

**“BUILDING CHARACTER FOR LIFELONG LEARNING  
AND ACHIEVEMENT.”**



**MS/HS CO-CURRICULAR HANDBOOK**

**WARNER SCHOOL DISTRICT 6-5**

**WARNER, SOUTH DAKOTA**

**2023-2024**

IT IS THE POLICY OF THE WARNER SCHOOL DISTRICT 6-5 NOT TO DISCRIMINATE ON THE BASIS OF RACE, COLOR, CREED, RELIGION, SEX, DISABILITY, ANCESTRY, OR NATIONAL ORIGIN WITH REGARD TO ADMISSION OR ACCESS TO AND TREATMENT OR EMPLOYMENT IN THE SCHOOL PROGRAMS IN ACCORDANCE WITH FEDERAL LAW. (TITLE VI OF CIVIL RIGHTS ACT OF 1964, THE REHABILITATION ACT OF 1973, AND THE AMERICAN WITH DISABILITIES ACT OF 1990.)

## ***Welcome***

On behalf of the Athletic Department of the Warner Public Schools, we welcome you to the new sports season. Athletics is one of the most important elements in the overall education of our students. Sports provide an opportunity to extend the learning process through interscholastic competition.

## ***Why Athletics?***

Athletics assist the educational process by instilling and developing skills necessary for future success. Leadership, Communication, Goal Setting, Organization, Work Ethic, Self-Discipline, Perseverance, Cooperation, Loyalty, Honesty, and Relationship Building are all skills developed while participating in athletics.

## ***Warner Athletic/Activity Department Philosophy***

The Warner Junior High and High School athletic program is available to students in grades seven through twelve. Athletic programs for students in grades lower than the seventh grade are conducted by parents. The school's involvement is only to hand out information and to allow the various groups to use the facilities when available.

The SDHSAA bylaws provide that students in grades seven through twelve may participate on high school teams provided they meet the same scholastic standards that are required for high school students. The bylaws further state that students in grade six and below may never participate at the high school level.

Athletic competition can be one of the most rewarding activities students will experience during their school years. Honor, dedication, commitment, integrity, perseverance, interdependence, and self-reliance are several important life skills and virtues student athletes can strengthen by participating in these activities. Athletic involvement serves as a positive and healthy complement to the classroom experience by providing additional opportunities for physical and mental growth.

Our sports programs are team-oriented so it is essential that the needs of the team are considered. Our student athletes represent their team, their school and their community. They must sign a code of conduct stating that they will maintain a high degree of respectful, positive and healthy behavior.

The Warner School's dedication to excellence extends to our competitive athletic program. We believe that the athletic program is an extension of the classroom. It is our goal to provide our students with many different learning opportunities. Co-curricular activities enhance the learning that takes place in the classroom. All team members will be given the opportunity to develop their work ethic, sense of commitment, and social and athletic skills.

We encourage students to participate in our athletic program, and we would like to involve as many students as possible in an educationally sound and successfully competitive program. High school athletics is a competitive experience; therefore, not everyone that tries out for the team will make the team, nor do those who make the team receive the same amount of playing time in contests.

Junior high sports emphasize skill development to prepare students for appropriate competition at the junior high level and, if they have the desire and ability, to compete at the high school level. Junior high games are scheduled to be a competitive test of how well the teams are progressing. Winning is not to be the main emphasis. All students will play at some level but it does not mean that they will get equal playing time. We are dedicated to providing the junior high athletes opportunities to further their development in practice so they can improve their performance in contests. During tournament play, the emphasis may shift to a more competitive approach.

Students in grades seven and eight will normally play at their own grade level, but there are times when doing so is not in the best interest of the individual student or the team. Circumstances such as low numbers, ability levels and position may create a need to move a student up to a higher or down to a lower level. Much thought and deliberation takes place before placing the student on a team.

