activities Association, to participate in an interscholastic contest.
- 18.1.1 This regulation does not restrict participation in practice or intra-squad scrimmages except for cheer and/or dance/drill participants. Cheer and/or dance/drill participants must meet and maintain the WIAA eligibility requirements in order to try out for the school team(s).
- 18.2.0 **ELIGIBILITY LISTS** – No student shall participate in an interscholastic contest unless he/she is properly certified on an eligibility list on file in the principal's office or the office of the principal's designee.
- 18.2.1 Upon mutual agreement of schools or leagues, eligibility lists may be exchanged.
- 18.3.0 **PLAYERS ELIGIBLE FOR PARTICIPATION** – Only players who are currently eligible to participate in an activity shall appear at the contest in the uniform of their school and/or occupy a position on the team bench.
- 18.3.1 In order for a student to participate in postseason and state tournament playoffs, the student must be a member of a WIAA member school squad and have been included on a schools eligibility roster for at least 50% of the regular season for that sport
- 18.4.0 **AGE LIMITS – MIDDLE SCHOOL** – Student(s) shall not have reached their 15th birthday prior to June 1 of the previous school year. Middle school is defined as a school with at least seventh and eighth grade levels.
- 18.5.0 **STUDENT MEMBER OF A SCHOOL** – Students must be regular members of the school they represent in order to participate in an interscholastic athletic activity. Students are a "regular member" of a school if they are enrolled half-time or more, exclusive of interscholastic athletic activities.
- 18.5.1 A full-time student in a private school, alternative school or a certified educational clinic student may participate on the interscholastic teams of his/her resident public school if the student resides within the service area of that public school and if the interscholastic activity is unavailable to the student in the private school or certified educational clinic. Students in a private school, alternative school or certified educational clinic must meet the same team responsibilities as public school team members and are obligated by the same standards of behavior and performances as other members of the team.
- 18.5.2 A full-time student in a private school or a certified educational clinic may participate on the interscholastic teams of a public school if the student would be eligible for full-time enrollment within that public school and if the interscholastic activity is unavailable to the student in the private school and certified educational clinic. Students in private school and certified educational clinic must meet the same team responsibilities as public school team members and are obligated by the same standards of behavior and performance as other members of the team.
 - A. In a school district with multiple middle schools, a full-time seventh or eighth grade student in a private school who qualifies under 18.5.2 shall be able to participate at the seventh or eighth grade public school that is nearest that student's current private school provided he/she resides in that school district.
 - B. This rule may not be appealed through the eligibility appeal process.
- 18.5.3 Home based instruction students are categorized as regular members of a school. Therefore, to be eligible to participate in interscholastic contests/competitions, the student must:
 - A. Meet both WIAA and school district eligibility requirement standards of all students, including transfer student requirements.
 - B. Meet and adhere to the same team responsibilities and standards of behavior and performance of other members of the team/squad.
 - C. Participate as a member of the public school in which service area he/she resides with his/her family unit. After registering with the school district as a home school student, a student is subject to the transfer rules if he/she subsequently changes schools.
 - D. Provide the school administration acceptable documentation of any interscholastic eligibility standards required of all other student participants.
 - E. Comply with WIAA and local school regulations during the time of participation.
 - F. Comply with RCW 28A.225.010 (4).
 - G. Provide to school authorities all required forms and documentation

PHILOSOPHY OF SCHOLARSHIP:

While the WIAA is aware of the important role that interscholastic athletics play in the development of students, the WIAA member schools are also committed to the philosophy that the primary purpose of our secondary schools should be to academically prepare students to become productive citizens upon graduation. Scholastic incentives should be established and enforced for the educational and personal welfare of the students who participate.

