

Oologah-Talala Public Schools



ATHLETIC/ACTIVITIES HANDBOOK

Athletic Department Handbook

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Introduction

Welcome to Mustang Athletics!

In the following pages, you will find the framework in which the Athletic Department of Oologah-Talala Public Schools operates. While this handbook addresses many items specific to athletics, the department also operates under the policies and procedures of the local Board of Education, the laws of the State of Oklahoma and the rules of the Oklahoma Secondary School Activities Association.

If you have any questions regarding the handbook, please direct them to the Athletic Office.

Important Phone Numbers:

Director of Athletics (918) 443-6174

Athletic Administrative Assistant (918) 443-6220

Oologah High School Principal's Office (918) 443-6211

Oologah Junior High Principal's Office (918) 443-6161

Oologah Public Schools Transportation Department (918) 443-6087

Northwest Fire Department (918) 443-2411

For more information regarding the Oologah High School Athletic Department, visit the website at www.oologah.k12.ok.us

OOLOGAH-TALALA PUBLIC SCHOOLS

1.0 ATHLETIC DEPARTMENT MISSION STATEMENT

It is the mission of the Oologah Public Schools' Athletic Department to help all student-athletes become stronger academically, athletically and socially. The athletic faculty is committed to working with athletes to help them better understand the importance of dedication, work ethic and cooperation. The faculty will also encourage a family atmosphere that embraces diversity. It is the desire of the faculty to provide a safe and competitive environment. The Oologah Athletic Department goal is that all athletes become productive citizens while learning to compete at the highest level.

2.0 INTERSCHOLASTIC ATHLETIC GOALS AND OBJECTIVES

2.1 GOALS

- To provide educational benefits for all participants through interscholastic competition.
- To provide the best facilities and qualified staff possible.
- To provide a variety of sports or activities according to the interests of both girls and boys.
- To provide a program that is supplementary rather than a substitute for basic physical education classes or intramurals.
- To provide a program in which the physical welfare and safety of all participants and spectators are of prime concern.

2.2 OBJECTIVES

To provide through coaching methods:

1. An understanding and knowledge of the value of athletics.
2. An understanding of why the school has athletics.
3. Better health and fitness.
4. A desire to succeed and excel.
5. The opportunity to develop self-discipline and emotional maturity.
6. The opportunity to develop social competence, through the team concept.

7. The opportunity to develop and understand why rules are necessary.
8. The opportunity to develop respect for the rights of others.
9. The opportunity to develop respect for authority.
10. The opportunity to develop a sense of fair play and sportsmanship.
11. The opportunity to think both as a member of a group and an individual.
12. The opportunity to develop an understanding of the democratic processes.
13. The opportunity to develop the value of striving for and reaching group goals.
14. The opportunity to develop and improve motor skills.
15. The opportunity to develop skills, interests and knowledge that will aid in quality of life and lifetime fitness.

3.0 DEPARTMENT STAFF EXPECTATIONS

3.1 COACHES' EXPECTATIONS

With the development of well-trained applicants and a stronger emphasis on credibility and accountability, the need for precise job description specifications has become obvious. At this time, there is also a need for precise criteria against which accomplishment can be measured. Thus, it becomes expedient to consider what is expected of our coaches. Several performance categories are listed in the subsections that follow.

3.2 PROFESSIONAL AND PERSONAL RELATIONSHIPS

The area of professional and personal relationships consists of person-to-person oriented activities. These might well be considered as four basic concepts: rapport, cooperation, leadership, and improvement.

3.3 RAPPORT

A coach must develop a good rapport with any number of the following individuals and groups: team personnel, student body, local professional staffs (maintenance, medical, police, etc.), spectator and support constituents, and corresponding conference and district coaches. Positive public relations are essential within the community.

3.4 COOPERATION

Concerning cooperation, it is expected that professionalism will produce an amount of give-and-take between individuals associated in any degree with the comprehensive program. Coaches must work hand in hand with the Athletic Director, the building Principal, and other members of the school's coaching staff. Limited budgets, expanded activity program schedules, and heavy demands on overtaxed facilities make cooperation highly important.

