

GREENWOOD MIDDLE HIGH SCHOOL



ATHLETIC CODE

2023-24



ACTIVITIES POLICY

PHILOSOPHY

The Greenwood School District recognizes the importance of extra-curricular activities as an important part of the total educational opportunity in the Greenwood Schools. We believe participation in school-sponsored activities is vital to the development of socially active and responsible young men and women. Through involvement in extra-curricular activities, we hope students can build on the following important characteristics:

- a. Developing **respect** for themselves and the people around them.
- b. Taking **responsibility** for their actions and accepting consequences for those same actions.
- c. Developing a sense of **pride** in their work and accomplishments.
- d. Students need to be aware that when they participate in activities they are not only representing themselves, but also their families and the Greenwood School District.

RESPONSIBILITY OF THE STUDENT

Participation in activities is a privilege at the School District of Greenwood. In order to keep this privilege, students must accept certain responsibilities. As students are the most visible representatives of our school, they are expected to be exceptional examples of the quality of Greenwood School District students. They are expected to display the highest standards of social behavior and respect for those in authority, including teachers, coaches, advisors, administration, officials and other school personnel, as well as fellow participants and competitors.

RESPONSIBILITY OF THE COACH

Coaches are some of the most influential people in the Greenwood School District. Their methods and results are a matter of record and discussion each time their group competes. In most cases, the attitude, desire, and spirit possessed by a group is a reflection of those same qualities in the coach. Coaches are influential role models and need to be aware that students learn a great deal from observing their actions.

RESPONSIBILITY OF THE PARENT/GUARDIAN

Parents are the greatest role models for a young person. The Greenwood School District seeks parental assistance to help develop outstanding young men and women who possess the self-discipline and motivation to make a difference in the world. The administrators, faculty, staff, and coaches ask that parents be supportive of the programs and personnel at Greenwood School District and demonstrate that support by respecting the decisions and efforts of the coaches/advisors who work with the young people of Greenwood. Parental assistance is also requested in enforcing this activities code so that a fair and healthy environment will exist for all students.

While spectators, at any extra-curricular events either at Greenwood or any other site, parents are expected to display sportsmanlike behavior. An individual or group who willfully interferes with or interrupts the proper order or management of a school sponsored extra-curricular event by an act of violence, boisterous conduct, threatening language, or unsportsmanlike conduct toward coaches, players, or officials, or disobeys board policies or administrative rules may be removed from the event and may be prohibited from further attendance for a period of up to six weeks. Individuals prohibited from attendance may follow the established grievance procedure.

SCHOLASTIC ELIGIBILITY

Every student-athlete will be enrolled in a full-time, school board approved program. All full-time students attending Greenwood Middle/High School in grades 7-12 will be required to take at least 6.5 credits per academic year. Students must pass all courses.

ACADEMIC ELIGIBILITY

ATHLETICS ACTIVITIES

1. Eligibility—Once eligibility is determined, students are eligible until the end of the respective quarter.
2. Students with one or more failing grades at the end of a quarter are ineligible to participate/compete in athletic events until they are passing all classes.
 - A. **A student who becomes academically ineligible at the end of a quarter will be ineligible for 20% of maximum number of games/matches allowed in the sports currently in season. Eligibility is restore after serving the 20% penalty. Should the student be failing the same class that caused the ineligibility at the mid-term grading period the student would then be ineligible until the end of the quarter**
 - B. A student regains eligibility immediately if Incompletes are made up within two weeks after a grade-reporting period.
 - C. Fall Sports eligibility shall be based on the fourth quarter grades of the previous school year. The ineligibility period shall be 21 consecutive calendar days beginning with the date of the earliest allowed competition in a sport **or one-third (1/3) of the maximum number of games/matches allowed in a sport.**
 - D. A student may erase ineligibility status earned from failing a second semester core course by taking summer school credit recovery courses. The student must complete and pass no less than the same number of core courses which caused ineligibility.
 - E. Eligibility for each quarter will be determined one (1) day after the end of the quarter.
 - F. A senior who has acquired all necessary credits toward graduation is not exempt from this rule.

NOTE: Administrators and advisors of school-sponsored clubs/activities are not bound only to the aforementioned penalties/sanctions.

ACADEMIC INTEGRITY

If a student has been found cheating or plagiarizing in any class may be ruled ineligible based on severity or frequency of the violation.

A student who becomes academically ineligible may regain eligibility on the 16th scheduled school day by meeting the academic standard, following a period of 15 scheduled school days and nights of ineligibility.

ATTENDANCE

Students must be in school and participate in class the entire day to be eligible for the day's performance, competition, practice or meeting. Students are not allowed to miss any classes because they arrived home late in the evening from an activity the night before unless pre-approved one day in advance by school principal.

Only pre-arranged approval conditions accepted will be:

- Medical appointment—with documentation
- College visits/college testing—with documentation
- Emergency
- Driver's temporary test
- Driver's road test

NOTE: Please note that senior pictures are not considered an acceptable condition.

DISCIPLINE

1. If a student is suspended (ISS or OSS) the suspension will include any contest, practice or meeting that occurs for the duration of said suspension.
2. Students with an assigned detention must serve the detention prior to participating in any practice, meeting or contest.

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3. Attendance at practice/meetings are mandatory, unless the school, coach or advisor has excused the student prior to the event. The consequence for missing practice is left to the discretion of the coach/advisor.
4. Any student who transfers to the Greenwood Middle/High School with a suspension pending or in progress at their former school is required to fulfill that suspension at Greenwood prior to any competition.

ATHLETIC FEES

The Board of Education eliminated athletic fees in June 2019.

ENFORCEMENT PROCEDURES & DUE PROCESS POLICY

1. Violations of the activities code will be based on the following:
 - A. Violations reported to the school by law enforcement officials with corroborating evidence.
 - B. Violations reported by teaching or coaching staff members, parents, students, or members of the community.
 - C. Self-Admission.
 - D. Evidence from web sites or other technological devices may be used during an investigation.