To move a junior high athlete to a higher level of competition there is a prescribed process to follow. The procedure begins with the varsity coach. Approval from the athletic director, superintendent and parents must follow. Warner school has a guideline that must be adhered to as we consider moving an athlete to a higher level. An athlete will be allowed to play in a maximum of two consecutive games per night. This does not mean they may not dress for three teams in one night. There may be circumstances in which the coach may deviate from this at their discretion. Varsity starters cannot play at a lower level. (This rule does not apply to volleyball). A non-starter on the varsity may also play at the junior varsity level. A non-varsity player on the junior varsity may play on the C team unless they start for the junior varsity team. A junior high student may play at the appropriate junior high level and on the C team. If a junior high student is moved up to the varsity or the junior varsity they would be removed from the junior high team. There are times when circumstances will dictate that we might deviate from these guidelines such as with a shortage of players or coaches discretion. Those circumstances must be approved by the athletic director and the superintendent. Junior high teams will not practice on Wednesdays. Once the required church activities have been attended 7<sup>th</sup> and or 8<sup>th</sup> graders that are on the varsity team will be allowed to attend practice on Wednesdays. Varsity teams will be allowed to practice on Sundays during the post season only. Times will be such that all participants will be allowed to attend any church activities.

We will move a sixth grade student up to the junior high level only if we are short on numbers and do not have enough players to complete a seventh and an eighth grade team. If we have a situation where one class has more than enough players and the other is short we will attempt to play the students where their ability level places them. We will have a higher level team which may be made up of seventh and eighth graders and a lower level team that may be a combined team as well. Who plays at each level may vary from game to game. Ideally we would have enough in each grade for two separate teams but that is often not the reality. In making such decisions the coach, athletic director and the superintendent will confer to make the best possible determination. Sixth grade students may be moved up to practice with the seventh and eighth grade team if there is space available and their involvement will not impede the junior high team. A sixth grade parent or coach may be asked to be with the sixth graders at all such practices. The level of involvement will be at the discretion of the junior high coach and the athletic director. Sixth graders are not allowed to practice or compete against other high school athletes.

## *Sixth Grade Participation in JH Activities*

Participation by sixth grade students in Junior High activities may be allowed; however, approval by the Athletic Director is required for each sport/activity each academic year. The coach/advisor for the activity must seek approval from the Athletic Director prior the start of the sport/activity season. In the event that the Athletic Director is also the head coach of the sport/activity in question, the coach/advisor will seek approval from the High School Principal.

Sixth grade participation will be based on the following criteria:

- All sixth grade students will have the opportunity to participate.
- It is a privilege not a right for sixth grade students to participate in middle school athletics/activities.
- Sixth grade students will be allowed to practice with the seventh and eighth grade teams.
- Sixth grade students will only play when the number of seventh and eighth grade students are such that sixth grade participation allows the team schedule to be maintained.
- If injuries or ineligibility create a shortage of players, sixth grade students may be needed to participate to allow the schedule to be maintained.
- The level of competition may allow an opportunity for sixth grade students to receive playing time. This shall be determined by the coach.
- Sixth grade students will follow the same academic/participation rules & guidelines as seventh and eighth students.

Our coaches and advisors should be passionate about Warner School activities and to have the interest of the students and all the school programs in mind as we work as a team to provide positive learning experiences.

We expect our coaches and advisors to:

1. Set a good example for the athletes and fans to follow.
2. Exemplify the highest ethical and moral behavior.
3. Demand that sportsmanship will be our number one priority.
4. Recognize that academic success must be achieved before there can be success in co-curricular activities.
5. Respect the judgment of all officials.
6. Treat all participants with respect.
7. Develop and enforce penalties for participants who do not abide by sportsmanship standards.

