

Athletic Handbook 2023-2024

The SJEL & ESJL interscholastic athletic program is completely voluntary. Involvement in the program does require extra effort and extra time beyond the regular school day. Standards including academic requirements, citizenship, sportsmanship, conduct, and loyalty must be maintained to remain eligible. This administration recognizes that a quality education is a well-balanced set of curricular and extra-curricular experiences and that participation in athletics can serve as a vital enhancement to the student-athlete's total education. The administration, however, believes that participation in athletics, while vitally important, is secondary to the student-athlete's successful progression toward meeting graduation requirements and subsequent success in the attainment of post-secondary experiences of the student-athlete's choosing.

PARTICIPATION

- 1) Prior to a student-athlete participating on any athletic team or being issued any equipment, he/she is responsible for having on file with their athletic director or the district offices, a record of the following:
 - a) Medical Emergency Information/Athletic Travel Permission Form
 - b) Proof of either family medical insurance or proof of purchase of school insurance covering school activities and sports – (for football, special category school insurance necessary if no family coverage).
 - c) A current physical examination – no more than **24 months**.
 - d) Sport Rules and Expectations (This will be provided by the head coach and needs to be completed before each sport season if required by the head coach.)
 - e) Participants are not eligible to participate in a sport or activity until all uniform pieces and assigned inventory is turned in from the immediately preceding sport season.
- 2) A student-athlete may not quit one sport to turn out for another unless he/she is cut from a given sport or has received administrative permission.
- 3) A student-athlete suspended from one sport may not turn out for another sport during that sport season.
- 4) As a condition of participation, all athletes must take the baseline trauma **Impact test at least every 24 months**. The test is used by the combine as part of the athletic safety program. The test is administered at either the LaCrosse, St. John or Endicott school. The results of the Impact test are used to help determine participation and/or an appropriate return to play timeline and process for athletes who sustain brain trauma or concussion injuries either during or outside of participation in athletic activities.

EQUIPMENT

- 1) School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition.

2) Loss of issued equipment or damage to issued equipment will be the student-athlete's financial obligation.

3) Issued equipment is to be worn only while participating with the team in practice, during a scheduled contest, or on contest day. (Football jerseys may be worn by non-football players but remain the responsibility of the football player.)

TRAVEL

1) All student-athletes' participating in any school sponsored activity shall ride as a group/team to and from that activity on transportation provided by the St. John, Endicott & LaCrosse School Districts. Exceptions will require a parental or guardian note and/or prior principal or designee approval.

a) Student-athletes' may only be released to their parent/guardian or another parent/guardian. If the athlete is to be released to an adult who is not their parent/guardian, an Alternate Travel Request form must be completed and given to their coach BEFORE the bus leaves for the event.

2) Each student-athlete will remain with the team and under the supervision of the coaching staff when attending away games.

3) Each student-athlete, while traveling to and from athletic contests, will obey all school bus regulations.

ATTENDANCE

Each student-athlete shall be in attendance in school for the entire school day to be eligible for an athletic contest or practice held that day. The only exception to this regulation is when permission is granted from the principal or the designee due to pre-excused absences. A pre-excused absence requires a note or a phone call to the office prior to the first 10 minutes of the school day. (Up to 10 minutes late the student is tardy. After 10 minutes late the student is absent.) **Excused Absences:** these include family authorized absences and school authorized absences. Absences can be documented through a parent phone call or note. The following reasons shall be sufficient to constitute excused absences: 1) Family authorized absences (Legal, medical/dental, bereavement, family emergency) 2) Personal illness, 3) Other activities approved in advance by the school, 4) School sponsored activities. **Unexcused absences** are absences that are not authorized by the parent/guardian or the school. Examples include, but are not limited to: 1) Leaving the school premises without authorization from the nurse, office personnel or principal 2) Failing to attend class (while remaining on the premises) without advanced permission, 3) Family trips/vacations for which no prior arrangements have been made with the school, 4) Other absences not authorized by the school or parent/guardian.

1) If a student-athlete attends a doctor's appointment for illness or injury, a note from the doctor indicating the student-athlete is able to return to athletic participation will be required in order for the student-athlete to return to practice or an athletic contest. A note from the doctor is not necessary if the student-athlete visits a dentist, orthodontist or optometrist.

2) If a student-athlete is released from athletic participation by doctor's orders, a second note from the doctor is required in order for the student-athlete to return to practice or an athletic contest.