1. Electronic Transmissions

Students are responsible for information contained in written or electronic transmission (e-mail, text messaging, etc.) and any information posted on social media. Students are not precluded from participating in such online social network sites, however, any student that is identified on a social networking site which depicts illegal or inappropriate behavior may be considered in violation of the activities code.

Since there is no way to establish a timeframe for when, or location of where, the image was taken, it shall be a responsibility that the student must assume. It must be noted that there may be persons who would attempt to implicate a student by taking such images to place them in a situation where they might be in violation of this code standards. This is our rationale for requiring that our students not place themselves in such environments.

2. Reports of violations must occur as soon as possible, unless referred by the judicial system or social services.
3. Upon receiving a report of a violation the principal/athletic director shall conduct an investigation, as soon as is feasibly possible, which shall include an interview with the accused, to determine whether or not the student has violated the activities code. A parent may be contacted in the investigation process.
4. Parents and students will be informed by the athletic director that any challenge or complaint can be taken to the activities review council if they are dissatisfied. The student and parents will be asked to put the challenge or complaint in writing.

SELF-REPORTING

1. To avoid a penalty of guilt by association, if an athlete member finds themselves at a party/location where alcohol, drugs, and/or tobacco are present, they must leave the party/location IMMEDIATELY without use and report their attendance to the principal or athletic director before the end of the next school day.
2. If the violation occurs over the summer or on a weekend, the student-athlete participant has 24 hours to report to the principal or athletic director, leaving a detailed voice mail or email is considered reporting.
3. Self-reporting allows students who know they did something wrong to confess the next school day and receive a lesser penalty. This only applies to first offense violations.

HONESTY CLAUSE

If the high school administration has a reasonable suspicion that a specific student may have violated the district's code, he/she may question that student about a possible violation. In responding to any such questioning about his/her personal actions, **it is expected that the student shall answer truthfully**. Also, during the questioning process, a student may not attempt to mislead or misrepresent himself/herself, which may impede the investigation.

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If a student's answer is subsequently found to be untrue, the disciplinary action/penalty will be doubled. (Example: A half season suspension will become a full season).

CONDUCT ELIGIBILITY

GENERAL CONDUCT EXPECTATIONS

1. All students involved in school-sponsored activities are expected to exhibit conduct which reflects the ideals, principles and standards of the Greenwood School District. Behavior deemed inappropriate by administration may be considered a violation of the athletic code. This includes, but is not limited to, displays of poor sportsmanship, abusive language during activities, violations of school policy as listed in the student handbook, and willful disobedience of rules established by the coaches. Failure to comply with the aforementioned expectations may be deemed a violation of the athletic code.
2. The Greenwood School District recognizes that the use of mood-altering chemicals is a significant health problem for many adolescents, resulting in negative effects on behavior, learning, and the total development of the individual. So, regardless of quantity, it is a violation for a student to use, possess, buy, or sell a beverage containing alcohol, tobacco/nicotine (in any form), or any substance defined by law as a drug or its look-alike—including Performance Enhancing Substances (PES) as defined by the WIAA. It is not a violation for students to possess and use drugs specifically prescribed for their use if school policy is followed.
 - A. The disciplinary action/penalty will be doubled for a student who provides alcohol or drugs, or is involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol or drugs were known to be available or used.
3. It is a violation of this code for a student to engage in any activity that results in his or her arrest or charges of a felony or misdemeanor under Federal or Wisconsin Law. Conviction under a county or municipal citation ordinance will not automatically be considered a violation. The Principal/Athletic Director will determine if the conviction is a violation based on its severity.

If convicted of criminal behavior as defined by state or federal statutes, or community ordinances such as but not limited to:

- A. Theft
 - B. Burglary
 - C. Assault
 - D. Battery
 - E. Vandalism
 - F. Possession or use of a weapon as defined in the student handbook.
 - G. Under the influence of and/or possession of a controlled substance and/or paraphernalia on school grounds, school transportation, and/or school event.
 - H. Sex offenses
 - I. Bomb Threats
 - J. Graffiti
 - K. Use and/or possession of explosive devices including illegal fireworks
 - L. Criminal disorder conduct
 - M. Harassment
4. Presence in bars and attendance at parties where drinking of alcoholic beverages or the use of illegal drugs is occurring is prohibited. However, even though the student may be in the presence of his or her parent/guardian and may have their permission to do so, the consumption of alcoholic beverages is strictly prohibited at all times when participating in activities subject to this policy, as is the possession, consumption or other use of controlled substances. This is not meant to prohibit presence in establishments that are primarily eating-places or presence at halls for parties, weddings, and activities with parents/guardians, or presence at family functions where there is parental supervision.
 5. Students who participate in activities shall be subject to the requirements of and penalties under this policy if they engage in acts which are regulated by this policy, whether or not those acts occur or take place in school buildings, on school grounds, while in school vehicles or school contracted vehicles, during the course of school sponsored activities, whether while under the direct supervision or control of school teachers or administrators or not, whether at or in route

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to school related functions and whether or not, in the case of infractions involving the commission of violations of state, county or local laws or ordinances and those involving the possession or use of alcoholic beverages or controlled substances, they occur in association with school activities or not.

MISCELLANEOUS

1. Any student who misses a game in the WIAA tournament series due to a code violation is ineligible for the entire tournament series thereafter.
2. Any student who serves a suspension for a code violation will NOT be allowed to hold honorary positions such as "captain" or "president" in any sport/club in which the suspension is served.
3. All students are expected to positively represent the school in all interaction within the community at all times. Any conduct by a student that brings negative attention to the individual, school or community may be deemed a violation of the athletic code. This includes activities that may be considered hazing.

Hazing is defined as any act whether physical, emotional, mental or psychological that subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass or intimidate the person, or which may in any fashion compromise the inherent dignity of the person.

4. Locker rooms may only be used by those individuals participating in after school events or practices. All other individuals must obtain permission from a coach prior to entering the locker room. Everyone is entitled to a reasonable amount of privacy therefore no recording devices, including cell phones, may be used in the locker room unless directed to by the coaching staff. Unauthorized use of a recording device to capture, record or transfer a representation of a nude or partially nude person is a violation of Wisconsin Act 118, which carries criminal penalties.
5. Under Wisconsin law, a deferred prosecution agreement allows a person facing criminal charges to enter into an agreement with the court to fulfill certain conditions in return for a dismissal. To be eligible to participate in deferred prosecution an offender usually does not have a criminal record, accepts responsibility for the offense, and must be willing to participate in the agreement. This is considered a code violation.

