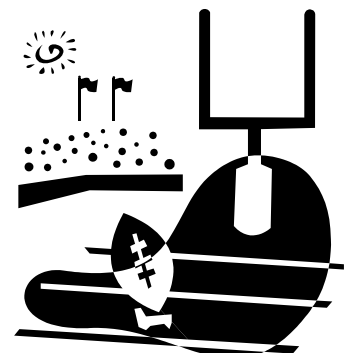
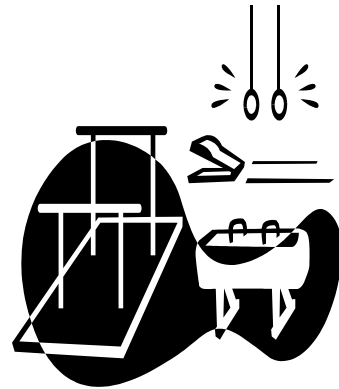




# 2019-2020 Student Athletic Handbook

Puyallup School District



**PUYALLUP SCHOOL DISTRICT  
STUDENT ATHLETIC HANDBOOK**

**INTRODUCTION**

Participation in athletics in the Puyallup School District is a **PRIVILEGE** that involves **TEAMWORK** and **SELF DISCIPLINE**. Athletics is an excellent means of bringing together home, school and community, as well as contributing to your personal development, growth and education. The interscholastic athletic program also provides you the opportunity to compete in athletic contests with other schools, aids you in developing new friendships and teaches you good sportsmanship. The overall purpose of the Puyallup School District is academic growth and success. Athletics do not supplant this purpose. It is the Athletics Department’s expectation that students will make appropriate progress toward academic expectations, requirements, and graduation.

If you decide to participate, be prepared to dedicate yourself to the athletic program. Remember, you will be a representative of your family, school and community, so your actions should be above reproach, both at and away from the athletic site. Some sports require the selection of team members. This selection is not always based entirely on athletic ability. Attitude, conduct, cooperation, loyalty and desire are also some characteristics that are considered in selecting team members.

The material in this handbook pertains to all student athletes in the Puyallup School District.

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**Puyallup School District provides equal opportunities in education and employment and does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups**

Question or complaints of alleged discrimination may be directed to:  
Human Resources (253) 841-8764  
Equity and Achievement (253) 840-8966  
Title IX Coordinator (253) 841-8785  
Section 504 Coordinator (253) 840-8966  
(Revised and approved 8/2018)

## SECTION I

# Athletic Code for Puyallup School District

Being an athlete is a PRIVILEGE that involves teamwork and SELF DISCIPLINE. Parents and coaches, along with athletes themselves, compose that team. In order to have a successful team, certain regulations must be identified and understood by everyone. The Puyallup School District Athletic Code exists in order to provide specific guidelines to be followed by students who represent their various schools in the field of athletics. These regulations are the product of the parents, students, coaches, school directors and administrators from the Puyallup School District. All members of a team bear the responsibility for working together to help make athletics a successful experience for everyone involved. Therefore this code shall be in effect 365 days a year, 24 hours a day. It will include those written rules and regulations established for students competing as representatives of the Puyallup School District. All students choosing to participate in athletic programs shall be given a copy of this code, and by virtue of their continued voluntary participation, shall agree to conduct themselves in accordance with the code.

A student athlete in the Puyallup School District shall not use, consume, or possess alcoholic beverages, cigarettes, tobacco, nicotine smoking/inhalant devices, e-cigarettes, vaporizers or anything used as a nicotine delivery device, steroids, illegal drugs, including marijuana, inhalants, or paraphernalia related to the use of illegal drugs and the abuse of prescription or non-prescription drugs. The athlete shall further abide by all written training rules established for the sport in which he/she is competing, and shall at all times behave in a manner that conveys respect for all individuals. Acts of harassment or hazing will not be tolerated. In addition, a student athlete shall at all times and in all situations, both as a participant and as a spectator, conduct him/herself with personal integrity and honesty. Any action or behavior that necessitates the imposition of team or school discipline or the committing of criminal acts outside of school will be viewed as a violation of the Athletic Code.