GENERAL PRACTICE REQUIREMENTS

1) WIAA Handbook 17.11.6 - One (1) day is equal to one (1) practice for purposes of meeting the minimum practice requirements.

2) WIAA Handbook 17.11.8 - Practice on a game day should not allow an athlete to become eligible for competition on that day.

3) WIAA Handbook 17.11.10 - Interruption of Pre-contest Practices - Individual practice requirements shall be met during regular team practice(s). If an individual student-athlete's pre-contest practice is interrupted, the following procedure will be used to assure that an appropriate period of practice precedes interscholastic competition:

a) An interruption of up to three (3) consecutive school scheduled practice days, will have no effect on the value of previous practice days in determining compliance with pre-contest practice requirements. For example: If a student-athlete has completed seven (7) days of practice and then did not practice for three (3) consecutive school scheduled practice days the previous seven (7) days would still count toward the minimum individual practices required before interscholastic competition.

b) Beginning with the fourth (4) consecutive school scheduled practice days without practice, the total number of days missed will be subtracted from the number of days previously practiced to determine compliance with pre-contest practice requirements. For example: If a student-athlete completed six (6) days of practice, and then did not practice for five (5) consecutive school scheduled practice days only one (1) of the previous practice days could be counted toward meeting the minimum pre-contest requirement. If a student-athlete completed eight (8) days, and then missed five (5) days, only three (3) of the previous days could be counted toward meeting the minimum pre-contest practice requirements.

REGULATIONS AND CONSEQUENCES

The regulations and consequences listed in this handbook are given as a guide to assist the student-athlete in exercising his/her responsibilities. They are not all-inclusive and do not preclude consequences being invoked for actions not identified within the handbook. Student-athletes will be treated fairly and consistently, although consequences may vary according to the seriousness of a situation. **For the purpose of this handbook, a middle school athletic season is defined as beginning with the first practice and ending with the return to the school after the last interscholastic contest. The high school code begins with the first official day of practices allowed by WIAA for any sport and the code for those participants remains in effect until the**

sports banquet is completed for that sport activity. For Fall sports and activities, the code begins with the parent meeting and remains in effect until the fall sports banquet is completed.

A student who is ineligible in a member school may not become immediately eligible at another member school without completing the conditions of ineligibility. (WIAA handbook 18.12.1)

Additionally, SJEL Athletic Cooperative administrators (Athletic Directors, Principals, Superintendents) may, at their discretion, impose additional conditions for incoming or transfer students with prior code violations before the student is eligible.

MINOR VIOLATIONS - (Coaches will notify parents)

1) Unsportsmanlike conduct

A student-athlete shall exhibit appropriate conduct in practices and/or contests. The use of profane or abusive language and/or obscene gestures is one example of unsportsmanlike conduct. Student-athletes removed from a contest by officials will be ineligible for the next contest at that level.

2) Ejection from contest (WIAA Handbook 45.0.0 – 45.1.7)

3) Physical appearance

A student-athlete shall maintain the dress and grooming standards of the team.

4) Citizenship

Each student-athlete is expected to be an acceptable citizen in school and during athletic events and practices.

5) Coaches' rules and guidelines

Individual coaches, following administrative approval, may establish additional rules and regulations. These rules shall be clearly explained to all team members at the Parent Meeting. Parents and athletes will need to sign and return this form to the coach or office before being allowed to participate in an interscholastic contest.

6) Practice attendance

Attendance at practice is mandatory. Absences need to be excused through the coach.

CONSEQUENCES FOR MINOR VIOLATIONS

1) **FIRST MINOR VIOLATION** - Verbal warning and conference with the coach.

2) **SECOND MINOR VIOLATION** - Suspension from participation in interscholastic contests for a period of up to two weeks from the date of the violation. The student-athlete must continue to turn out and practice with the team in a regular manner. No school awards may be received.

3) **THIRD MINOR VIOLATION** - The student-athlete will be dropped from the team for the remainder of the sport season. No athletic letter may be received.

MAJOR VIOLATIONS

1) Use, possession, and/or inappropriate association

Each student-athlete shall totally abstain from the use of, possession of, or inappropriate direct association with minors in possession of alcoholic beverages, all forms of nicotine, THC, drugs and narcotics during a given sport season. Inappropriate association on the part of the student athlete includes electronic transmission of text or images-photos or video promoting, using or encouraging drug or alcohol consumption. Inappropriate association means no attempt to remove self from where use is occurring.