## ***Parents and Sportsmanship***

The following are just a few reminders of the important role parents play in modeling behaviors when involved in athletic programs:

- (1) You are a fan and spectator. – that is your role – play it well.**
- (2) You are not the coach - so don't coach.**
- (3) You are not an official - so don't referee.**
- (4) You are the host for all visiting teams - treat them with respect and dignity.**
- (5) Cheer for our team - not against the opponent.**

## ***The Athletic Department's Chain of Command***

- (1) Student Athlete meets with Coach
- (2) If unresolved - Parents and Student Athlete meet with Coach
- (3) If problems persist - Parents, Student Athlete, Coach, and Athletic Director meet
- (4) Lastly - Parents, Student Athlete, Coach, Athletic Director, and Superintendent meet

## ***Coach, Parent, and Athlete Relationships***

It is critical to the success of every sport and the entire athletic department that solid lines of communication exist between coaches, athletes, and parents. The needs of the three key elements in the sport, coaches, athletes, and parents, are best met when we all know what each other's role in the activity is. To allow our sports to be successful, there needs to be good communication between coaches, athletes, and parents. To allow this to happen it is very important to understand what should and should not be topics of discussion between coaches, athletes, and parents. We believe that there are three topics that are off limits in discussions between coaches, athletes, and parents:

- (1) Playing time
- (2) Coaching strategy
- (3) Other athletes

The reason we feel this way is simple - playing time and coaching strategy decisions are the responsibility of the coaching staff. Discussion of other athletes with anyone outside of the immediate coaching staff is unprofessional. Just because another parent is talking to a coach, it does not mean their child is going to receive preferential treatment in that sport. Please, don't jump to any conclusions about a public or private meeting between a coach and parents. If you need to talk to someone about any situation that concerns you about a coach or the team, come and discuss it with the athletic director. Nothing is off limits with the athletic director and all conversations are confidential.

## ***Pre-Participation Eligibility Requirements***

Before any athlete can participate in any practice session for any sport offered following must be on file:

- (1) Current SDHSAA Physical Examination Form
- (2) Code of Conduct Form
- (3) Off Campus Activity Form
- (4) Concussion Fact Form
- (5) Proof of health/accident insurance

## ***SDHSAA Eligibility Requirements***

Under the rules of the South Dakota High School Activities Association, athletes are NOT ELIGIBLE IF:

- (1) They have reached their 20th birthday
- (2) Have attended more than 4 first and 4 second semesters in grades 9-12
- (3) Have not successfully earned a minimum of two units of credit in the previous semester
- (4) Have not enrolled in or attended a minimum of 20 hours of class per week
- (5) Have graduated from a 4 year high school or an equivalent institution
- (6) Have not enrolled by the 16th day of the current semester
- (7) Have been absent for 10 consecutive school days - except illness/emergency
- (8) Transferred without open enrolled completed or a parental resident change
- (9) Do not have all a physical, history, or permission slip on file
- (10) Have ever participated in an athletic contest under an assumed name
- (11) Have ever violated their amateur status
- (12) Have competed as an individual or member of another team during their regular high school season

## ***TRAINING RULES AND AGREEMENT FOR PARTICIPATION IN CO-CURRICULAR ACTIVITIES***

### **BASIC PHILOSOPHY**

Students involved in the co-curricular programs at Warner High School will develop many qualities, which will carry over into everyday living. Our programs emphasize developing the total person; that is a healthy mind as well as a healthy body. Participants will learn the importance of being a good winner as well as a good loser. It is important that every individual involved in these WHS programs be willing to give 100% to the program both on and off the field, court, etc.

### **BASIC RULES**

In order to develop as an individual and as a team member, sacrifices must be made. The willingness to sacrifice in order to achieve goals both for yourself and for your school is a very important quality. You are an example to younger students. Your actions and the people you associate with should reflect this. Below is a partial list of rules you will be required to follow. If you are not prepared to follow these rules, as well as others set by our activity advisors, do not sign this sheet and do not plan to participate.

**A.** A student shall not possess, use, distribute, transfer, conceal, sell, attempt to sell, deliver, nor be under the influence of alcohol and/or drugs (including tobacco products) or anything that is inhaled that is not prescribed by a doctor (examples would be vaping, vape pens, e-cigarettes.....etc). Students shall not engage in alcohol and/or drug use/abuse (including tobacco products or inhalants) nor possess paraphernalia specific to the use of alcohol and/or other drugs (including tobacco products or inhalants). Students who use prescription drugs authorized by a licensed physician do not violate this policy if the students conform to the prescription and appropriate school policies.