### (I) TOBACCO – NICOTINE - ALCOHOLIC BEVERAGES - DRUGS - DRUG PARAPHERNALIA - STEROIDS

The use of tobacco products, nicotine, alcohol, legend drugs (including anabolic steroids), controlled substances and controlled substance analogs is prohibited. Any athlete possessing, selling, and/or using tobacco, nicotine products, alcoholic beverages, legend drugs, (including anabolic steroids) controlled substances or controlled substance analogs, or drug paraphernalia during the athletic school year (see VIII C below) shall be subject to the following disciplinary action.

#### 1) First Violation:

- a) In season - The athlete will be suspended for no less than the remainder of the present sports season or up to sixty (60) school days. This penalty may carry over to the subsequent sports seasons.
- b) Out of season - The athlete will be placed on probation for a minimum of fifteen (15) school days during the next completed sports season in which the athlete participates; also, the athlete will miss the first interscholastic contest to follow his probation if no interscholastic contest should fall within the probation period.

2) Second Violation, whether in season or out of season, will result in suspension from all sports in the Puyallup School District for one calendar year (365 consecutive days) from the date of the second violation.

3) Third Violation, again whether in season or out of season, will result in permanent ineligibility for interscholastic competition in the Puyallup School District.

### (II) THEFT OR POSSESSION OF STOLEN PROPERTY– HAZING/HARASSMENT - CRIMINAL ACTS

#### 1) First Violation:

- a) In season - The athlete will be suspended for no less than the remainder of the present sports season or up to sixty (60) school days. This penalty may carry over to subsequent sport seasons.
- b) Out of season - The athlete will be placed on probation for a minimum of fifteen (15) school days during the next completed sports season in which the athlete participates; also, the athlete will miss the first interscholastic contest to follow this probation if no interscholastic contest should fall within probation period.

2) Subsequent Violation, whether in season or out of season, will result in suspension from all sports in the Puyallup School District for one calendar year (365 consecutive days) from the date of the violation.

### (III) SOCIAL MEDIA

Comments, videos and photos on social media outlets can be used as evidence of athletic code violations and lead to athletic discipline.

### (IV) SCHOOL DISCIPLINE/SUSPENSION

Any athlete involved in conduct which results in the imposition of disciplinary action **other than school suspension** may be declared ineligible for the next interscholastic contest for which he/she is eligible. If an athlete is suspended from school for disciplinary reasons for any length of time, the athlete will be placed on probation for up to a maximum of sixty (60) school days and miss at least the first contest following the suspension. Subsequent suspensions may result in suspension from all sports in the Puyallup School District for up to one calendar year (365 consecutive days).

### (V) COACHES RULES

An athlete will abide by specific written rules formulated by the coach who has the responsibility for an athlete who violated those rules.

### (VI) TRANSFER STUDENTS

Athletic suspensions or probations which have been imposed by other school districts on students transferring into the Puyallup School District will be honored.

### (VII) AWARDS

If an athlete is on suspension at the conclusion of a sports season, the head coach may forfeit the athlete's privilege of earning a school letter, certificate or any other school athletic award.