ATHLETIC PENALTIES

FIRST OFFENSE - Suspension from **25%** of the scheduled regular season events in season in which violation occurred. (The number of events is rounded up to the next whole number.) and ***the student will satisfactorily perform 15 hours of community service.*** If the violation is for drugs, alcohol or tobacco the student and parent/guardian will need to attend an AODA session provided by the school. A fee will be required for this class. In order for reinstatement a parent/guardian and the student-athlete must attend the class. This penalty is reduced to **20%** if a Self-Reported offense.

SECOND OFFENSE - Suspension from all athletics for **50% of contests** from the date the offense occurred and the student will satisfactorily perform **25** hours of community service. If the violation is for drugs, alcohol or tobacco the student/athlete must undergo, at his/her expense, an AODA assessment performed by a community-based health organization/AODA treatment agency, along with any recommendations for a treatment or education program, which is prescribed by the assessors to confront the behaviors of use/abuse. The student-athlete will provide the principal/athletic director written certification of compliance with recommendations prior to any reinstatement of participation.

THIRD OFFENSE — Suspended from all athletic activities for 1 year.

FOURTH OFFENSE — Suspended from all competitions for the remainder of high school career.

The student is responsible to create a plan and schedule all community service hours. The principal/athletic director must approve the plan. The final accounting of the community service hours will be the responsibility of the student-athlete and the supervising adult. A form must be properly completed and returned the athletic director. If the student fails to meet his/her obligation, he/she will be ineligible to be involved in any activity until the community service hours are completed.

GENERAL DISCIPLINARY PROCEDURES

1. If violation occurs between seasons, the suspension is enforced during the next season they participate in.
2. If there are not enough events remaining in the season to equal the percentage, the remaining events will be applied to the next sports season the student participates in.

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3. Students are required to practice with the team during the suspension and are required to complete the season in good standing in order to fulfill their code violations obligations.
4. Middle school students will be accountable under this athletic code; however, any violations of the athletic code will not carryover into high school.
5. A student-athlete must follow his/her activities code on a year round basis.

APPEAL PROCESS

In the event a student is disciplined under the Conduct portion of the athletic code and wishes to appeal the decision of the administration; a written request must be submitted to the Athletic Director within twenty-four hours of the decision. Upon receipt of the request and within 4 working days following the request, the Athletic Director shall convene a hearing before the Activities Review Council (made up of one staff member, one Board of Education Member and the Elementary Principal. This council shall review the case and render the final decision on the matter within twenty-four hours of the hearing. The superintendent shall be the moderator and will not have a vote in the decision process.

The student and his or her parent/guardian may address the council and may bring witnesses—only witnesses who have specific information to offer regarding the incident in question will be heard by the council. The council reserves the right to call and question witnesses who may have information directly related to the incident.

CODE APPEAL PROCESS:

1. Introductions of Code Review Council
2. Presentation of Findings
3. Student Statement
4. Parent Statement
5. Questions form Review Council
6. Closing Comments
7. Timeline for decision

During this appeal process the student will remain ineligible in compliance with WIAA regulations for participation in all school activities.

All decisions from the Athletic Review Committee shall be final and any disciplinary action shall commence immediately after the decision is rendered and the student is notified.

LEGAL REFERENCES:

120.13 Wisconsin Statutes
89-C-0179-C Wisconsin Federal District Court
(Stubblefield v. Harried, 1989)

OTHER ATHLETIC REQUIREMENTS

PHYSICAL EXAMINATIONS

To represent Greenwood High School in any interscholastic athletic competition, a student must meet all the requirements established by the WIAA as well as those of Greenwood High School. Every student who desires to participate in our athletic program must have:

1. Filed a WIAA physical examination card (signed by a physician and a parent/guardian) **or** a WIAA alternate year permission card (signed by a parent/guardian). WIAA cards can be picked up in the high school office.
2. Filed a WIAA Rules of Eligibility Pledge Sheet signed by a parent/guardian and the student with the Athletic Director.
3. Filed an Emergency Medical Form signed by the parent/guardian.
4. Parent/guardian attend an athletic meeting near the start of the school year. The Athletic Director will run the meeting. Individual coaches may also request that parents attend a meeting near the beginning of a particular sports season.

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5. Complete an annual Impact Concussion Test and sign and return the Concussion Disclosure/Consent Participation Form.
6. **The student must meet all six of the requirements above before he/she may practice.**

CHANGING A SPORT

An athlete may not be involved in two sports during the same season, except with the consent of each sport coach and athletic director. An athlete who is dropped from a team for disciplinary reasons or who quits is not eligible to compete in any other sport during the season in question without mutual consent of both head coaches.

If an athlete quits a sport in which a suspension due to a conduct violation is being served, the suspension is enforced in full during the next sport season the athlete participates in.

AWARDS

Students who violate the athletic code are not eligible for All-Conference, All-State, All-Star or other awards during the season in which the violation occurred.

INJURIES

All accidents on school property or school time are to be reported to the teacher in charge, coach or the principal with accident report being provided to the office within 5 days of incident. If the injury is serious enough to require medical assistance, the coach must report the accident to the athletic director/principal's office by/on the next school day. Should the injury be discovered after the student has returned home, the student/parent should notify the coach at once. The coach or team trainer, under the supervision of the coach, will handle minor first-aid treatments. In the event of a serious injury, the nearest emergency medical services will be obtained. To act in the best interests of students, the school reserves the right to take any action deemed necessary in a given situation. Attempts will be made to notify parents or relatives listed in school records of any accident requiring medical attention.

STUDENT ACCIDENT INSURANCE

The School District of Greenwood offers parents the opportunity to participate in group student accident insurance paid for by the District. Please contact the high school office for details.

WIAA HEADSTRONG CONCUSSION INSURANCE

The HeadStrong Concussion Insurance Program was specifically developed to insure student athletes from the high cost of concussion treatment and neurological follow up.