**B.** Any suspension or other disciplinary action invoked by the administration and/or board of education of the school, such as short or long term suspension, shall also apply to all co-curricular activities.

**C.** The following curfew hours have been established for all activities at Warner:

11:00 P.M. on all school nights. A school night is defined as any night when school will be in session the next day. 11:00 P.M. on nights when there is an activity the following day. 1:00 A.M. on any night when school will not be in session and there is no contest the next day. Exceptions to these hours will be granted

for extenuating circumstances such as arriving home late from long athletic trips. This shall be left up to the discretion of the advisor in that activity.

**D.** Violations must be observed by ANY coach, advisor, teacher, administrator, director, athletic director, superintendent, high school principal, law enforcement officer or parent(s) of the student in violation. Violations shall be dealt with by the director of that particular activity and the athletic director.

**E.** A student must be in attendance for at least the LAST three class periods to participate in any school activity. There are a few exceptions such as funerals, university visits, some medical appointments, and etc. All exceptions must be approved in advance by the athletic director and or principal.

**F.** Penalties for violating the alcohol and tobacco rules shall be as follows:

**1. First Violation**

a) After confirmation of the first violation, the student shall lose eligibility for the next two consecutive interscholastic events or two weeks of a season in which the student is a participant, whichever is greater.

**2. Second Violation**

a) After confirmation of the second violation, the student shall lose eligibility for the next six consecutive interscholastic events in which the student is a participant.

**3. Third Violation**

a) After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve consecutive interscholastic events in which the student is a participant.

b) Penalties shall be accumulative beginning with and throughout the student's participation in co-curricular activities. Violations that occur during school vacations and the summer will be included and enforcement of penalties will take place upon returning to school.

c). Anyone violating the alcohol, drug, or tobacco rules while under the supervision of a school sponsored activity will lose eligibility for the next twelve consecutive interscholastic events in which the student is a participant.

**G.** If there is a training violation, the athlete is not allowed to go out for another activity and quit once the penalty has been served. You must complete the season for the consequence to count as served.

**H.** Student Conduct: Crimes against a person or property such as theft, vandalism, violence, harassment, etc. may be treated in the same manner as alcohol and tobacco violations depending on the severity of the infraction.

**I.** Other consequences for violations of the co-curricular participation agreement may include the loss of eligibility for homecoming royalty, serving as an honor escort for graduation, being named as an honors graduate, and etc.

**J.** Consequences will be administered once the violation is brought to the school authorities by those individuals mentioned in Section D of the Co-Curricular Activity Training Rules.

**K.** A student who violates a training rule provision may not join an activity part way through the season for the purpose of avoiding consequences in a later season. If the student joins the activity after the season begins the consequence will be administered during the next activity. A student who joins an activity for the sole purpose of completing the consequence and then quits will have further consequences.

**L. STATE LAW: SDCL 13-32-9...**Suspension from co-curricular activities for controlled substance violations. State law dictates that any individual that has been adjudicated, convicted, the subject of an informal adjustment or court-appointed juvenile diversion program, or the subject of a suspended imposition for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taken into the body is ineligible to participate in any co-curricular activity by the Department of Education for one calendar year. The one year suspension may be reduced to sixty days if the person successfully completes an accredited intensive prevention or treatment program. A second offense will result in the individual to become ineligible to participate at any secondary school accredited by the Department of Education. (The complete law is not included in this document as space does not permit it. Please refer to the SDHSAA website or the Warner School for the complete law.) As used in this section co-curricular activity means any activity sanctioned by the South Dakota High School Activities Association.

## ***Hazing***

It is the policy of the District that hazing will not be permitted in any way, shape, or form. Athletes who violate this District guideline will be punished accordingly. Parents are encouraged to report any incidents of this type to the Athletic Director.

## ***BULLYING/HARRASSMENT***

It is the district's policy that sexual harassment is illegal, unacceptable and shall not be tolerated; that no employee or student of the school district may sexually harass another. Any employee or student will be subject to disciplinary action including possible termination for violation of this policy.