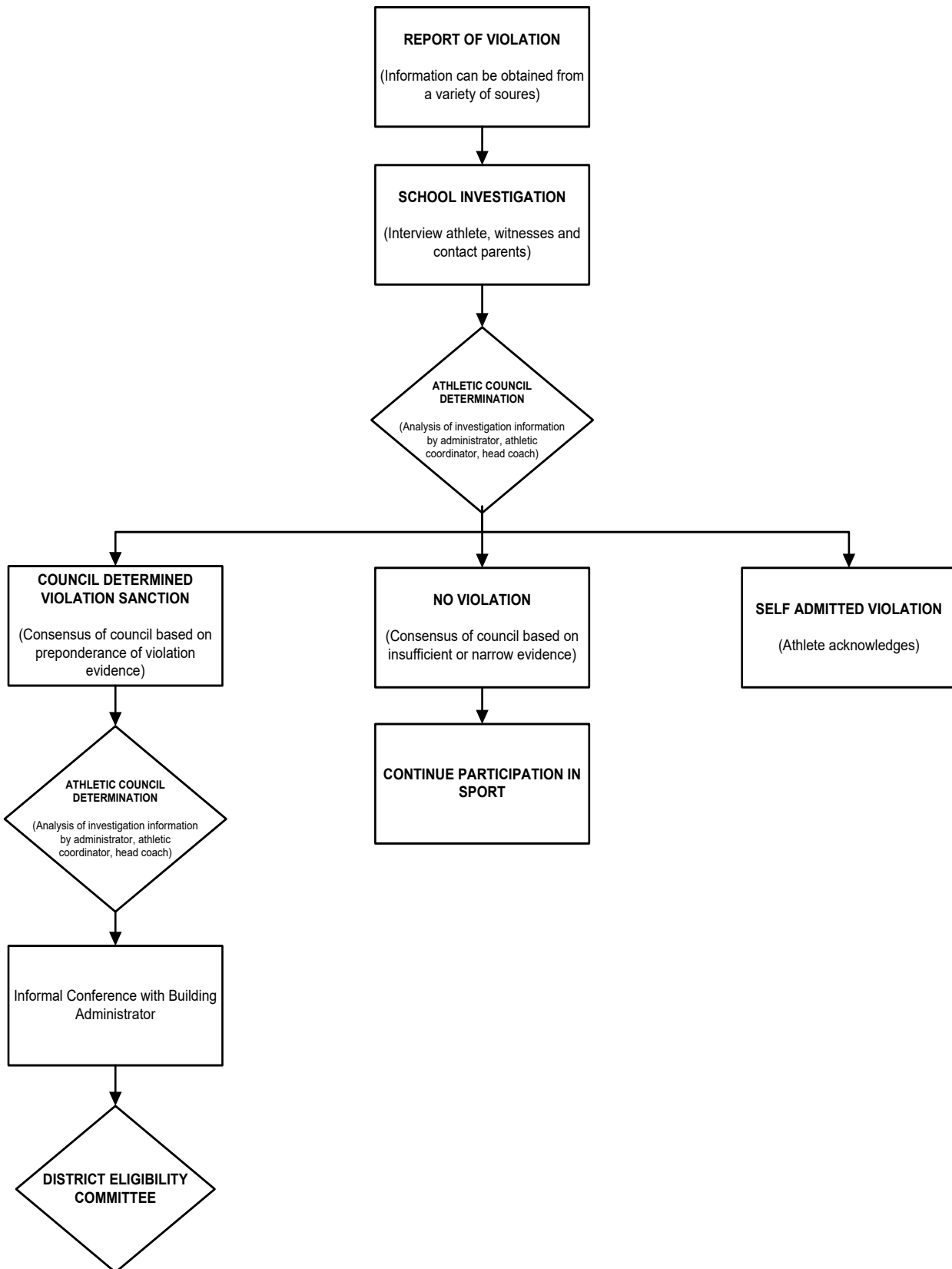
### (VIII) DEFINITIONS

- A) Probation - This is a trial period during which an athlete remains part of the team. The athlete attempts to correct his/her deficiencies within a prescribed time. The athlete can participate in practices, but will not be able to participate in contests involving other schools during this time.
- B) Suspension - An action that denies an athlete participation in athletics for a period of time. In cases where an athletic suspension carries over into his/her next sports season, it reverts to a probationary period provided the athlete completes that entire sports season.
- C) In Season - Begins with the first WIAA allowed practice day and ends with the awards ceremony for that sport.
- D) Out of Season: Any time not "in season."