AFFIRMATION OF ASSOCIATION GOALS 2.2.1, 2.2.4 AND 2.2.9. THEREFORE:

- 18.6.0 **SCHOLARSHIP** – In order to maintain athletic eligibility during the current semester/trimester, the student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive in a minimum of:
 - 3 classes in a 4 period class schedule or the equivalent credits
 - 4 classes in a 5 period class schedule or the equivalent credits
 - 5 classes in a 6 period class schedule or the equivalent credits
 - 6 classes in a 7 period class schedule or the equivalent credits
 - 7 classes in an 8 period class schedule or the equivalent credits
- 18.6.1 Any class taken as part of the regular schedule of the student during the semester/trimester shall be considered to be a full time subject.
- 18.6.2 Schools shall establish a grade monitoring system to ascertain the student's passing status in the minimum of required classes. **To monitor a student's continued academic eligibility periodic grade checks within each three to six week period are required**

- during the current semester/trimester beyond normal grading periods.** Private school students participating at their public school of residence will be held to the grade standard of the school they academically attend.
- 18.6.3 A student shall have passed the minimum number of classes as listed above in the immediately preceding semester/trimester in order to be eligible for competition during the succeeding semester/trimester. The record at the end of the semester/trimester shall be final, except for those credits earned in a regular, accredited summer school program or alternative educational program accepted by the school district.
- 18.6.4 Incompletes may be made up for credit during the first five (5) weeks of the subsequent semester/trimester. The student shall be ineligible for interscholastic competition until the incomplete(s) are cleared.
- 18.6.5 **ACADEMIC SUSPENSION PERIOD** – A student who has been in regular attendance at least fifteen (15) weeks of the previous semester (ten weeks of the previous trimester), but who failed to make the grade requirements of 18.6.0, shall be placed on suspension. The student shall be ineligible during the suspension period. If, at the end of the suspension period, the student is passing in the minimum number of classes required above, the student may then be reinstated for interscholastic competition.
- A. The suspension period for high school students shall be **from the end of the previous semester through** the first five (5) weeks of the succeeding semester/trimesters.
 - B. The suspension period for middle level students shall be **from the end of the previous semester through** the first three (3) weeks of the succeeding semester/trimesters.
 - C. Each student is eligible on Monday of the week following the end of the suspension period. Three or more teaching days shall constitute a week.
- 18.7.0 **PREVIOUS SEMESTER** – The student shall have been in regular attendance as a full time student as defined in 18.6.0 and 18.6.3, in an elementary, intermediate, middle level, or high school during the semester/trimester immediately preceding the semester/trimester in which the contest is held.
- 18.7.1 Completion of a semester is determined by the local school district.
- 18.7.2 A student who fails to complete the previous semester/trimester shall be ineligible for athletic competition unless the student was in regular attendance a minimum of fifteen (15) weeks of the previous semester or ten (10) weeks of the previous trimester.
- 18.8.0 **REGULAR ATTENDANCE** – The student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester/trimester.
- 18.8.1 A student must be in attendance 15 weeks during an 18-week semester (10 of 12 for a trimester).
- 18.8.2 A ratio greater than one (1) absence to six (6) attendances is irregular attendance.

PHILOSOPHY OF RESIDENCE RULE: The WIAA residence rule is intended to create an equitable environment in which its member schools can compete, and at the same time prevent those abuses that taint the goals of interscholastic athletics. Primarily, the residence rule is intended to prevent athletic recruiting, prevent students from choosing schools for athletic reasons, and to promote the varied family units as the best environment for students to live in while attending school. Deterring students from running away from or avoiding imposed discipline, protecting school programs by discouraging athletic transfers and protecting the opportunities for bona fide resident students to participate are also viable reasons for the residence rule. **AFFIRMATION OF GOALS 2.2.6 AND 2.2.7 OF THE ASSOCIATION. THEREFORE:**