The insurance only covers athletes in WIAA recognized sports (baseball, basketball, cross country, football, golf, hockey, soccer, swimming & diving, tennis, track & field, volleyball, and wrestling for boys, and basketball, cross country, golf, gymnastics, hockey, soccer, softball, swimming & diving, tennis, track & field, and volleyball for girls) at WIAA member schools. It does not cover cheer, dance, or club sports.

The student athlete has 'first dollar' coverage (zero deductible) for concussion assessment and treatment.

Coverage is secondary/excess to any other valid and collectable insurance but will become the primary payor, if no other insurance is available.

Program Highlights Include:

- \$0 deductible and no co-pays
- Tele-med services, when needed
- No restrictions on specific doctors
- No referrals needed for treatment
- No internal limits
- No specific procedure maximums
- Neurological follow up care when medically necessary and billed at U&C.

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Please report to your trainer and/or coach immediately of any instance of possible concussion, forms will then be shared with you following reporting of incident. **Please see high school office or school website for additional information and claim forms.**

TRANSPORTATION

Students shall travel to and from school-sponsored activities using transportation provided by the school. A coach or advisor may give approval for a student to ride home from an activity with a parent/guardian. Any other transportation arrangement must come in the form of a written request and must be pre-approved by the building principal.

SCHOOL EQUIPMENT

One of the values taught through participation in school-sponsored activities is that of responsibility. This applies to the care of school equipment and property. The school district hopes that every student takes pride in the facilities and equipment that are provided by the taxpayers of the Greenwood School District.

The school attempts to provide students of Greenwood with the highest quality and safest equipment available and it is expected that each student will take excellent care of all school provided equipment and facilities.

The original equipment issued to any student must be returned at the end of an activity. The student will be held financially responsible for any lost, misplaced, or deliberately ruined equipment and will be ineligible from further participation in all activities until all equipment is returned or paid for.

MIDDLE SCHOOL

6TH GRADE STUDENTS MAY PARTICIPATE IN THE FOLLOWING MIDDLE SCHOOL SPORTS:

- A. Football [if player cannot participate in youth football due to weight or age restrictions.]
- B. Basketball [if numbers warrant.]
- B. Wrestling

NOTE: 5th graders will be allowed to practice, but not allowed to participate in any competitions with the middle school program. They also will not be in uniform for home matches nor to travel to away matches with the team. They are required to submit all required athletic paperwork.

INTERPRETATION OF THE ACTIVITIES CODE

It is entirely possible that situations/incidents may arise that are not specifically covered under the athletic code. When such situations/incidents do arise, the final decision as how to interpret or administer the athletic code will be a joint decision by the Principal and Athletic Director.

HANDLING OF COMPLAINTS-ATHLETICS

If concerns arise regarding an athletic team policy, decision or issue, the proper chain-of-command should be followed in working toward a solution:

1. Coach
2. Athletic Director
3. Principal
4. District Administrator
5. School Board

CODE REVIEW

The Greenwood School District Athletic Code shall be reviewed during the second semester of the school year every third year. Any changes take effect during the following school year. The next revision is scheduled for the spring of **2023**.

Annually the athletic director, coaching staff and principal will meet to review the handbook.

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REVIEW PROCESS

A review committee will be assembled by the Athletic Director and Administration to review the Athletic Code. This committee should include coaches from both boys and girls sports, advisors of clubs and organizations, teachers, parents, school board members, and two (2) students.

The Athletic Director will present the revised Athletic Code to the School Board for approval.

NON-DISCRIMINATION POLICY

The School District of Greenwood is committed to providing an equal educational and employment opportunity for all students in the District.

The District does not discriminate on the basis of race color, religion, national origin, ancestry, creed, pregnancy, marital status, parental status, sexual orientation, sex (including gender identity) or physical, mental, emotional, or learning disability in any of its student programs and activities.



WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2023-24 HIGH SCHOOL ATHLETIC ELIGIBILITY INFORMATION BULLETIN

TO: STUDENT-ATHLETES AND THEIR PARENTS

FROM: WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION AND GREENWOOD MIDDLE/HIGH SCHOOL

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing. Reading and signing this form is a condition of participating in interscholastic athletics at WIAA member schools. It does not guarantee a student-athlete's athletic eligibility nor does it give rise to any contractual rights, direct or indirect, to student-athletes or their parents.

These are WIAA eligibility rules, which are **current for the 2023-2024 school year**:

AGE

A student shall be ineligible for interscholastic competition if they reach their 19th birthday before August 1 of any given school year.

ACADEMICS

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

ATTENDANCE

A student-athlete is eligible for interscholastic competition at a member school if they are carried on the attendance rolls as a duly enrolled full-time Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

- A. A student must complete eligibility in the four consecutive years starting with Grade 9, unless there are documented extenuating circumstances and a waiver has been provided.
- B. A student is ineligible if they have graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for any portion of a spring athletic schedule not completed by the end of the academic year. Mid-year graduation ends athletic eligibility on the last day of attendance.
- D. A student is ineligible if they have not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries their parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.

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- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at their school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, they shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, they become eligible.
- H. A student-athlete will not be eligible if their attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if they transfer to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions may also apply.
- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.
- E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.
- F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

TRANSFERS

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

- A. A student who transfers from any school into a member school will be subject to the transfer rules for one calendar year, unless the transfer is made necessary by a total and complete change in residence by parent(s). [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Students entering 11th and 12th grade are restricted to nonvarsity opportunities for one calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- D. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- E. 10th, 11th or 12th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- F. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade.
- G. District policies with respect to intra-district transfer do not supersede WIAA transfer rules.
- H. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at their new school until the fifth calendar day of such transfer.

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- I. A student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- J. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- K. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at their new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education. Note: A student who does not serve a penalty for violation by leaving the state and competing in another state, will be ineligible for the balance of the suspension upon return to the state.
- L. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENT'S PERMISSION

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and they must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

TRAINING and CONDUCT

A student-athlete must follow their school's code of conduct (training rules) on a year-round basis.