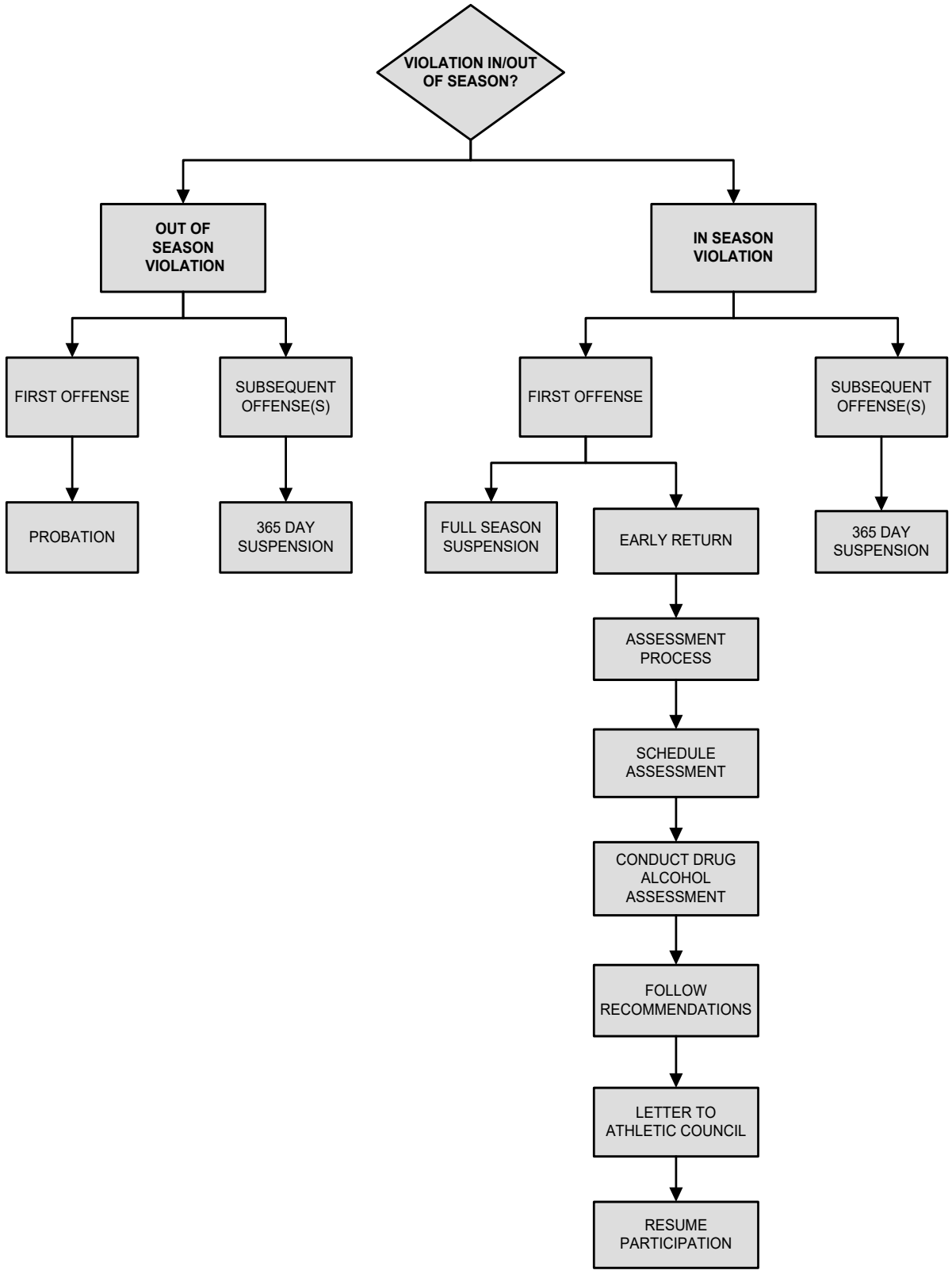
### (IX) PROCEDURES FOR DISCIPLINARY ACTION

- A) Disciplinary offenses are cumulative during junior high participation as well as senior high participation, but will not be cumulative from junior high participation to senior high participation. Students under athletic sanction at the end of junior high school must complete the required disciplinary action.
- B) The head coach, a building administrator and athletic coordinator shall determine disciplinary action resulting from violation of Puyallup School District athletic rules within three (3) school days of learning of the violation. The District Athletic Director shall be notified.
- C) For first violations of the tobacco, alcoholic beverages, drugs, steroids rules athletes have the option available to participate in and complete a school approved drug/alcohol/tobacco assessment program. Participation in this assessment option will not preclude a minimum athletic suspension period of fifteen (15) school days that must be completed before participation resumes. By agreeing to this option, the parent/guardian and student understand that they have waived their right to an appeal. In addition, athletes who voluntarily come forth seeking help for substance use problems may be granted immunity from disciplinary sanctions under the athletic code if they go through an assessment and enter a rehabilitation program.
- D) Athletes and parents will be notified of reasons for and types of disciplinary actions. A grievance procedure, as described in the Student Athletic Handbook will be followed for any athlete excluded from a sport, if so requested in writing to the building principal or designee within five (5) school business days.

**PUYALLUP SCHOOL DISTRICT  
ATHLETIC CODE VIOLATION PROCESS**



**PUYALLUP SCHOOL DISTRICT  
TOBACCO – ALCOHOL – DRUGS – THEFT SANCTIONS**



## **SECTION II Student Standards for Athletic Eligibility**

### **A. SCHOLARSHIP (revised 5/2008)**

In order to maintain athletic eligibility during the current semester/trimester, the student shall maintain passing grades in a minimum of five full-time subjects and maintain a 2.0 GPA. (Any class taken one period daily during the duration of the semester/trimester shall be considered a full-time subject.) **This is the defined standard for all student athletes in the Puyallup School District.**

A student shall have passed at least 5 full-time subjects and maintained a 2.0 GPA in the previous semester in order to be eligible for competition. A student shall maintain passing grades in five full-time subjects and maintain a 2.0 GPA in the current grading period in order to be eligible for competition. The Puyallup School Board regulation (Regulation 2151R) outlining the full academic eligibility policy can be found at: <http://go.boarddocs.com/wa/psd/Board.nsf/goto?open&id=B6QMQU5B5156>