- 18.9.0 **DEFINITION OF RESIDENCE AND FAMILY UNIT**
RESIDENCE – The place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return.
FAMILY UNIT – The adult(s) who has/have had legal custody of the student for a period of at least one (1) year and with whom the student resides.
- 18.9.1 In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student of that school must be residing within the boundaries of that school district and designated attendance area of the school. In the event a school does not have a designated attendance area, the WIAA Executive Board shall have the authority to designate an attendance area for such school. The WIAA Executive Board shall consider all relevant factors, including but not limited to the natural or historical attendance area for such school, the geographical setting of the school in the municipality, and the nearby public school boundaries.
- 18.9.2 Unless otherwise provided, a student shall be eligible while attending the school in the school district in which that student resides with the family unit and provided that the student has been continuously attending that member school or a feeder school of that member school, for a period of one (1) year.
- 18.9.3 A student who cannot meet the Residence Rule requirements would be eligible for all interscholastic competition below the varsity level.
- 18.9.4 Residence Area for private schools shall be a fifty (50) mile radius from the school address.
 NOTE: Refer to Article 3.1.1 for status of a private school district.
- 18.13.0 PHYSICAL EXAMINATION** - Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for middle level and/or high school interscholastic athletic competition by a medical authority licensed to perform a physical examination.
- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
 - B. Documentation of satisfactory examination of the cardiopulmonary system.
 - C. Documentation of satisfactory sport-specific orthopedic screening examination.
 - D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.
- 18.13.1 Those licensed to perform physical examinations include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.
- 18.13.2 The school in which this student is enrolled must have on file a statement (or prepared form) from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.

- 18.13.3 To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a written release from a physician licensed to perform physical examinations **as listed in 18.13.1** and/or a dentist as applicable.
- 18.13.4 The physical examination shall be valid for twenty-four (24) consecutive months to the date unless otherwise limited by local school district policy **or when the physician indicates the physical is only good for less than twenty-four (24) consecutive months.** 18.13.5 For each subsequent twenty-four month period the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.
- 18.21.0 CONCURRENT SPORTS LIMITATION** - A middle level or a high school level student shall not compete concurrently in more than one (1) interscholastic sport per season.
- 18.21.1 The exception shall be for students participating in high schools of '1B' or '2B' classification with local administrators and school board determining eligible participation in more than one (1) interscholastic sport per season **at that high school.**
- 18.21.2 The exception shall be for the student who competes during an alternate season, qualifies for the state tournament, and is required to practice prior to competing in the state tournament. (Example: A student represented his/her school in fall tennis and qualified for the state tournament in the spring. During the spring season this same student represented his/her school in track. Prior to the state tennis tournament, the student is required to have a minimum number of practices, during which time the student is also participating on the track team. In the event that the student also qualifies for the state track meet, state event schedules will NOT be restructured in order for the student to compete in both state events.)
- 18.21.3 This does not prohibit track and field days held after the close of baseball season or being a cheerleader while concurrently participating in another sport.
- 18.22.0 NON-SCHOOL PARTICIPATION** - During any sport season after joining a school squad, students may also participate on a non-school team or teams.
- 18.22.1 Students may try out and/or participate in a practice setting with a college team.
- 18.22.2 Students may not participate on professional teams in that sport and may not represent a college team in that sport. A high school student forfeits any remaining high school eligibility in that sport by participating on a professional or college team.
- 18.22.3 Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.
- 18.22.4 Students shall not compete in the uniform of the school at non-school events.
- 18.23.0 AMATEUR STANDING** - A student who represents 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.
- 18.23.1 In order to maintain amateur standing in those activities under WIAA jurisdiction, the student-athlete may not:
- A. Accept merchandise or in-kind gifts of more than \$100 in fair market value **per sport** during any one calendar year August 1 through July 31. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf courses, etc. do not count toward this \$100 limit.
 - B. Accept cash awards.
 - C. Enter competition under a false name.
 - D. Accept payment of expense allowances over the actual and necessary expenses for the athletic trip (NOTE: Entry fees are not considered a reimbursable expense.)
 - E. Sign or have ever signed a contract to play professional athletics in that sport.
 - F. Play or have ever played on any professional team in that sport.
 - G. By sport receive or have ever received, directly or indirectly, a salary or any other form of financial assistance (including scholarships, educational grants-in-aid, or any of his/her expenses for reporting to or visiting a professional team) from a professional sports organization.
- 18.23.2 The student-athlete may play as an amateur on any team not under the jurisdiction of a professional sports team or franchise. "Jurisdiction" means that funds from the team or franchise or coaching by any member of the sports team or franchise have been provided.
- 18.23.3 Amateur standing will not be jeopardized by instructing, supervising or officiating in any organized youth sports program, recreation, playground or camp activities whether the student-athlete is paid or not paid for these duties.
- 18.23.4 **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.
- A. Awards from Outside - Awards of any type presented by persons or organizations outside the school system to a school or its student team members in consideration of athletic achievement may not be accepted until approved by the WIAA Executive Board.
 - B. Once the WIAA Executive Board approves an award, no future approval is necessary unless conditions of the award are changed.
 - C. All League/District/State - High school team members and coaches may participate in the selection of all-league/district/state teams after the date of the last league game. Newspapers may use such lists in their selection of "all-star" and "all-State" teams.
- 18.23.5 A student who forfeits amateur status may apply to the Executive Director for reinstatement in the interscholastic program after a waiting period of one (1) year.
- 18.24.0 COMMERCIAL ENDORSEMENT** - A WIAA member school may not permit or authorize the use of an individual student's name and/or picture, a school or school team name and/or picture(s) to directly advertise, recommend or promote a commercial product or service.
- 18.24.1 **Use of a Student-Athlete's Name in Advertisements that are Congratulatory in Nature** – The business can place its trademark on the advertisement only; the advertisement cannot include a product reproduction.
- 18.26.0 USE OF ILLEGAL SUBSTANCES** – School and WIAA rules and regulations are intended to discourage the use of alcohol, tobacco, legend drugs and controlled substances and to encourage the use of school and community resources. School and community resources should be identified for students who have had a violation and seek help or who are referred for assessment.