3.5 LEADERSHIP

Leadership is comprised of many characteristics. A coach should possess and exhibit diligence, enthusiasm and enjoyment that comprise professional and personal pride. A coach should be under control at all times. Inappropriate language, intimidation, and emotional displays will not be tolerated by Oologah-Talala Public Schools. Integrity, graciousness, dignity, and respect are to be cultivated for players, officials, opponents, colleagues and the game itself, whether competing or practicing. A coach is responsible for every facet of discipline. Individually the coach becomes a model of all that the program represents – observation of school policies, rules, regulations and codes, training rules, rules of the game, ideals of good sportsmanship; and behavior of participants throughout the season. Sportsmanship should always be exhibited and reinforced. Coaches are expected to give their time, energy and spirit as the season demands. The quality of leadership often makes the difference and typically defines the success of a program.

3.6 IMPROVEMENT

A coach must constantly take advantage of opportunities presented for self-improvement. Attendance and participation at district meetings, rules clinics, clinics in specific fields and similar in-service training programs is necessary. Membership should be maintained in professional organizations, coaches' associations, and similar groups whose programs are geared toward greater achievement and improved performance. Keeping abreast of current literature in professional journals, newspapers, and magazines and utilizing enrichment material available in other media forms is also expected. *Coaches must attend two out of three region meetings for the district to pay for their OCA Membership.*

3.7 COACHING AND TECHNIQUES

Included are the following specific criteria with respect to coaching and techniques:

1. Use sound and acceptable teaching practices.
2. Runs well organized practice sessions.
3. Complete preseason planning well in advance of starting dates.
4. Adheres to a highly efficient and technically sound program of injury prevention. When Injuries occur; the coach follows a prescribed routine and maintains good communication with the athlete, doctor and/or athletic trainer, parents, and school administration.
5. Manages unanticipated circumstances effectively.
6. Develops and maintains a system for equipment accountability, including seasonal inventory, repair, reconditioning, and replacement; all purchasing should be accomplished within the bounds of the regular school purchasing procedures; and stay within the allocated budget.
7. Keeps assistant coaches, student managers, and statisticians well informed about what is expected; maintains a professional relationship with maintenance staff, transportation, and others involved in the overall program.
8. All coaches are expected to respond with the same degree of professionalism, cooperation and leadership. Each coach will follow these policies.

3.8 PRINCIPLES OF PROFESSIONAL RELATIONSHIPS WITH STAFF

To implement smooth and forthright working relationships within the athletic department, the following guidelines will be implemented:

1. Every coach performs under the supervision of the Athletic Director and Building Principal.
2. The head coach should have in writing definite assignment instructions and outlines of general responsibilities for their assistants to follow. Those responsibilities should also be kept on file with the Athletic Director. Minor details and other instructions may then be covered verbally as needed.
3. Always keep a good relationship with opposing coaches and players.
4. Head coaches should immediately discuss misunderstandings or failure to follow instructions with the assistant(s) in a professional manner.
5. Head coaches should inform the Athletic Director about unsatisfactory services of an assistant or his/her failure to carry out assignments by the middle of the sport season. An informal conference will be held between the Athletic Director, the head coach, and the assistant to discuss the problem(s). An assistant may also request a conference with the Athletic Director regarding problems that he/she may be having in his/her coaching assignment.
6. Head coaches desiring changes among assistants should notify the Athletic Director no later than two weeks following the close of the sport season.
7. Before any decision is made regarding any assistant, a conference will be held between the Athletic Director, head coach, and assistant involved to discuss the manner in which assigned responsibilities have been carried out.
8. Assistant coaches will be notified in writing if their services are to be terminated before the conclusion of their contract.
9. Similar practices will be followed if the Athletic Director, Principal or Superintendent feels that a head coach's services have not been satisfactory.
10. Coaches desiring to terminate their services in any sport must notify the Athletic Director as soon as possible. Such notification should be in writing and preferably after the completion of the season.
11. Athletes will be encouraged to participate in all sports in which they have interest. They will not be restricted to any one sport by a coach.
12. Coaches will not require students to participate in summer programs in order to play on the school's team.