- A. A student-athlete who violates their school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
- B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.
- C. Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid their debt to society and the courts consider the sentence served (including probation, community service, etc.).
- D. A student-athlete who violates their school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.
- E. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.
- F. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event at the same level of competition as the disqualification.
- G. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- H. A school must provide an opportunity for the student to be heard prior to a penalty being enforced (except for felony charges). If a student appeals a suspension, according to the school's appeal procedure, the student is ineligible during the appeal process.
- I. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

AMATEUR STATUS

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash (including gift cards) or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete.
- D. A student-athlete may not receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.
- E. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.
- F. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than their own name.

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SPORTS ACTIVITIES OUTSIDE OF SCHOOL

Athletes may compete in not more than two non-school competitions with prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

- A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).
- (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
 - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
 - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or their parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be their coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.
- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.
- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.

5/2023

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR PARENTS

What is a concussion?

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

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

What are the signs and symptoms of a concussion?

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

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • 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

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play.
Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.





KNOW YOUR CONCUSSION ABCs

Assess the situation Be alert for signs and symptoms Contact a health care provider

Wisconsin Fact Sheet for Athletes

What are the signs and symptoms of a concussion?

Unlike a broken arm, you can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just "don't feel right." If you think you or a teammate may have a concussion, it is important to tell someone.

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity.

COMMON SYMPTOMS OF A CONCUSSION:

Tell someone if you see a teammate with any of these symptoms:

- Appears dazed or stunned
- Forgets sports plays
- Is confused about assignment or position
- Moves clumsily
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

Tell someone if you feel any of the following:

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

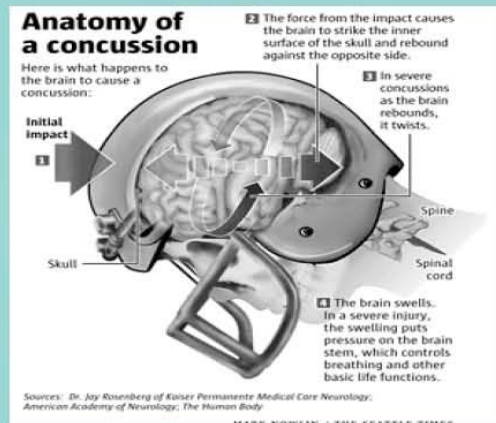
Changes in your normal sleep patterns.



Materials adapted from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention



- *Wear the proper equipment for each sport and make sure it fits well.
- *Follow the rules of the sport and the coach's rule for safety.
- *Use proper technique.



If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

What should you do if you think you have a concussion?

1. Tell your coaches and parents right away. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. Get evaluated by a health care provider. A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury you may not participate again until evaluated by a health care provider and you receive written clearance to return to activity. You must provide this written clearance to your coach.
3. Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

Why should you tell someone about your symptoms?

1. Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion or head injury.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

Tell your teachers

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Have more time allowed to take tests or complete assignments,
- Suspend your physical activity (PE class and/or recess)
- Suspend your extracurricular activities (band, choir, dance, etc)
- Reduce time spent reading, writing, or on the computer.



To learn more about concussions, go to:
www.cdc.gov/Concussion; www.wiaawi.org; www.nfhs.org

CONCUSSION INFORMATION

When in Doubt, Sit Them Out!

BACKGROUND

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. All concussions are brain injuries. The WIAA recommends avoiding the use of nicknames like “ding” or “bell ringer” to describe concussion because those terms minimize the seriousness of concussion.

A concussion is most commonly caused by a direct blow to the head, but can also be caused by a blow to the body. Even what appears to be a mild blow to the head or body can result in a concussion. It is important to know that loss of consciousness is not required to have a concussion. In fact, less than 10% of athletes lose consciousness.

A concussion is a complex physiologic event that causes problems with brain functioning (energy use and communication between nerves), but does not cause swelling or bleeding that affects brain structure. Therefore, CT/CAT scan and MRI are usually normal in athletes with concussion. Imaging studies are not indicated for most concussions, but may be needed in some instances to rule out more severe injuries, like brain bleeds.

Research has shown that adolescent concussion take longer than previously thought to heal, with 20% of high school athletes taking over 4 weeks to fully recover. Athletes must be fully recovered before considering medical clearance to return to full participation.

There are unique concerns surrounding concussion in high school sports:

1. Adolescents get concussions more often than collegiate and professional athletes
2. Adolescents take longer than adults to heal from concussion, unlike musculoskeletal injuries
3. Most high schools may not have access to a team physician or an athletic trainer for all of their teams & activities, thus the responsibility for identifying a possible concussion falls on athletes, coaches and parents
4. High school players may try to hide symptoms or be reluctant to admit their symptoms due to fear of removal from play

High school injury surveillance research based on injury rates in practice and games has shown that the following sports have higher risk of concussion: Football, Boys & Girls Soccer, Boys & Girls Ice Hockey, Boys & Girls Lacrosse, Wrestling, Girls Field Hockey, Competitive Cheer, and Boys & Girls Basketball.

Noticeable in this data is that the risk for girls is higher than boys in the same sports; in fact, soccer & basketball carry twice the risk for concussion in girls than boys. It is unclear why girls appear to have a higher risk of concussion.

Most importantly, concussion can happen to anyone in any sport. Concussions also occur away from organized sports in physical education class, on the playground, while skiing or snowboarding, and when involved in a motor vehicle collision.

Everyone involved with high school athletics must be alert for potential injuries on the field and be able to recognize signs and symptoms of concussion. While coaches are not expected to make a diagnosis of concussion, coaches are expected to be aware of possible injuries and understand that their athletes may have a concussion. Any athlete with a suspected concussion should be held out of all activity until medically cleared by a healthcare provider. It is important for athletes and coaches to communicate possible injuries to the athletic trainer, parents, and teachers.

Schools should educate their athletes, coaches and parents in the preseason about the seriousness of concussion and the importance of athletes honestly reporting their symptoms and injuries.