- 18.26.1 **Alcohol and tobacco** - Each WIAA member school shall adopt reasonable rules and regulations pertaining to the use of alcohol or tobacco products that are specific to the middle or high school levels.
- 18.26.2 **Legend drugs and controlled substances** – Penalties for the possession, use or sale of legend drugs (drugs obtained through prescription, RCW 69.41.020-050) and controlled substances (RCW 69.50) shall be as follows:
- 1st Violation - A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined in B (below.)
- A. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school eligibility board consisting of coaches and administrators selected by the principal, to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.
- B. A participant who seeks and receives help for a problem with use of legend drugs (RCW 69.41.010 identified substances) or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall 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 or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in that athletic **season**, pending recommendation by the school eligibility authority.
- 2nd Violation - A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.
- 3rd Violation - A participant who violates for a third time RCW 69.41.020 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.
- 18.28.0 EJECTION FROM CONTEST** - Conduct resulting in ejection or disqualification from an interscholastic contest administered by game officials, coaches or school administrators shall result in the following:
- 18.28.1 For the remainder of the contest in which the ejection occurred:
- A. When a student is ejected, the coach continues to be responsible for the student. The student shall remain with the team.
- B. When a coach or other adult school representative is ejected, the coach or other adult school representative must vacate the playing area (gymnasium, field, and stadium.) If a head coach is ejected, an assistant coach or any school district personnel authorized to supervise students may assume the head coaching responsibilities for the remainder of the contest. If no other school district personnel are on site, the contest will be terminated and a forfeiture declared.
- 18.28.2 The first ejection of the season shall result in the ejected person (student, coach, other school representative) being ineligible until after the next school contest in that sport at the same level of competition from which the person was ejected.
- A. A jamboree does not count as a contest for the purposes of meeting the suspension period.
- B. Any student ejected shall not appear in the school uniform, nor sit on the team bench during the suspension period.
- C. Any coach ejected shall not be involved in coaching to any degree during the suspended game and shall not be allowed into the facility (gymnasium, field, stadium, locker room or hallway, etc.) during the suspension period.
- 18.28.3 Should a participant be unable to complete a suspension during the sports season in which the ejection occurs, the suspension shall be carried over into the participant's succeeding season of participation.
- A. **In order for the suspension in the succeeding season of participation to meet this requirement, the participant must be a member of the team for the entire season for that sport.**
- 18.28.4 The second ejection in the same sport and season shall result in ineligibility for the remainder of the season of that sport.
- A. The severity of the penalty may be appealed to the WIAA Executive Director upon presentation of rationale and written documentation signed by the WIAA member school principal or superintendent desiring and supporting penalty modification within two (2) school business days after the conclusion of the contest in which the ejection occurred.
- 18.28.5 For aggressive physical contact with an official, the WIAA Executive Director has the authority to suspend the individual from further competition for a period not to exceed one (1) calendar year.