Any unwelcome sexual advances, solicitation or sexual activity by promise of rewards, coercion of sexual activity by threat of punishment, verbal sexist remarks, or physical sexual assaults constitute sexual harassment. This conduct has the effect of unreasonably interfering with an individual's academic or work performance or of creating an intimidating, hostile, or offensive employment or educational environment regardless of intent.

The Warner School does not condone any type of hazing or initiation. Hazing is a form of harassment and is forbidden at the Warner School. Hazing activities may end up in the hands of law enforcement. Bullying and harassment of students is not tolerated by the Warner School District. The school district is committed to providing all students with a safe and civil school environment in which all members of the school community are treated with dignity and respect. Therefore, the school district prohibits harassment or bullying. Bullying and harassment are intentional harmful behaviors initiated by one or more students and directed toward another student or students, which in turn creates, an objectively hostile school environment including, but not limited to, the following:

- Physical – harmful action or threat of harmful action against another person;
- Verbal, Written or Electronic – threatening, unkind, abusive or hurtful communication to a person or about a person;
- Emotional – taunting or other conduct intended to upset, exclude, or embarrass a person;

This policy applies while students are on school property, while in school-owned or school-operated vehicles, while attending or engaged in school-sponsored activities, while using school equipment, and to include any matter that is a “substantial disruption of the educational process.”

If, after an investigation, a student is found to be in violation of this policy, the student shall be disciplined by appropriate measures up to, and including, suspension and expulsion. Retaliation against a person because the person has filed a bullying or harassment complaint or assisted or participated in a harassment



investigation or proceeding is prohibited. An individual who knowingly files a false harassment complaint and a person who gives false statements in an investigation shall be subject to discipline by appropriate measures, as shall a person who is found to have retaliated against another in violation of this policy. A student found to have retaliated or filed a false complaint in violation of this policy shall be subject to measures up to, and including, suspension and expulsion.

### **Students who feel that they have been bullied or harassed should:**

- Communicate to the perpetrator that the individual expects the behavior to stop, if the individual is comfortable doing so. If the individual wants assistance communicating with the perpetrator, the individual should ask a teacher, counselor, bus driver, or principal to help.
- If the bullying or harassment does not stop, or the individual does not feel comfortable confronting the perpetrator, the individual should:
  - tell a teacher, counselor, bus driver or principal; and
  - write down exactly what happened, keep a copy and give another copy to the teacher, counselor or principal including:
    - what, when and where it happened;
    - who was involved;
    - exactly what was said or what the perpetrator did;
    - witnesses to the bullying or harassment;
    - what the student said or did, either at the time or later;
    - how the student felt; and
    - how the perpetrator responded.
  - teachers, counselors, bus drivers or other school staff receiving a report, or who witness bullying or harassment, must report the incident to the building principal by the end of the school day in which the event occurred, but in no case later than the morning of the next school day.

### **Formal Complaint Procedure for Bullying or Harassment**

An individual who believes that he/she has been harassed or bullied will notify the principal or dean of students who is the designated investigator. The alternate investigator is the school counselor assigned to a student's attendance center. The investigator may request that the individual complete the Harassment/Bullying Formal Complaint form and turn over evidence of the incident, including, but not limited to, letters, tapes, or pictures. Information received during the investigation is kept confidential to the extent possible. The principal, or the alternate investigator with permission from the principal, has the authority to initiate an investigation in the absence of a written complaint.

## ***Code of Conduct for Interscholastic Student-Athletes***

*Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to **pursuing victory with honor** according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student-athletes involved in interscholastic sports at Warner. I understand that, in order to participate in high school athletics, I must act in accord with the following:*

### **TRUSTWORTHINESS**

1. *Trustworthiness* — be worthy of trust in all I do.

*Integrity* — live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

*Honesty* — live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

*Reliability* — fulfill commitments; do what I say I will do; be on time to practices and games.

*Loyalty* — be loyal to my school and team; put the team above personal glory.