SIGNS AND SYMPTOMS

Signs are what can be seen by others, like clumsiness / stumbling off the field. Symptoms are what the injured player feels, like a headache. Remember, athletes should report their symptoms, but they may not unless they are directly asked about how they feel. Even then, it is important to consider that athletes may not be telling the truth.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Change in the level of consciousness or awareness
- Confused about assignment
- Forgets plays
- Unsure of score, game, opponent
- Clumsy

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- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or memory concerns

Concussion SYMPTOMS are often categorized into four main areas:

1. Physical – This describes how they feel: headache, nausea, vomiting, dizziness, tired and loss of consciousness (which is uncommon in concussion). Vision and balance problems are also recognized as potential signs and symptoms of a concussion.
2. Thinking – Poor memory and concentration, responds to questions more slowly and asks repetitive questions. Concussion can cause an altered state of awareness and thinking.
3. Emotions- A concussion can make a person more irritable or sad and cause mood swings.
4. Sleep – Concussions frequently cause trouble falling asleep and may wake athletes up overnight, which can make them more fatigued throughout the day.

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. An athlete should never return to play on the same day. **“When in doubt sit them out.”**

It is important to notify a parent or guardian of any athlete with a suspected concussion. All athletes with a concussion must be evaluated and receive written medical clearance by an appropriate health care provider before returning to practice (including conditioning and weight lifting) or competition.

Some injured athletes may require emergency care & necessitate the activation of the Emergency Medical System (911). If you are uncomfortable with the athlete on the sideline or unable to ensure they are going home to a safe environment, it is reasonable to activate EMS/911. The following are other examples to activate EMS:

1. Loss of consciousness, as this may indicate more severe head injury
2. Concern for cervical spine injury
3. Worsening symptoms
4. Decreasing level of alertness
5. Unusually drowsy
6. Severe or worsening headaches
7. Seizures
8. Vomiting
9. Difficulty breathing

MANAGEMENT

If you **suspect** a player may have a concussion, that athlete should be immediately removed from play. The injured athlete should be kept out of play until they are cleared to return by an appropriate health care provider. If the athlete has a concussion, that athlete should never be allowed to return to activity (conditioning, practice or competition) that day. Athletes with a concussion should never be allowed to return to activity while they still have symptoms.

A player with a concussion must be carefully observed throughout the practice or competition to be sure they are not feeling worse. Even though the athlete is not playing, never send a concussed athlete to the locker room alone, as the athlete might not have the wherewithal to understand and report worsening symptoms. Never allow the injured athlete to drive himself/herself home.

Most concussions are temporary and completely resolve without causing residual or long-term problems. About 20% of high school athletes will take longer than a month to recover. This prolonged recovery is commonly known as Post-Concussion Syndrome (PCS). Common PCS symptoms include headache, difficulty concentrating, poor memory, mood changes and sleep disturbances. This prolonged recovery often leads to academic troubles, family and social difficulties.

Allowing an injured athlete to return too quickly increases the risk for repeat concussion. Repeat head injury while still recovering from a concussion may cause Second Impact Syndrome. This is a rare phenomenon occurring in young athletes that leads to rapid brain swelling, brain damage and potentially death.

Repeat concussions may increase the chance of long term problems, such as decreased brain function, persistent symptoms and potentially chronic traumatic encephalopathy (a disorder that cause early degeneration of the brain). It is felt that these long-term complications are very rare in high school athletes, and the risk can be minimized greatly by proper reporting and care of every concussion.

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Return to Learn

A major concern in high school students is that concussion can negatively affect school performance and grades. Symptoms (headache, nausea, etc.), poor short-term memory, poor concentration and organization may temporarily turn a good student into a problem student. The best way to address this is to decrease the academic workload, and potentially taking time off from school or going partial days (although time missed should nearly always be less than 5 days). Injured athletes should be allowed extra time to complete homework and tests, and they should be given written instructions for homework. New information should be presented slowly and repeated. Injured athletes will need time to catch up and may benefit from tutoring. If an athlete develops worsening symptoms at school, he/she should be allowed

to visit the school nurse or take a rest break in a quiet area. The school and coaches should maintain regular contact with the injured athlete's teachers and parents to update progress.

All injured students should be removed from PE class until medically cleared.

Athletes with a concussion must return to full speed academics without accommodations before returning to sports (practice and competition).

Other Treatment Strategies

Relative rest remains an essential component of concussion treatment. It is helpful for parents to decrease stimulation at home by limiting video games, but a reduction in computer time, phone time, and TV/movies may also be helpful. "Cocoon therapy", or avoiding all brain stimulation, has been shown to negatively impact recovery and is no longer a recommended treatment style.

Physical activity may be beneficial for recovery of injured athletes. However, high-level activity (weight lifting, practice level training and conditioning) should still be avoided. Simple physical exertion, like walking or stationary biking, that does not worsen symptoms may be done for short periods of time. Any post-injury exercise plan should be authorized and overseen by an appropriate health care provider.

An athlete's concussion can interfere with work and social events (movies, dances, attending games, etc.). Good hydration and dietary habits and good sleep habits (8-10 hours per night) are important parts of the recovery process. There are no medications or supplements that help speed the recovery process.

Neuropsychological Testing

Neuropsychological testing has become more commonplace in concussion evaluation as a means to provide an objective measure of brain function. Testing is currently done using computerized neuropsychological testing (example: ImPACT, Cognigram) or through a more detailed pen and paper test administered by a neuropsychologist. It is only a tool to help ensure safe return to activity and not as the only piece of the decision making process.

If neuropsychological testing is available, ideally a baseline or pre-injury test is completed prior to the season. This baseline should be done in a quiet environment when the athlete is well rested. It is felt that baseline testing should be repeated every one to two years for the developing adolescent brain. Multi-modal baseline evaluation assessing baseline symptoms, cognitive functioning, visual tracking, reaction time, and balance are ideal.

If there is no baseline available, the injured athlete's computerized test scores can be compared to age established norms. This requires a provider experienced in the use and interpretation of computerized testing. The WIAA feels that neuropsychological testing can be a very useful tool with regard to concussion management.