APPENDIX B

Our Schools Protect Students from Harassment, Intimidation, and Bullying (HIB)

Schools are meant to be safe and inclusive environments where all students are protected from Harassment, Intimidation, and Bullying (HIB), including in the classroom, on the school bus, in school sports, and during other school activities. This section defines HIB, explains what to do when you see or experience it, and our school's process for responding to it.

What is HIB?

State law defines HIB in [RCW 28A.600.477\(5\)\(b\)\(i\)](#) as “any intentional electronic, written, verbal, or physical act including, but not limited to, one shown to be motivated by any characteristic in [RCW 28A.640.010](#) and [28A.642.010](#) (discrimination based on a protected class) or other distinguishing characteristics, when the intentional electronic, written, verbal, or physical act:

- (A) Physically harms a student or damages the student's property;
- (B) Has the effect of substantially interfering with a student's education;
- (C) Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or
- (D) Has the effect of substantially disrupting the orderly operation of the school”

HIB may involve an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. HIB is not allowed, by law, in our schools.

How can I make a report or complaint about HIB?

Talk to any school staff member (consider starting with whoever you are most comfortable with!). You may use our [district's reporting form](#) to share concerns about HIB but reports about HIB can be made in writing or verbally. Your report can be made anonymously, if you are uncomfortable revealing your identity, or confidentially if you prefer it not be shared with other students involved with the report. No disciplinary action will be taken against another student based **solely** on an anonymous or confidential report.

If a staff member is notified of, observes, overhears, or otherwise witnesses HIB, they must take prompt and appropriate action to stop the HIB behavior and to prevent it from happening again. Our district has a HIB Compliance Officer, Dr. Paula Dawson, Superintendent, P:253-862-2537, Civilrightscoordinator@dieringer.wednet.edu, that supports prevention and response to HIB.

What happens after I make a report about HIB?

If you report HIB, school staff must attempt to resolve the concerns. If the concerns are resolved, then no further action may be necessary. However, if you feel that you or someone you know is the victim of unresolved, severe, or persistent HIB that requires further investigation and action, then you should request an official HIB investigation.

Also, the school must take actions to ensure that those who report HIB don't experience retaliation.

What is the investigation process?

When you report a complaint, the HIB Compliance Officer or staff member leading the investigation must notify the families of the students involved with the complaint and must make sure a prompt and thorough investigation takes place. The investigation must be completed within 5 school days, unless you agree on a different timeline. If your complaint involves circumstances that require a longer investigation, the district will notify you with the anticipated date for their response.

When the investigation is complete, the HIB Compliance Officer or the staff member leading the investigation must provide you with the outcomes of the investigation within 2 school days. This response should include:

- A summary of the results of the investigation
- A determination of whether the HIB is substantiated
- Any corrective measures or remedies needed

- Clear information about how you can appeal the decision

What are the next steps if I disagree with the outcome?

For the student designated as the “targeted student” in a complaint:

If you do not agree with the school district’s decision, you may appeal the decision and include any additional information regarding the complaint to the superintendent, or the person assigned to lead the appeal, and then to the school board.

For the student designated as the “aggressor” in a complaint:

A student found to be an “aggressor” in a HIB complaint may not appeal the decision of a HIB investigation. They can, however, appeal corrective actions that result from the findings of the HIB investigation.

For more information about the HIB complaint process, including important timelines, see the Report a Concern [page](#) on the district’s website, or the district’s HIB Policy [3207](#) and Procedure [3207P](#).

Our School Stands Against Discrimination

Discrimination can happen when someone is treated differently or unfairly because they are part of a **protected class**, including their race, color, national origin, sex, gender identity, gender expression, sexual orientation, religion, creed, disability, use of a service animal, or veteran or military status.