## **RESPECT**

2. *Respect* — treat all people with respect all the time and require the same of other student-athletes.
3. *Class* — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. *Disrespectful Conduct* — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

## **RESPONSIBILITY**

6. *Importance of Education* — be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. *Role-Modeling* — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. **Suspension or termination of the participation privilege is within the sole discretion of the school administration.**
8. *Self-Control* — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle* — safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. *Integrity of the Game* — protect the integrity of the game; don't gamble. Play the game according to the rules.

## **FAIRNESS**

11. *Be Fair* — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

## **CARING**

12. *Concern for Others* — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. *Teammates* — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

## **CITIZENSHIP**

14. *Play by the Rules* — maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of rules* — honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

## ***Weight Room/Wellness Center Policy***

The purpose of this policy is for the safety, protection, and fairness of those who use the weight room/wellness center. Any violation of this policy may lead to the loss of facility privileges.

- Weight Room/Wellness Center is open to Warner students, staff, and other approved individuals.
- **No student is allowed in the weight room/wellness center without proper supervision. For the purposes of this policy proper supervision is defined as a person of at least 18 years old, has received proper training in weight lifting techniques and practices from a post-secondary institution and/or a district sponsored training event, and has been approved by the board of education to supervise students in the weight room/wellness center.**
- **Students must be in at least 7<sup>th</sup> grade to use the weight room/wellness center.**
- Clean and appropriate footwear and attire is required.
  - For safety purposes open-toed footwear is not allowed.
  - Inappropriate slogans and logos on clothing are not permitted.
- Do not use equipment unless sure of proper procedure or use.

- **Use spotters and safety racks.**
- Do not drop, throw or slam equipment.
- **No food or drink except water.**
- Personal exercise equipment is not allowed in the weight room/wellness center.
- Proper etiquette:
  - Wipe down equipment after use.
  - Share the equipment.
  - Be courteous to everyone.
- Notify district administration of injuries or equipment problems.
- Re-rack all plates and dumbbells after each use.
- Music must be school appropriate.
- Pick up and put all items away.

#### **Community Use:**

- **Members of the community (non-students) must have a Wellness Center membership to use the facility and equipment. Memberships are available in the business office.**
- **Members of the community (non-students) must sign a “Statement of Responsibility” showing that they have read and agree to the terms of the use of the Weight Room/Wellness Center.**

## ***CONCUSSION FACT SHEET FOR ATHLETES***

### ***What is a concussion?***

A concussion is a brain injury that:

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

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

### ***What are the symptoms of a concussion?***

You can’t see a concussion, but you might notice one or more of the symptoms listed below or that you “don’t feel right” soon after, a few days after, or even weeks after the injury.

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

### ***What should I do if I think I have a concussion?***

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.

- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.
- **It's better to miss a game or two than the whole season.**

### ***How can I prevent a concussion?***

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

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

## ***CONCUSSION FACT SHEET FOR PARENTS***

### ***What is a concussion?***

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even or what seems to be a mild bump or blow to the head can be serious.

### ***What are the signs and symptoms?***

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports, one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed By Parents or Guardians Symptoms Reported by Athlete

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion

- Just not “feeling right” or is “feeling down”

### ***How can you help your teen prevent a concussion?***

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches’ rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times.

### ***What should you do if you think your teen has a concussion?***

1. **Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

3. **Teach your teen that it’s not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let your teen convince you that s/he’s “just fine”.

4. **Tell all of your teen’s coaches and the student’s school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen’s coaches, school nurse, and teachers.

If needed, they can help adjust your teen’s school activities during her/his recovery.

## ***Concussion Protocol***

- 1) Any student claiming, they are suffering from a concussion or concussion like systems must attend all classes until diagnosed with a concussion by a qualified physician.
- 2) If a student states they are unable to sit through class or do required school work due to concussion symptoms, they will be sent home and not return to school until seen by a physician.
- 3) If a student requires school accommodations, physician must provide them in writing.
- 4) If medically diagnosed with a concussion, school computer will be taken, and parents will be notified. Student should have no screen time while symptomatic, includes phones, television, playing video games, etc.
- 5) Screens will not be returned until the student is back to full time attendance and back to full academic program.
- 6) Student cannot start return to play protocol until completing return to learn protocol.
- 7) Student will not attend practice or games until the student is back to full time attendance and back to full academic program. This includes both home and away games.
- 8) Once cleared by the physician and student has returned to full time attendance and school accommodations are no longer needed, school computer will be returned.