2) Violation of criminal law

A student-athlete who commits a criminal offense during the sports season will be subject to corrective actions.

CONSEQUENCES FOR MAJOR VIOLATION

The school district will notify athletes in writing each time a major violation occurs and give warning of future career consequences for any additional major violations.

FIRST MAJOR VIOLATION DURING M.S. AND H.S. CAREER

For the purpose of determining the consequences of major and minor violations, the athlete's career is divided up into two separate parts. There is a separate and discrete middle school career and high school career for athletes. The number of violations that may occur during the middle school career do not carry over to the high school career relative to the three strikes exclusion. In effect, a student-athlete may have two major violations during a middle school career and then begin the high school career with a clean slate in terms of counting major and minor violations. Middle school career constitutes participation during grades 6-8. High school career constitutes participation during grades 9-12.

Intent: The intent of the athletic code of conduct change below is to hold 8th grade students who choose to "play up" in high school sports accountable for conduct and behavior expected of high school athletes. Code of conduct strikes earned playing middle school sports still only apply to the middle school career and code of conduct strikes earned "playing up" with high school sports apply to the high school career.

While 8th grade students are "playing up" in any allowable high school sport, penalties for major violations of the athletic code of conduct shall apply and count as a strike applicable to the total of 3 strikes allowed during an athlete's high school career. Penalties 8th grade students may earn while playing middle school sports or activities will only apply and count as strikes during the athlete's junior high career.

1. Suspension from participation in interscholastic contests for a period of two weeks from the date of the violation. In the event the suspension is not completed during the current sport season, the remaining amount of suspension time will carry over to the next sport season in which the student-athlete participates. For violations

of use, possession, and/or association this suspension can be reduced to one week if the student-athlete agrees to attend an Alcohol/Drug/Tobacco Education and Intervention workshop at the student-athlete's expense. This workshop must be arranged and commitment to complete made during the first week of the suspension with administrative approval. Failure to follow terms will result in imposition of full sanction during following sport in which the athlete participates. The student-athlete must continue to turn out and practice with the team in a regular manner. No school awards or local athletic awards may be received (the student-athlete will be permitted to letter in the sport of the season during which the violation occurred if they meet the sport requirement for the letter).

SECOND MAJOR VIOLATION DURING MIDDLE SCHOOL AND H.S CAREER

The student-athlete will be dropped from the team for the remainder of the sport season and no local athletic awards shall be received. Should the second violation occur within the last 3 weeks of the regular sports season or during any post-season competition of that sport season, the following procedure will be followed:

1. The student-athlete will be dropped from the team for the remainder of the sport season and;
2. Additionally, the student-athlete will not be allowed to play in 30% of the competitive events scheduled in the next sport season in which the student-athlete chooses to participate (30% is computed on the combined number of preseason and regular season competitions scheduled for the next sport season times 30% rounded up to the nearest whole number) and;
3. No local athletic awards shall be received and no athletic letter will be awarded for the sport during which the violation occurred. The suspended player may not attend any Award Banquets (either local nor regional) and will not travel with the team to or from any games during the remainder of the sport season in which the suspension occurs.
4. The athlete will be required to attend an Alcohol/Drug/Tobacco Education and Intervention workshop at the student-athlete's expense. This must be completed before the student athlete is allowed to participate in any subsequent sport activities.

THIRD MAJOR VIOLATION DURING MIDDLE SCHOOL AND H.S. CAREER

The student-athlete will be dropped from the team for the remainder of the sport season and the student-athlete's eligibility shall be relinquished for the remainder of the student-athlete's middle school or high school career in which career the 3rd violation occurred. No athletic letter or athletic awards may be received, nor may the student-athlete attend any Award Banquets (local or regional) subsequent to the date of the third violation during the career in which the third violation occurred.

CONSIDERATION FOR HONESTY

A student-athlete who self-reports prior to discovery of the violation by school administration, athletic directors or athlete's current season coach, may be eligible for mitigation of consequences dependent upon the decision of the hearing committee made up of individuals identified in the *Right to Hearing* section of this manual. The self-report shall only be made to the school officials noted in the first sentence in order for the report to be considered a true self-report under this section and the report may be verbal or written.

WASHINGTON LAWS AND STUDENT ELIGIBILITY

Whenever State of Washington Laws prohibit eligibility, or as a result of a violation of which student eligibility is restricted by law, the member schools of WIAA shall minimally restrict participation in those activities under WIAA's jurisdiction as prescribed by law.