What is discriminatory harassment?

Discriminatory harassment can include teasing and name-calling; graphic and written statements; or other conduct that may be physically threatening, harmful, or humiliating. Discriminatory harassment happens when the conduct is based on a student’s protected class and is serious enough to create a **hostile environment**. A hostile environment is created when conduct is so severe, pervasive, or persistent that it limits a student’s ability to participate in, or benefit from, the school’s services, activities, or opportunities.

To review the district’s Nondiscrimination Policy [3210](#) and Procedure [3210P](#), visit dieringer.wednet.edu.

What is sexual harassment?

Sexual harassment is any unwelcome conduct or communication that is sexual in nature and substantially interferes with a student’s educational performance or creates an intimidating or hostile environment. Sexual harassment can also occur when a student is led to believe they must submit to unwelcome sexual conduct or communication to gain something in return, such as a grade or a place on a sports team.

Examples of sexual harassment can include pressuring a person for sexual actions or favors; unwelcome touching of a sexual nature; graphic or written statements of a sexual nature; distributing sexually explicit texts, e-mails, or pictures; making sexual jokes, rumors, or suggestive remarks; and physical violence, including rape and sexual assault.

Our schools do not discriminate based on sex and prohibit sex discrimination in all of our education programs and employment, as required by Title IX and state law.

To review the district’s Sexual Harassment Policy [3205](#) and Procedure [3205P](#), visit dieringer.wednet.edu.

What should my school do about discriminatory and sexual harassment?

When a school becomes aware of possible discriminatory or sexual harassment, it must investigate and stop the harassment. The school must address any effects the harassment had on the student at school, including eliminating the hostile environment, and make sure that the harassment does not happen again.

What can I do if I’m concerned about discrimination or harassment?

Talk to a Coordinator or submit a written complaint. You may contact the following school district staff members to report your concerns, ask questions, or learn more about how to resolve your concerns.

Concerns about discrimination:

Civil Rights Coordinator: Dr. Paula Dawson, Superintendent

Dieringer School District Office

1320 178th Ave E, Lake Tapps, WA 98391

Civilrightscordinator@dieringer.wednet.edu

P: 253-862-2537

Concerns about sex discrimination, including sexual harassment:

Title IX Coordinator: Tyler Borden, Assistant Principal

North Tapps Middle School

20029 12th St E, Lake Tapps, WA 98391

TitleIXcoordinator@dieringer.wednet.edu

P: 253-862-2776

Concerns about disability discrimination:

Section 504 Coordinator: David Uberti, Principal

North Tapps Middle School

20029 12th St E, Lake Tapps, WA 98391

Section504coordinator@dieringer.wednet.edu

P: 253-862-2776

Concerns about discrimination based on gender identity:

Gender-Inclusive Schools Coordinator: Dr. Paula Dawson, Superintendent

Dieringer School District Office

1320 178th Ave E, Lake Tapps, WA 98391

Civilrightscordinator@dieringer.wednet.edu

P: 253-862-2537

To submit a written complaint, describe the conduct or incident that may be discriminatory and send it by mail, fax, email, or hand delivery to the school principal, district superintendent, or civil rights coordinator. Submit the complaint as soon as possible for a prompt investigation, and within one year of the conduct or incident.

What happens after I file a discrimination complaint?

The Civil Rights Coordinator will give you a copy of the school district's discrimination complaint procedure. The Civil Rights Coordinator must make sure a prompt and thorough investigation takes place. The investigation must be completed within 30 calendar days unless you agree to a different timeline. If your complaint involves exceptional circumstances that require a longer investigation, the Civil Rights Coordinator will notify you in writing with the anticipated date for their response.

When the investigation is complete, the school district superintendent or the staff member leading the investigation will send you a written response.

This response will include:

- A summary of the results of the investigation
- A determination of whether the school district failed to comply with civil rights laws
- Any corrective measures or remedies needed
- Notice about how you can appeal the decision

What are the next steps if I disagree with the outcome?