RETURN TO PLAY

In order to resume activity, the athlete must be **symptom free** and off any pain control or headache medications that they were not taking prior to the concussion. The athlete should be carrying a full academic load without any significant accommodations for 1-2 days. Finally, the athlete must have written medical clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a prolonged or different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

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STAGE ONE:	Daily activities that do not increase symptoms (gradual reintroduction of school, work and walking).
STAGE TWO:	Light aerobic exercise: slow to medium pace jogging, stationary cycling. No resistance training. This allows for increased heart rate.
STAGE THREE:	Sport-specific exercise: moderate to higher intensity running or skating drills, but no activities with risk of head impact. This allows for increased heart rate and agility/movement.
STAGE FOUR:	Non-contact training: Higher intensity aerobic fitness, and non-contact/non-collision team training drills (e.g., passing drills). May begin progressive resistance training. This increases coordination and thinking during sport.
STAGE FIVE:	Full contact practice. Following medical clearance, participate fully in normal training activities. This restores confidence and allows coaches to assess functional skills.
STAGE SIX:	Full clearance / Normal game play.

PREVENTION / RISK REDUCTION

There is nothing that truly prevents concussion. Education and recognition of concussion are the keys in reducing the risk of problems with concussion.

Wisconsin State Concussion Law (Act 172) was passed in 2011. This law mandates distribution of preseason educational information sheets to be signed by coaches, athletes and parents. It also recommends immediate removal of any athlete with a suspected concussion and no same day return to play. Finally, all injured athletes require written medical clearance from an appropriate health care professional. Research has indicated that the state law has helped improve education and awareness of concussion.

Proper equipment fit and use may reduce the risk of concussion.

- Mouthguards have been shown to decrease dental injuries, but have not been shown to reduce risk of concussion.
- Soccer headgear has been shown not to reduce the risk of concussion.
- Helmets are useful in preventing facial injuries and skull fractures; however, helmets have not been reliably shown to decrease concussion rates.
- No third party “add-on” equipment for helmets (external padding or strips applied to the outside of the helmet) have never shown a decrease in concussion risk, and any add-on will void the helmet warranty.

Proper technique for hitting/initiating contact is vital. For example, athletes that lower their head while making a football tackle have a significantly higher risk for concussion and neck injuries. Athletes should never lead with their head or helmet.

Rule changes and proper enforcement of rules have been shown to reduce concussion rates. WIAA limitations in contact football practices have reduced concussion rates since implementation.

All schools should have an Emergency Action Plan for each team and practice / competition area. This plan can be used for any medical emergency from a concussion to a neck injury to anaphylaxis (severe allergic reaction). Ideally, these plans are reviewed annually.

The WIAA encourages every member school to promote concussion education and bring about a positive change in culture by discussing concussion with all teachers, coaches, athletes and parents. We recommend a preseason discussion with athletes and families to set expectations for what will happen if a student has a suspected concussion, including the steps the student must go through to return to play. Coaches should use in-season concussions as “teachable moments” to remind teammates about the importance of reporting their injuries and supporting their injured teammate through the recovery process.

Further reading and additional materials can be obtained at no charge through these resources:

www.nfhslearn.com (Concussion in Sports Course)

www.cdc.gov (Heads Up Tool Kit)

www.healthykidslearnmore.com (Concussion Return to Learn Course)



Sudden Cardiac Arrest Information

[Wis. Stat. § 118.2935 Sudden cardiac arrest; youth athletic activities](#)

Sudden cardiac arrest (SCA), while rare, is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at younger than age 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. **Athletes should inform the healthcare provider performing their physical examination about their family's heart history.**

What is Sudden Cardiac Arrest? Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs.

Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes.

Cardiac arrest is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest the heart stops beating.

What warning signs during exercise should athletes/coaches/parents watch out for?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain/tightness with exertion
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)

Speak up and tell a coach and parent/guardian if you notice problems when exercising.

If an athlete has any warning signs of SCA while exercising, they should **seek medical attention and evaluation from a healthcare provider before returning to a game or practice.**

The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.

Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest.

What are ways to screen for Sudden Cardiac Arrest (SCA)?

[WIAA Pre-Participation Physical Evaluation](#) – the Medical History form includes important heart related questions and is required every other year. Additional screening using an electrocardiogram and/or an echocardiogram may be done if there are concerns in the history or physical examination but is not required (by WIAA). Parents/guardians/athletes should discuss the need for specific cardiac testing with the medical provider performing the review of family history and physical evaluation or after experiencing warning signs of sudden cardiac arrest while exercising. The cost of the pre-participation physical and any follow up examinations or recommended testing including an electrocardiogram is the responsibility of the athlete and their parents/guardians. **Not all cases or causes of SCA in young athletes are detected in the history, examination, or with testing.**

What is an electrocardiogram, its risks, and benefits? An electrocardiogram (ECG) is one of the simplest and fastest tests used to evaluate the heart. Electrodes (small, plastic patches that stick to the skin) are placed at specific spots on the chest, arms, and legs. The electrodes are connected to an ECG machine by wires. The electrical activity of the heart is then measured, interpreted, and printed out. No electricity is sent into the body. Risks associated with having an ECG are minimal and rare. The benefits include that it

Concussion and Head Injury Information

[Wis. Stat. § 118.293 Concussion and Head Injury](#)

What Is a Concussion? A concussion is a type of head (brain) injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Consequences of severe brain injury (including concussion) include problems with thinking, memory, learning, coordination, balance, speech, hearing, vision, and emotional changes.

What are the signs and symptoms of a concussion? You cannot see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you as an athlete or your child or teen is acting or feeling, if symptoms are getting worse, or if you/they just "don't feel right." Most concussions occur without loss of consciousness.

If the child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior or personality changes
- Loss of consciousness (even briefly)
- Repeats questions
- Forgets class schedule or assignments

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it is OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):

- Headache
- Nausea or vomiting
- Dizzy or unsteady
- Sensitive to light or noise or blurry vision
- Difficulty thinking clearly, concentrating, or remembering
- Irritable, sad, or feeling more emotional than usual
- Sleeps *more* or *less* than usual

If you or your child or teen has signs or symptoms of a concussion

Seek medical attention right away. A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe to return to normal activities, including physical activity and school (concentration and learning activities).