3.9 REGULATIONS FOR ALL COACHES

Coaches in charge of a sport are expected to maintain a high degree of integrity while performing their duties and responsibilities. Some common duties and responsibilities are as follows:

A. Coaches' Duties:

1. Assign managers the duties and responsibilities that they are expected to perform.
2. All coaches will be responsible for athletic facilities throughout the district. Coaches should be the first to arrive and the last to leave. Check to be sure that all facilities are secure.
3. Ensure that each participant has received a medical examination (physical) prior to any workout. A copy of the medical examination (physical) should be on file in the athletic office.
4. Ensure that each player has a signed parental medical consent form, early release form and drug testing consent form.
5. Watch the videos, "Concussion in Sports" , "Heat Illness Prevention" and "Sudden Cardiac Arrest" at the beginning of each school year. The videos are available at www.nfhslearn.com. First year coaches must also watch "The Fundamentals of Coaching."
6. Check all players' eligibility prior to the season and weekly during the season.
7. Prepare a complete roster of players and necessary information so that certified lists of eligibility may be sent to the OSSAA.
8. Have first aid equipment available at all times.
9. Insure that athletes are properly equipped for practice and competition.
10. Communication between coach and player regarding any change in status on the team is essential.
11. All discipline problems must be dealt with firmly, fairly and consistently.
12. Head coaches should see all sub-varsity games if possible.

B. Coaches' Dress:

Coaches should dress appropriately for all contests and trips.

C. Coaches' Responsibilities on Trips:

1. Head Coaches/Sponsors must submit to the office a list of students who will miss school and verify their eligibility two days in advance of travel. For overnight trips the head coach must submit the District Overnight Trip Form to the Athletic Director's office. This includes State Competitions. The head coach must also provide multi-gender chaperones if multi-genders are being taken on overnight trips. The names of the chaperones should also be submitted to the Athletic Director's office.
2. The Head Coach should hold a group meeting before each departure to review trip policies and procedures. The Head Coach should review School and Athletic Policies prior to departure.
3. The Head Coach/Sponsor should provide the name and location of the Hotel along with master list of room assignments. They should also provide a list of procedures that will be used for room checks and curfew. The Head Coach/Sponsor should also submit an itinerary for events that will be occurring outside of the competition. Ex. Dining, Movies, etc.
4. When players arrive back at school, the coach must be sure that each individual has transportation home. Any injured players must be personally referred to a physician or trainer or released to their parents.
5. Prior to departure Coaches/Sponsor should conduct a player check of his/her equipment or luggage. The player will assume responsibility for it throughout the trip. Encourage students not to bring valuables.
6. The coach or a designated assistant should check the dressing rooms, hotel rooms, restaurant and bus as soon as the athletes have left the facility. This effort will help prevent the loss of clothing and equipment and give the coach information as to the condition of the property upon his/her departure.
7. Impress upon the students that inappropriate behavior and the use of obscene language will not be tolerated. Set the standards of behavior for all to emulate.
8. Inform the athletes of the type of clothing to wear the address of the hotel or motel where the team is to stay including the phone number, exact time of departure from home, and approximate time of arrival home. Encourage the students to inform their parents of these facts in case of emergencies.
9. Each time you make a stop you should review the behavior expected by our district and leave the location in a positive manner. You should be in constant

contact with your students and free time should be limited. Roll call should be taken prior to departing any location.

D. Bus Conduct

1. Managers and athletes must see that the bus is clean at the end of the trip. Do not allow students to use tobacco or sunflower seeds on the bus.
2. Do not tolerate horseplay, loud talking, or athletes shouting out the windows.
3. Advise athletes that the bus is unsecured and all loose articles should be taken with them.
4. Make sure the school vehicle is clean and returned to the transportation building in excellent condition. No matter what time you return.