### **B. AGE LIMITS**

**Senior High** - The student(s) shall be under 20 years of age on September 1 for fall sports season, on December 1 for the winter sports season, and on March 1 for the spring sports season.

**Junior High** - The student(s) shall not have reached his/her 16th birthday prior to June 1 of the previous year.

### **C. ATHLETIC REGISTRATION / PHYSICAL EXAMINATION**

An athletic registration card must be on file for each student participating in any sport before he/she turns out or is allowed to participate in any sport. The athletic card must include:

- Parent permission and acknowledgment of risk signature.
- Student acknowledgment of risk signature.
- Evidence of insurance coverage
- Physical and baseline concussion screening clearance (see below).

#### **REQUIRED PHYSICAL EXAMINATION AND BASELINE CONCUSSION SCREENING (revised 5/2014)**

During the 24-month period prior to the first participation in interscholastic athletics in a middle level school, and prior to participation in a high school, a student shall undergo a medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination. Prior to each subsequent year of participation a student shall furnish a statement, signed by a medical authority licensed to perform a physical examination, which provides clearance for continued athletic participation. Physicals need to be valid for the entire season in order to begin participation (including summer activities).

The Washington Interscholastic Activities Association requires that prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination. 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.

#### **Puyallup School District *requires* that:**

- Physicals and baseline concussion screening are valid for a maximum of months from the date of examination and/or screening unless it is designated LESS than 24 months by the medical authority.
- Physicals need to be valid for the entire season in order to begin participation (including summer programs). Physicals expiring during the season need to be renewed prior to the season.
- Student athletes requiring the attention of a physician due to illness and/or injury must have a physician's written release prior to returning to practice and/or competition. Game-related injuries are subject to WIAA regulations.
- Baseline concussion screening is recommended for all athletes, but required prior to participation in the following sport programs: Football, and Basketball, Wrestling, and Soccer.
- Return to Play after Concussion or Head Injury: A student athlete who has been removed from play may not return to any PSD activity (athletics, PE, open gym, swimming, etc.) until the athlete is evaluated by a licensed health care provider (Medical Doctor, Doctor of Osteopathy, Advanced Registered Nurse Practitioner, Physician's Assistant or Licensed Certified Athletic Trainer) trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. All athletes diagnosed with a concussion must receive exertion testing clearance prior to return to play status. Prior to exertion testing athletes must be without concussion symptoms for a least 48 hours.