If you do not agree with the outcome of your complaint, you may appeal the decision to Superintendent Dr. Paula Dawson and then to the Office of Superintendent of Public Instruction (OSPI). More information about this process, including important timelines, is included in the district's Nondiscrimination Procedure ([3210P](#)) and Sexual Harassment Procedure ([3205P](#)).

I already submitted an HIB complaint – what will my school do?

Harassment, intimidation, or bullying (HIB) can also be discrimination if it's related to a protected class. If you give your school a written report of HIB that involves discrimination or sexual harassment, your school will notify the Civil Rights Coordinator. The school district will investigate the complaint using both the Nondiscrimination Procedure ([3210P](#)) and the HIB Procedure ([3207P](#)) to **fully resolve your complaint**.

Who else can help with HIB or Discrimination Concerns?

Office of Superintendent of Public Instruction (OSPI)

All reports must start locally at the school or district level. However, OSPI can assist students, families, communities, and school staff with questions about state law, the HIB complaint process, and the discrimination and sexual harassment complaint processes.

OSPI School Safety Center (For questions about harassment, intimidation, and bullying)

- Website: ospi.k12.wa.us/student-success/health-safety/school-safety-center
- Email: schoolsafety@k12.wa.us
- Phone: 360-725-6068

OSPI Equity and Civil Rights Office (For questions about discrimination and sexual harassment)

- Website: <https://ospi.k12.wa.us/policy-funding/equity-and-civil-rights>
- Email: equity@k12.wa.us
- Phone: 360-725-6162

Washington State Governor's Office of the Education Ombuds (OEO)

The Washington State Governor's Office of the Education Ombuds works with families, communities, and schools to address problems together so every student can fully participate and thrive in Washington's K- 12 public schools. OEO provides informal conflict resolution tools, coaching, facilitation, and training about family, community engagement, and systems advocacy.

- Website: www.oeo.wa.gov
- Email: oeoinfo@gov.wa.gov
- Phone: 1-866-297-2597

U.S. Department of Education, Office for Civil Rights (OCR)

The U.S. Department of Education, Office for Civil Rights (OCR) enforces federal nondiscrimination laws in public schools, including those that prohibit discrimination based on sex, race, color, national origin, disability, and age. OCR also has a discrimination complaint process.

- Website: <https://www.ed.gov/>
- Email: ocr@ed.gov
- Phone: 800-421-3481

Our School is Gender-Inclusive

In Washington, all students have the right to be treated consistent with their gender identity at school.

Our school will:

- Address students by their requested name and pronouns, with or without a legal name change
- Change a student's gender designation and have their gender accurately reflected in school records
- Allow students to use restrooms and locker rooms that align with their gender identity
- Allow students to participate in sports, physical education courses, field trips, and overnight trips in accordance with their gender identity
- Keep health and education information confidential and private
- Allow students to wear clothing that reflects their gender identity and apply dress codes without regard to a student's gender or perceived gender
- Protect students from teasing, bullying, or harassment based on their gender or gender identity

To review the district's Gender-Inclusive Schools Policy [3211](#) and Procedure [3211P](#), visit dieringer.wednet.edu. If you have questions or concerns, please contact the Gender-Inclusive Schools Coordinator: Dr. Paula Dawson, Superintendent, P: 253-862-2537.

For concerns about discrimination or discriminatory harassment based on gender identity or gender expression, please see the information above.

North Tapps Middle School
Student/Parent Signature Pages

Students and parents must review and sign the forms through InTouch (online program) on the following pages in order to participate in extracurricular activities

****Health History***

****Medical Evaluation Report (to be completed by physician only)***

****Request for Waiver of Accident Plan***

****Extracurricular Activities Code***

****Concussion Information Sheet***

****Inherent Risk form for each individual sport***

****In addition, a green card (which can be obtained in the office) must be completed for each sport in which a student participates.***

STUDENT NAME _____

GRADE: _____

DIERINGER SCHOOL DISTRICT ATHLETIC/ACTIVITIES REGISTRATION

HEALTH HISTORY

(To be completed by parent or guardian)

Does your student have any special health problems (diabetes, allergies, spells, seizures, bleeder, heart problems, etc) or has he or she had an operation or been hospitalized?