E. Use of Opponents' Dressing Facilities

Coaches should discuss with the team members the appropriate conduct when using the dressing facilities of the opponents. Note the general condition of the dressing room both upon arrival and departure to deter vandalism. It may be necessary at times to hold a bag inspection after returning from a trip to check against souvenirs taken by the athletes. Coaches should ask to have their dressing room locked during their team's absence. Carrying out these procedures may save the school and the district some unfavorable publicity.

F. Supervision of the Athletes at Game Site

After arrival at the game site, DO NOT allow students to leave the stadium, gym, or field without proper supervision. Parents are not responsible for student safety and should not be allowed to assume responsibility for students other than their own child.

G. Practice – Days and Times

1. Communication between coaches, student-athletes and parents regarding practice times and duration are essential.
2. All practices are to be supervised by certified coaches or representatives of the school district at all times. If a coach is unable to be present, the practice will not be held.

H. Attendance at OSSAA Rules Meeting

When rules meetings are held for specific sports, all coaches in that sport are encouraged to attend the meetings. The head coach is required to attend the meeting for their sport.

I. Rules

1. Coaches should know the rules of the OSSAA as they pertain to their sport (number of games, events, etc.). These are available from the Athletic Director's office and on the OSSAA website.
2. Coaches will know and keep up with all rules and rule changes of their sport.
3. Coaches should advise athletes of all rules.
4. High school coaches are responsible for their athletes during 6th period and for the entire semester. They are not to be released unless they are going to another sport. Any exception must be approved by the Athletic Director and Principal.
5. Planning periods are to be used to prepare for one's classes or the upcoming game or practice session.
6. School equipment should not be taken home for personal use.
7. Never give out keys to the school or athletic facilities.
8. Coaches will not use tobacco, drugs, or alcohol on the practice field, during a contest, in the presence of athletes, or on school grounds or while driving school vehicles.
9. Salesmen will not be permitted to speak to our athletes about buying their products, without prior approval from the Athletic Director.
10. Head Coaches must get approval of any volunteer coaches through the Athletic Director prior to their contact with students. All volunteers may be subjected to a background check verified by the central office.

3.10 JOB DESCRIPTION FOR ASSISTANT COACHES

Primary Responsibilities

A. Year-round

1. Have an understanding and knowledge of rules and regulations regarding their sport as presented in the Oklahoma Secondary School Activities Association Handbook or on the OSSAA website. www.ossaa.com
2. Keep current regarding all rules and rule changes for their sport(s). You must attend the rules meeting for your sport or take the test online. If not you will be suspended until completed.

3. Keep abreast of new developments, innovative ideas and techniques by attendance at clinics, workshops, and reading material in their particular field.
 4. Assist the head coach in carrying out other assigned responsibilities.
- B. Seasonal
1. Before the Season:
 - Assist the head coach in proper registration of all athletes.
 - Assist the head coach in making systematic issuance of equipment.
 - Assist the head coach in providing accurate information needed to compile eligibility lists and other reports.
 - Meet with squad to discuss all policies, rules, regulations and codes with specific emphasis on the Athletic Code.
 2. During the Season:
 - Assist in implementing athletic objectives and regulations outlined in the Athletic Department Handbook.
 - Assume responsibility for constant care and preventative maintenance of equipment and facilities.
 - Assume supervisory control over athletes and teams assigned and over all athletes when such control is needed.
 - Be in regular attendance at all contests and practice sessions.
 - Apply discipline in a firm, positive and consistent manner.
 - Emphasize safety precautions; be aware of the best training procedures and injury prevention.
 - Conduct self and team in an ethical manner during contests and practice.
 - Instruct players in rules of the game, rules changes, strategy, new developments, and innovative ideas.
 3. End of Season:

- Assist in return, storage, and inventory of school equipment.
- Leave your dressing facilities free of debris (shoes, clothing, etc.).
- Recommend to the head coach athletes for awards.
- Recommend to the head coach facility maintenance and improvements needed.
- Recommend to the head coach equipment to be purchased.
- Recommend to the head coach improvements or modifications in the playing schedule.
- Complete reports as requested by the head coach and/or the Athletic Director.