**D. INSURANCE** (revised 3/2000)

It must be indicated on “**SECTION XII – Parent Permission-Risk of Injury-Insurance-Emergency Medical Treatment-Athletic Code**” that is kept on file with the athletic coordinator - that participants are covered by accident insurance. Insurance is available through the main office for students who wish to purchase it. This information will be collected every year even though the physical form is valid for two years.

**E. A.S.B. CARD** (revised 5/2014)

Every ninth grade student anticipating athletic participation at a PSD high school will purchase a JH ASB card at the HS ASB card rate of \$40 (All sales are FINAL). The 9<sup>th</sup> grade athletic ASB card will be the JH ASB card affixed with a sticker indicating the student’s high school at which they will be participating and will provide home JH and HS athletic admission privileges.

Any student who decides not to participate in HS athletic programs may purchase a JH ASB card at his/her own JH. All sales are final. However, if at a later date a student who purchased a JH ASB card decides to participate in any HS Athletic program, they will be required to pay a one-time fee of \$20 to the HS where they participate.

**F. PUYALLUP SCHOOL DISTRICT ATHLETIC FEE** (revised 5/2015)

Students who participate in junior high or high school athletics will be required to pay an athletic fee. This fee must be paid in full prior to participation in the first contest. Athletes will be required to pay the fee *for each season* in which they participate – Fall, Winter and Spring. The fee will be **reduced** for students who qualify for a reduced price lunch program. The fee will be **waived** for students who qualify for a free lunch program. Students and/or parents are responsible for providing documentation of their free or reduced lunch status by contacting Puyallup School District’s Food & Nutrition office (253-841-8773) and requesting a copy of their eligibility letter.

| ATHLETIC FEE SCHEDULE   |            |   |   |
|---|------------|---|---|
|   | General ** | *Students who qualify for Reduced lunch pay | Students who qualify for Free lunch pay |
| High School (9-12)  | \$75.00    | \$40.00                                     | 0                                       |
| Jr. High (7-8)  | \$40.00    | \$20.00                                     | 0                                       |
| <i>2019-2020 Athletic fees are subject to approval by the School Board.</i> |            |   |   |

*\*Students and/or parents are responsible for providing their free or reduced lunch eligibility letter at athletic clearance. Parents may contact PSD’s Food & Nutrition office at 253-841-8773 to request a copy of their eligibility letter.*

*\*\*Native American students may qualify for Title VII – Indian Education Program Funding if you have a completed 506 form on file (see your school counselor).*

**G. ONLINE PAYMENT OPTION** (new 8/2014)

AVOID WAITING IN LONG LINES BY PAYING FOR STUDENT FEES ONLINE. Families will have the option of paying for select student fees including yearbooks, A.S.B. cards and athletic fees online through EZSchoolPay. This is the same website currently used for payments to student meal accounts. Parents can pay for student fees using the same email and password they use for purchasing meal money. To make purchases and/or create an account, go to [www.ezschoollpay.com](http://www.ezschoollpay.com). A \$1.65 convenience fee (fee subject to change) will be assessed to the cart total to offset bank fees incurred by the District for this payment option. **Families taking advantage of this online payment option must PRINT THE RECEIPT and bring it to their athletic clearance day as proof of payment. Failure to present the receipt will cause a delay in processing athletic clearance.**