After a concussion, the brain needs time to heal. Activities may need to be limited while recovering. This includes exercise and activities that involve a lot of concentration.

Information adapted from the [Centers for Disease Control and Prevention's \(CDC\) Heads Up Safe Brain. Stronger Future.](#)

For more information view the [CDC's Heads Up to Youth Sports webpages for athletes, parents, and coaches.](#)

is an easy procedure to do, can be performed in many health care offices and it may detect heart conditions in children with no symptoms. **ECGs are good at detecting certain heart conditions that may increase risk for SCA but may not detect all such conditions.** If not performed correctly the information is not valid and may lead to more (unnecessary) testing and further examinations. ECGs should be interpreted by experts in reading ECGs in children (i.e., pediatric cardiologists). For more information, [view the Johns Hopkins Medicine - Electrocardiogram website](#).

How may a student athlete and parent/guardian request the administration of an electrocardiogram and a comprehensive physical examination? Athletes participating in WIAA sports are required to have a physical examination and review of family history every other year. Other youth sports have similar requirements. Although the cost of these medical examinations is the responsibility of the athlete's family many school districts can assist students to find low cost or no cost ways to obtain these examinations. Athletes should contact their school athletic director if they need assistance in getting an examination. If an athlete has risk factors, family history of heart disease, or has had warning signs associated with sudden cardiac arrest while exercising, they should tell the medical provider performing the history and physical examination and discuss the possible need for an electrocardiogram.

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**WIAA INTERSCHOLASTIC ATHLETIC ASSOCIATION
EMERGENCY CONTACT & CONSENT FORM**

Name: _____ Date of Birth: _____
LAST FIRST MIDDLE INITIAL

Street Address: _____

City: _____ Zip Code: _____ Home #: _____

Father's Name: _____ Cell #: _____ Work #: _____

Mother's Name: _____ Cell #: _____ Work #: _____

Medication(s) your son/daughter is presently taking if any? _____

Any allergies or special medical information or restriction? _____

PLEASE CONTACT THE FOLLOWING INDIVIDUAL IF A PARENT/GUARDIAN CANNOT BE REACHED:

Name: _____ Phone: _____

Family Physician: _____ Phone: _____

Family Dentist _____ Phone: _____

IF EMERGENCY MEDICAL TREATMENT IS REQUIRED, WHAT FACILITY DO YOU PREFER YOUR CHILD BE TAKEN TO FOR TREATMENT:

- Marshfield Clinic Health System
- Other: _____

1. I hereby give my permission for the above named student to practice and compete and represent the school in WIAA approved interscholastic sports except those restricted on this card.
2. I further grant my permission for any medical records pertaining to the health of the above named student be made available as necessary to the proper school district personnel and appropriate health care providers, including emergency medical personnel.
3. I authorize school personnel to transport my son/daughter to a physician's office and/or emergency room for treatment in the event that emergency medical care is needed while he/she is involved in extra-curricular activities. Further, I authorize the physician and hospital staff to treat my son/daughter as they deem necessary in the emergency situation. The parent/guardian whose signature appears below guarantee payment of expenses incurred.
4. I understand that there are inherent risks involved in participating in any athletic activity including the risk of serious injury or even death.

PARENT/GUARDIAN SIGNATURE

DATE

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THIS FORM MUST BE COMPLETED AND SUBMITTED TO THE ATHLETIC DIRECTOR PRIOR TO A STUDENT BEING DECLARED ELIGIBLE TO PARTICIPATE.

PARENT-ATHLETE RULES OF ELIGIBILITY SIGN OFF FORMS

I certify that I have read, understand, and agree to abide by all of the information contained in the WIAA bulletin [PAGES 10-13]. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information from the athletic director prior to signing this statement.

I have read and agree to abide by all rules and regulations set forth in the Greenwood School District Policies Relating to Extra-Curricular Activities. The code is to be followed by all participants and is in effect the full calendar year. My signature authorizes law enforcement to release records pertaining to code violations to school personnel.

CONCUSSION AND SUDDEN CARDIAC ARREST AGREEMENT

As a parent/guardian and an athlete, it is important to recognize the signs, symptoms, and behaviors of concussions and sudden cardiac arrest. By signing this form, you are stating that you have read the Department of Public Instruction's (DPI) and the Wisconsin Interscholastic Athletic Association (WIAA) Concussion and Head Injury information sheet and Sudden Cardiac Arrest Information sheet.

ATHLETE AGREEMENT

I have read the Concussion and Head Injury Information sheet. I have had the opportunity to read more information on concussions on the Centers for Disease Control and Prevention's (CDC) websites. I understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must be evaluated by an appropriate health care provider and provide to my coach written clearance to participate in the activity from the health care provider before I may return to practice/play.

I understand that after a head injury my brain needs time to heal and that it may not heal properly if I return to practice play too soon.

I have read the Sudden Cardiac Arrest Information sheet. I understand that I should stop activity/exercise immediately if I have any warning signs of sudden cardiac arrest and report the symptoms to my coaches and my parents/guardians.

PARENT AGREEMENT

I have read the DPI's Concussion and Head Injury Information sheet. I have had the opportunity to read more information about concussions on the Centers for Disease Control and Prevention's (CDC) websites. I understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until they are evaluated by an appropriate health care provide and provide written clearance from the health care provider to their coach.

I understand concussions can have a serious effect on a young, developing brain and need to be addressed correctly.

I have read the Sudden Cardiac Arrest information sheet. I understand that my child should stop activity/exercise immediately if they have any warning signs of sudden cardiac arrest.

I understand it is recommended if my child has any warning signs of sudden cardiac arrest while exercising, they have a medical examination before exercising or returning to participation in their sport. I understand that I or my child should report a family history of heart problems or warning signs of sudden cardiac arrest to the healthcare provider doing the medical examination.

I understand how to request at my cost the administration of an electrocardiogram, in addition to a comprehensive physical examination required to participate in a youth athletic activity.

STUDENT NAME (PRINT)

STUDENT SIGNATURE

DATE

PARENT/GUARDIAN NAME (PRINT)

PARENT/GUARDIAN SIGNATURE

DATE