Is there anything you can tell us about your student that you feel will help us better understand and work with her or him?

Does your student take medications regularly? ____ Yes ____ No Type: _____

Does your child wear glasses? ____ Yes ____ No Contact Lenses? ____ Yes ____ No

Doctor's Name _____ Telephone _____

MEDICAL EVALUATION REPORT

(To be completed by physician only)

I have examined _____ on _____
(Student name) (Date)

I (do) (do not) certify that (he) (she) is physically fit to participate in athletics for the coming year.

Comments:

(Physician's signature)

(Phone Number)

**Physician: Please permit student to retain this form.

The Dieringer School District is committed to gender equity as it pertains to academic instruction, curriculum, athletic facilities and athletic programs. The Title IX officer is Tyler Borden, Asst Principal, NTMS; 20029 12th Street E; Lake Tapps, WA 98391; Phone: 253-862-2776.

REQUEST FOR WAIVER OF ACCIDENT PLAN

I understand my student cannot participate in Dieringer School District athletic or activity programs unless she or he is covered by accident insurance or I, the parent, accept full responsibility for all accident coverage.

Please initial one or more of the following:

_____ My student is covered by the School Accident Insurance Plan.

_____ I have insurance coverage and will continue to keep it in force throughout the interscholastic season(s). The name of the insurance company providing coverage is _____.

_____ Please waive the requirement for accident insurance and allow my named student to participate. I accept full responsibility for the cost of treatment for any injury which he or she may suffer while participating in the program.

ParentGuardianSignature: _____ Date _____

Name of Sports:

EXTRACURRICULAR ACTIVITIES CODE

I hereby grant permission for my son/daughter, _____ to participate in any school-sponsored sports or activities for the _____ school year.

I have read, understand and will abide by the Extracurricular Activities Handbook requirements for Dieringer School District. I agree that the schools that comprise Dieringer School District, or any employee of said school district, shall in no way be held liable for any accident or injury in any way received by my child on account of or while engaged in any athletic activity sponsored by the Dieringer School District. I further agree that the Dieringer School District or any employee or student organization will not be responsible for payment of any bill rendered for medical service as a result of such accident or injuries. I further agree to permit my child to be taken to a doctor in the vicinity of the school if injured while participating in any school sponsored sport or activity, and the family physician is out of the school district, or if I am not immediately available.

Student Signature

☐ I have read the Internet version of the Extracurricular Activities Handbook

Parent Signature

☐ I have read a hardcopy of the Extracurricular Activities Handbook

Date



Concussion Information Sheet

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

Symptoms may include one or more of the following:

☐ Headaches	☐ Amnesia
☐ “Pressure in head”	☐ “Don’t feel right”
☐ Nausea or vomiting	☐ Fatigue or low energy
☐ Neck pain	☐ Sadness
☐ Balance problems or dizziness	☐ Nervousness or anxiety
☐ Blurred, double, or fuzzy vision	☐ Irritability
☐ Sensitivity to light or noise	☐ More emotional
☐ Feeling sluggish or slowed down	☐ Confusion
☐ Feeling foggy or groggy	☐ Concentration or memory problems (forgetting game plays)
☐ Drowsiness	☐ Repeating the same question/comment
☐ Change in sleep patterns	

Signs observed by teammates, parents and coaches include:

- ☐ Appears dazed
- ☐ Vacant facial expression
- ☐ Confused about assignment
- ☐ Forgets plays
- ☐ Is unsure of game, score, or opponent
- ☐ Moves clumsily or displays lack of coordination
- ☐ Answers questions slowly
- ☐ Slurred speech
- ☐ Shows behavior or personality changes
- ☐ Can’t recall events prior to hit
- ☐ Can’t recall events after hit
- ☐ Seizures or convulsions
- ☐ Any change in typical behavior or personality
- ☐ Loses consciousness

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

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

If you think your child has suffered a concussion

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

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

and

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

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

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

[Concussion Information](#)

_____	_____	_____
Student-athlete Name Printed	Student-athlete Signature	Date
_____	_____	_____
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date