**H. RESIDENCE RULE** (revised 5/2008)

- (1) A student must live in the defined residency area of the school where he/she is planning to participate in order to be eligible for athletic programs. The student’s bona fide residence or principal abode for student placement purposes is defined as the actual physical location of the residence of the parent, legal guardian (for at least a year) or court appointed custodian.
- (2) Prior to registering with and/or attending a high school any student granted an intra-district transfer of schools within the Puyallup School District for BOARD APPROVED REASONS is permitted to participate in sports at the transfer school with full athletic eligibility provided the student has not previously established athletic eligibility at any high school. Any high school student athlete who rescinds their transfer and enrolls in a different PSD high school is athletically ineligible at the varsity level for one calendar year. (Subject to Appeal and WIAA Transfer Rule).

## I. SUMMER PARTICIPATION

- (1) Puyallup School District students in grades 9-12 may participate in district recognized summer programs provided they:
  - a) Are entering the 9<sup>th</sup> grade or higher.
  - b) Have a valid physical, and baseline concussion screening as required.
  - c) Been cleared by the high school Athletic Director where they are participating.
- (2) A school athlete's participation in a commercial summer camp, school sponsored summer camp, summer clinic or other similar program in any sport shall not begin until the conclusion of the final WIAA State Tournament of the school year.
- (3) Participants in a school sponsored Fall sport cannot attend any camps or clinics in that sport after July 31 if the participant's coach is a clinician/organizer of that camp/clinic.

### SECTION III - Puyallup School District Attendance Policy (revised 3/00)

Any student participating in an activity shall be expected to attend and participate in all classes on the day of the scheduled activity. On any school day students must be in attendance at least one half day to participate in practice. In the case of weekday scheduled activities, attendance in all classes the following day is also expected. In the cases of weekend scheduled activities, attendance in all classes the previous Friday is also expected. Failure to comply with these attendance regulations will result in a student being declared ineligible and not allowed to participate in the next scheduled activity. Exceptions to this rule may be made by the building principal or designee.

Each coach has the prerogative of developing practice attendance expectations for the athletes participating on his or her team. Failure to meet these attendance expectations may carry consequences.

### SECTION IV - School Issued Equipment

- A. School equipment checked out by the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition.
- B. Loss of issued equipment or damage to issued equipment will be the student's financial obligation.
- C. Issued equipment is to be used only while participating with the team in practice or during a contest. If coaches desire, players may wear their jerseys to school on game days. However, they are not to be worn at other times without their coach's prior permission.
- D. School uniforms imply school sponsorship and may be worn only during the WIAA season for that sport.

### SECTION V - Travel

- A. In District transportation will NOT be provided for evening high school or junior high school athletic contests/practices. (revised 3/28/01)
- B. If transportation is provided by the district to or from a contest venue, ALL athletes must use that transportation. Except that an athlete may return:
  - (1) With their own parent(s) - if parent meets the coach in person after the contest and requests to take his/her athlete (only) home in their own car.
  - (2) In a private car, if the parent sends a written request to the principal prior to departure and the **Principal gives approval** to the coach in charge.
  - (3) Individual school administration may develop more specific student-athlete transportation policies.
- C. Athletes will remain with their squad and under the supervision of their coach when attending away contests.
- D. Visiting athletes are direct representatives of their school, community and home and should conduct themselves accordingly.



**SECTION VI**      **Amateur Standing** (revised 8/18, detailed information included in WIAA Handbook, 18.24.0)

- A.** An amateur student athlete is one who engages in athletics for the physical, mental, social and educational benefits he/she derives there from, and to whom athletics is an avocation and not a source of financial reward. In order to maintain his/her amateur standing, he/she may not:
- (1)** Accept merchandise or in kind gifts of more than \$500 in value, excluding reduced membership or user fees for athletic clubs, recreation centers, or golf courses, etc.
  - (2)** Accept gift card or cash awards.
  - (3)** Enter competition under a false name.
  - (4)** Accept payment of expense allowances over the actual and necessary expenses for the athletic trip.
  - (5)** Sign or have ever signed a contract to play professional athletics (whether for a money consideration or not); play or have ever played on any professional team in any sport; receive or have ever received, directly or indirectly, a salary or any other form of financial assistance including scholarships or educational grants) from a professional sports organization or any of his/her expenses for reporting to or visiting a professional team.
- B.**      **Student as an instructor, supervisor or official**  
Instructing, supervising or officiating in (paid or non-paid) organized youth sports program, recreation, playground or camp activities will not jeopardize amateur standing.