Per WIAA regulations, penalties for Violation of RCW 69.41.020 - 69.41.050 & RCW 69.50 (Legend drugs including anabolic steroids & controlled substances possessions, sale, and/or use). A violation of RCW 69.41.020 - 69.41.050 & RCW 69.50 shall be considered a violation of the eligibility code and standards, and shall subject the student-athlete to disciplinary actions. The following penalties will be administered:

- 1) **FIRST VIOLATION OF LEGEND DRUGS** - The student-athlete shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season.
 - a) Ineligibility shall continue until the next sports season in which the student athlete wishes to turn out. 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 student-athlete 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 the 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 the athletic program, pending recommendation by the school eligibility authority.
- 2) **SECOND VIOLATION OF LEGEND DRUGS** - A student-athlete who again violates any provision of RCW 69.41.010 through 69.41.050 or of RCW 69.50 shall be ineligible and prohibited from participating in any WIAA member school interscholastic sports program for a period of one calendar year from the date of the second violation.
- 3) **THIRD VIOLATION OF LEGEND DRUGS** - A student-athlete who violates for a third time RCW 69.41.010 through 69.41.050 or of RCW 69.50 shall be permanently prohibited from participation in any WIAA member school athletic program.

RIGHT TO HEARING

When a major violation is alleged, a written notice from the principal or athletic director is to be delivered, by mail or in person, to the student-athlete's parent/guardian. The written notice shall include specific charges, the

recommended sanction, and indicate the student-athlete's right to a hearing provided the request is made in writing within three days of receipt of said written notice. The requested hearing shall be held within five school days of the request.

- 1) Hearing officers shall include a St. John, Endicott and LaCrosse district administrator, the athletic director, a coach (not in season), a teacher and a school board member.
- 2) The decision of the hearing will be final.

PROCEDURE FOR EXPRESSING CONCERNS

In order to alleviate problems and misunderstandings, the following steps will be required to express concerns about an athletic program or any athletic personnel:

- 1) The student-athlete will meet with and express his/her concern with the coach. The student-athlete may have a teammate or a staff advocate attend the meeting.
- 2) The student-athlete and his/her parent will meet with and discuss the concern with the coach.
- 3) The student-athlete and his/her parent will meet with and discuss the concern with the athletic director. The coach may attend the meeting.
- 4) The student-athlete and his/her parent will meet with and discuss the concern with the principal. The coach and/or the athletic director may attend the meeting.
- 5) The student-athlete and his/her parent will meet with and discuss the concern with the superintendent. The coach, athletic director and/or principal may attend the meeting.
- 6) The student-athlete and his/her parent will meet with and discuss the concern with the joint board. The coach, athletic director, principal and/or superintendent may attend the meeting.

Every effort will be made to work through problems and concerns at steps #1 & #2.

SCHOLASTIC ELIGIBILITY

- 1) Student-athletes must be passing (D or above) in ALL subjects and they must maintain a 2.0 grade point average or above with no failing grades included to be eligible for athletics.
- 2) Grades of all student-athletes will be checked by the office and submitted to the athletic director/principal every **Thursday before 4:00** in order to determine eligibility.
- 3) **First Offense:**

If determined academically ineligible, the suspension period will start the following Monday. The student will remain ineligible until passing. On game day, the grades will be checked at noon to determine if the student is eligible to participate on that day.

4) **Second Offense:**

The second time, and any subsequent times a failing grade is reported within the same semester, the suspension from competition is from Monday to the following Monday. (1st and 2nd offenses start over each Semester unless the student has a failing grade or under a 2.0 on their semester report card then refer to WIAA handbook 18.8.6)

5) During the suspension the student-athlete is expected to practice and travel with the team but, is not allowed to compete in interscholastic competition. However, a student-athlete is NOT allowed to travel to a contest or a practice if it will cause him/her to miss any classes.

6) Only student-athletes 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 bench.

7) Student-athletes may appeal ineligibility to the administration. The hearing process shall be the same as described above under Rights of Hearing.

8) Eligibility checks will not occur during the first 3 weeks of a new quarter for Middle School. Eligibility checks will not occur during the first 3 weeks of a new semester for High School.

PARTICIPATION REQUIREMENTS TO WEAR A VARSITY LETTER

All athletes must complete the season in order to earn a varsity letter.