## ***REQUEST TO PARTICIPATE IN OFF-CAMPUS ACTIVITY***

I understand that the elective course or activity may require my child to attend activities off school campus. I understand that the School District will not provide transportation for my child's participation in any off-campus activities, and that I am therefore responsible for arranging my child's transportation to and from any off-campus activities.

I affirm that any decision I make to allow my student to ride to and/or from the off-campus activities in a vehicle driven by anyone other than me (including one driven by my student himself or herself) is a decision to be made solely by me, based upon my discretion as a parent guardian and my own assessment of the safety of allowing such transportation to occur.

If the above identified student will use his or her personal vehicle for transportation, I affirm that:

1. The student driver has a valid driver's license;
2. The vehicle is insured;
3. The student will abide by school policy.

In requesting that my student be allowed to participate in an elective course or activity, I agree and affirm that no person shall be considered to be acting as an agent or servant of the District, in any respect or for any purpose, whatsoever, while driving my student to or from this off-campus activity. Should any claim be made against the School District based on the driving conduct of any person transporting my student to or from the off-campus activities involved in this elective course or activity, I hereby agree to hold the District harmless as to such claim.

Furthermore, I hereby release and agree to hold harmless the Warner School District from any claim or injury that may be suffered as a result of participation in the elective course or activity.

**WARNER HIGH SCHOOL**

**INSURANCE AND RELEASE FORM**

The Warner School District does not carry insurance for student activities.

My son/daughter has permission to participate in the Warner Athletics. I certify that he/she has been examined by a physician during the past year and cleared for such activities and a physical form is on file with the school. I certify that he/she is covered by our Family Health Insurance Policy or I have purchased the special sports student accident insurance plan made available. If he/she is injured, I give permission for a physician to perform appropriate treatment. I hereby release Warner High School and its staff from all claims resulting from any injuries which may be sustained by my son/daughter.

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

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

If you are interested in purchasing the insurance plan made available to your son/daughter, please contact your coach/athletic director.

**This form must be returned to the Athletic Director and be on file before you can participate.**

# WARNER HIGH SCHOOL

## AGREEMENT FOR PARTICIPATION IN CO-CURRICULAR ACTIVITIES

I have read and discussed the rules governing my participation in co-curricular activities at Warner High School with my parents and I agree to abide by these rules.

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## CODE OF CONDUCT FOR STUDENTS PARTICIPATION IN ACTIVITIES AT THE MIDDLE AND HIGH SCHOOL LEVELS AT WARNER HIGH SCHOOL

I have read and understand the requirements of the Code of Conduct and understand that there may be sanctions or penalties if I do not perform according to the code.

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## REQUEST TO PARTICIPATE IN OFF-CAMPUS ACTIVITY

### WARNER SCHOOL DISTRICT

I hereby release and agree to hold harmless the Warner School District from any claim or injury that may be suffered as a result of participation in the elective course or activity.

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## WARNER HIGH SCHOOL INSURANCE AND RELEASE

The Warner School District **DOES NOT** carry insurance for student activities. I hereby release Warner High School and its staff from all claims resulting from injuries which may be sustained by my son/daughter.

- We have adequate insurance coverage for our child
  - We have purchased or will have purchased insurance provided by the school
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## CONCUSSION FACT SHEET AND IMPACT TEST

I have read and understand the seriousness of concussions and will follow any guidelines set by a physician and or the Warner School District. My son/daughter has also taken the Impact Concussion Baseline test.

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- I have a current Physical Examination Form on file with the office.
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By signing below we acknowledge the fact that we agree to all of the above forms and consents.

Parent/Legal Guardian Signature : \_\_\_\_\_

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

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