**SECTION VII - 7th Graders on Junior Varsity and 8th Graders on Varsity Teams**

- A.** Puyallup School District handbook policy does not allow 7th grade participation on the 8th grade team.
- B.** The only exception is when it becomes necessary to include 7th graders on the 8<sup>th</sup> grade team due to lack of numbers (before cuts are made) to maintain a program. Parents of the 7th graders being moved up must be consulted first and permission must be granted by the respective principal and district athletic director. The District Athletic Director will notify all buildings when this situation occurs.

**SECTION VIII - Grievance Procedure to Athletic Suspension**

- Step 1** Athletes and/or parents may request a grievance hearing if done so in writing to the building principal or designee within five (5) school days.
- Step 2** The building principal will review all of the materials provided to determine if the imposed discipline is fair, consistent and equitable, and render a decision within three (3) school days.
- Step 3** Athletes and/or parents may appeal the principal's decision in writing within five (5) working days to the District Athletic Director. The District Athletic Director will convene the District Eligibility Committee and shall have ten (10) school days to render a written decision. The District Eligibility Committee is comprised of the Chief Academic Officer, the Director of Student Services and the District Athletic Director.

## **SECTION IX SUDDEN CARDIAC ARREST INFORMATION**

**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”).

### **Warning Signs**

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 (SCA)?** 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 (gasping). 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.

For further information on SCA:

<http://us10.campaign-archive2.com/?u=fe2496ab0bb9900b8ccdc7730&id=226b151cc1>

**SECTION X**

**PUYALLUP SCHOOL DISTRICT  
CONCUSSION & SUDDEN CARDIAC ARREST  
INFORMATION SHEET  
(Does **NOT** replace required baseline concussion screening)**

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.

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.

If your child reports any symptoms of concussion or SCA, or if you notice the symptoms or signs of concussion or SCA listed on this form, seek medical attention right away.

**Concussion Baseline Screening**

Currently Puyallup School District board regulation 3422R requires pre-season concussion baseline screening for high impact athletic programs (Football, Boys’ and Girls’ Basketball, Wrestling and Soccer.) before the athlete is eligible for participation, and requires the return to play protocol shown below following a concussion.

Concussion Baseline Screening: Prior to participation all athletes involved in high impact athletic programs (Football, Boys’ and Girls’ Basketball, Wrestling and Soccer) shall receive concussion baseline screening by/or under the supervision of an MD/DO/ARNP/PA-C/ATC who is trained in concussion management (3422R F2).

Baseline concussion screening SCAT5 forms: <https://www.acasc.org/storage/app/media/SCAT5.full.pdf>

**Symptoms of a concussion may include one or more of the following:**

|  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

### **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 “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. 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.

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often 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.

For further information on concussions: <http://www.cdc.gov/headsup/youthsports/index.html>

### **RETURN TO PLAY PROTOCOL**

Return to Play after Concussion /Head Injury or Sudden Cardiac Arrest: A student athlete who has been removed from play may not return to any PSD activity (athletics, PE, open gym, swimming, etc.) until the athlete is evaluated by a licensed health care provider (Medical Doctor, Doctor of Osteopathy, Advanced Registered Nurse Practitioner, Physician’s Assistant or Licensed Certified Athletic Trainer) trained in the evaluation and management of concussion and/or sudden cardiac arrest and receives written clearance to return to play from that health care provider.

All athletes diagnosed with a concussion must receive exertion testing clearance prior to return to play status. Prior to exertion testing athletes must be without concussion symptoms for a least 48 hours. (3422R F3).