1) Football letters shall be awarded to those student-athletes who have played in at least 1/2 of the total number of quarters per season, including any play-offs and tournaments. A letter can also be received if a student-athlete attends all practices and all games.

2) Basketball letters shall be awarded to those student-athletes who have played in at least 1/2 of the total number of quarters per season, including tournaments or play-offs.

3) Baseball/Softball letters shall be awarded to those student-athletes who have played in 1/2 of the total number of innings per season, including tournaments or play-offs.

4) Track letters shall be awarded to those student-athletes who earn a minimum of 20 points at league and invitational meets or qualify for the State meet.

5) Volleyball letters shall be awarded to those student-athletes who have played in at least 1/2 of the total number of games per season, including tournaments or play-offs.

- 6) Cheerleader letters shall be awarded to varsity cheerleaders who cheered for at least 80% of the total number of games per season, including tournaments or play-offs.
- 7) The above mentioned awards are subject to exception:
- a) If an athlete has been injured because of, or as a result of a sport, during that sport season, and if in the opinion of the coach he/she would have earned a letter, he/she can be awarded a letter.
 - b) In cases of ineligibility and/or discipline, an athlete may be denied a letter although he/she may have played the required minutes.
 - c) The head coach has the option to use his/her discretion on handing out a varsity letter to those athletes who are slightly under the needed number of quarters to letter. Their decision will be based on, but not limited to, the athlete's positive attitude and dedication to the sport.

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:

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

RTP (Return to Play Protocol) Started once the athlete is symptom free for 24 hours.

Baseline: No Symptoms

As the baseline step of the Return to Play Progression, the athlete needs to have completed physical and cognitive rest and not be experiencing concussion symptoms for a minimum of 24 hours. *Keep in mind, the younger the athlete, the more conservative the treatment.*

Step 1: Light aerobic activity

The Goal: Only to increase an athlete's heart rate.

The Time: 5 to 10 minutes.

The Activities: Exercise bike, walking, or light jogging.

Absolutely no weight lifting, jumping or hard running.

Step 2: Moderate activity

The Goal: Limited body and head movement.

The Time: Reduced from typical routine.

The Activities: Moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting

Step 3: Heavy, non-contact activity

The Goal: More intense but non-contact

The Time: Close to typical routine

The Activities: Running, high-intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

Step 4: Practice & full contact

The Goal: Reintegrate in full contact practice.

Step 5: Competition

The Goal: Return to competition

IF ANY SYMPTOMS RE-OCCUR DURING DAY 1-6, STOP ACTIVITY, WAIT UNTIL SYMPTOMS ARE GONE FOR 24 HOURS AND RESTART THE RTP AT DAY 1.

With physician approval, the Impact test will be re-administered.

(District needs physician approval because impact testing puts stress on the brain and may cause additional harm to the student athlete which is the reason for the disclaimer).

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 fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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 health care 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.

Sudden Cardiac Arrest

Information Sheet for Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act

What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or

physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called “commotio cordis”).

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

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

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED).

AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!

1. RECOGNIZE Sudden Cardiac Arrest

- **Collapsed and unresponsive**
- **Abnormal breathing**
- **Seizure-like activity**

2. CALL 9-1-1

- **Call for help and for an AED**

3. CPR

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

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives

Be Prepared! Every Second Counts!

Forms

Medical Emergency Information and Waiver
Athletic Travel Permission

ALTERNATE TRAVEL REQUEST FORM

(This form needs to be completed and returned to the school **prior** to leaving for the event.)

I request the SJEL sports combine to release _____
(Student name)

to _____ who will be totally responsible for transporting
(parent/guardian caring for student)

my child back to St. John, Endicott or LaCrosse from _____ on
(place of event)

(date of event)

Please mark the statement that applies:

My student will be riding home with the above mentioned for this one event only _____

My student will be riding home with the above mentioned on several or on all occasions _____

By signing this form, I formally release SJEL Sports Combine from their responsibility of returning my child to the St. John, Endicott or LaCrosse School Districts from the above mentioned event. The student will **only** be released to the contact person at the site.

Signed: _____
(Parent/guardian of student)

Date: _____

Signed: _____
(Advisor/coach of activity)

Date: _____

SJEL Athletic Activity Travel Policy:

Travel: Students must travel to and from activities away from St. John/Endicott/LaCrosse School Districts in transportation provided by the schools. The only exceptions are:
Arrangements between the participant's parent/guardian and the coach/advisor for the student to ride with parent/guardian or other designated adults. Parent requests must be submitted to the coach/advisor in writing. The final decision to release the student shall rest with the coach/advisor. How and when the release takes place shall rest with the coach/advisor.

SCHOOL YEAR 2022-2023

-----**STUDENT INFORMATION**-----

Name of Student Athlete _____ Grade _____ Age _____

Address _____ Birthdate _____

Phone _____

Drug Allergies _____ Diabetic _____

Epileptic _____

All medications currently being taken are: _____

Concussion history: Please list date(s) of all occurrences: _____

-----**PARENT AND INSURANCE INFORMATION**-----

Parent/Guardian Name _____ Phone _____

Parent/Guardian Address
(if different than student) _____

Insurance Company _____
School Accident Coverage Plan _____

Policy # _____

-----**EMERGENCY INFORMATION (other than listed above)**-----

Emergency Contact _____
Relationship of contact person _____

Phone _____

Family Physician _____
Address _____

Phone _____

-----**PARENTS READ CAREFULLY, CIRCLE THE ANSWER THAT APPLIES**-----

Yes No I understand that my son/daughter cannot participate in boys' or girls' after school athletics unless he/she is covered by the School Accident Coverage Plan or our own. The information is listed above.

Yes No I will continue to keep the insurance policy in force throughout the sports season.

Yes No I accept full responsibility for the cost of treatment for any injury which he/she may suffer while taking part in the program.

Yes No As parent or legal guardian, I authorize the team physician or in his/her absence, a qualified physician to examine the above-named student, and in the event of injury, to administer emergency care and to arrange for any consultation by a specialist, including a surgeon, he/she deems necessary to insure proper care of any injury. Every effort will be made to contact parent or guardian to explain the nature of the problem prior to any involved treatment.

Yes No I have read and have had the opportunity to ask questions about the ATHLETIC AND CHEERLEADING HANDBOOK and give my permission for my son/daughter to participate in interscholastic athletics in the LaCrosse, St. John or Endicott School District.

Yes No My son/daughter has my permission to travel by school transportation to athletic events for the entire sports season.

STUDENTS AND PARENTS/GUARDIANS, PLEASE READ CAREFULLY AND SIGN

It is the school district's intent to provide any athlete with good instruction, safe equipment and safe transportation; but we cannot eliminate all risks involved in sports participation. Accidental injury completely unrelated to any preventable cause is always possible.

This Assumption of Risk form is designed to provide the school district with a degree of protection. It is not designed to deny the rights of an injured athlete. Our school district provides WIAA Catastrophic Medical Insurance coverage to participating students. Participation in WIAA sponsored interscholastic activities are all voluntary and extra curricular. As a

condition in these activities, you and your parent(s)/guardian(s) must understand the risks involved in these kinds of activities.

Warning:

Participation in any athletic activity may involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possibly crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor to catastrophic injury such as complete paralysis or even one's future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Activity injuries can result from the incorrect or correct performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises and other similar undertakings. Injury can also result from failing to follow game, training, safety or other team rules. Injury can result from the use of transportation provided or arranged by the school district to and from interscholastic activities.

Therefore, the purpose of this WARNING is to aid you in making an informed decision as to whether you/your child or ward should participate in these activities. In addition, its purpose is to make you aware that as a student participant, or as a parent or guardian of a student participant, it is your responsibility to learn about and/or inquire of coaches, physicians, advisor or other knowledgeable persons about any concerns that you might have at any time regarding the participants safety. In consideration of the LaCrosse, St. John, & Endicott districts permitting your child/ward to participate in interscholastic activities and to engage in all areas of these activities, I, the participant, and we the parent(s)/guardian(s), hereby agree to assume the risks of injury or death associated with the School District's interscholastic program as outlined in the WARNING above.

By signing this document, we acknowledge that we have read and understand its contents and warning related to the above stated risks and give our permission for or child/ward to participate in interscholastic activities.

We have also read and have had the opportunity to ask questions about the ATHLETIC AND CHEERLEADING HANDBOOK and will abide by its contents.

Parent/Guardian Signature

Date

Student Signature

Date

SJEL & ESJL

Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form

The SJEL, ESJL combine believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in SJEL or ESJL combine athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.

Student Name (Printed)

Student Name (Signed)

Date

Parent Name (Printed)

Parent Name (Signed)

Date