C. Additional Responsibilities:

- Scouting opponents
- Team trainer
- Equipment supervisor
- Publicity reports
- Filming
- And other duties as assigned

4.0 STUDENT ELIGIBILITY REGULATIONS

4.1 OKLAHOMA HIGH SCHOOL ATHLETIC ASSOCIATION RULES AND REGULATIONS

1. The senior and junior high schools in the Oologah-Talala School District are members of the Oklahoma Secondary School Activities Association (OSSAA).
2. Anyone connected or concerned with the athletic program will strictly adhere to rules and regulations of this association.
3. Interpretations that are questioned or perhaps not covered in these rules and regulations may receive clarification by contact with the OSSAA. This contact will come only through the Athletic Director, Principal or Superintendent.

4.2 ATTENDANCE

4.2.1 DAY OF CONTEST

The Oklahoma Secondary School Activities Association is silent on the policy of school attendance by an athlete on the day of a contest. However, it is the policy of the Oologah-Talala School District to carefully evaluate attendance patterns and declare ineligible those students with excessive absences on the day of contests. To participate in a contest, students must be in attendance for THREE PERIODS of the school day on the day of the contest unless cleared by the Principal and/or Athletic Director.

4.2.2 DAY AFTER CONTEST

Athletes who are absent or tardy the day after a contest can expect an unexcused absence for classes missed or tardy. It is not acceptable to miss classes because of getting back late from an athletic event.

4.2.3 ABSENCES AND COURSE CREDIT

In order to receive credit for a course in grades nine through twelve or to be promoted to the next grade level in grades one through eight, a student must be in attendance at school a minimum of 90% of the time each semester. This amounts to a maximum of five (5) absences each nine-weeks grading period and ten (10) absences per semester. All absences, whether excused or unexcused, are counted in computing minimum attendance. Participation in school-sponsored activities during the regular school day will not be calculated as an absence for the purpose of this policy. Any student who misses ten (10) consecutive days without excuse will be placed “off roll” beginning the 11th day. Upon returning to school, the pupil will be returned to “on roll” status.

4.2.4 OTPS ACTIVITY ABSENCE POLICY

As required by the **Oklahoma State Department of Education**, students are allowed 10 activity absences per class period each academic year. State and national levels of school-sponsored contests DO NOT count toward the 10 days. To be eligible for an absence extension of an additional 5 days, students must be passing all of their classes and complete the OTPS Secondary Application for Activity Absence Extension Form and turn it into their building principal. This form will be reviewed by the OTPS Internal Review Board. Students will not be allowed to exceed 15 activity absences for one school year. Each student is ultimately responsible for tracking the number of activity absences that they have incurred in a given class period.

4.3 SCHOLASTIC ELIGIBILITY

1. Regular standards of eligibility will be governed by rules of the Oklahoma Secondary School Activities Association.
2. The Athletic Director and the building principal shall determine eligibility rules and regulations other than those established by the Oklahoma Secondary School Activities Association.
3. The principal and Athletic Director will decide issues of interschool eligibility.

4. In all cases, the Athletic Director and the building Principal are directly responsible for eligibility matters.
5. Coaches are responsible to see that all new students are completely eligible before they are allowed to participate in any workout, practice or contest. All new students and their parent/guardians must be informed of the applicable athletic policies, rules, regulations and codes. New students must be cleared by the Athletic Director before participation may occur.
6. Eligibility checks will be conducted after three weeks (during the fourth week) of each semester and each succeeding weekly. Coaches/Sponsors are responsible for informing the student about their failing grade and eligibility status.
7. It is mandatory to have a uniform method for securing information from teachers regarding eligibility questions. Eligibility forms ran at noon on Fridays or the last school day of each week.

4.4 INELIGIBLE PLAYER STATUS (ACADEMIC)

1. An ineligible player may practice with the varsity, junior varsity, and ninth, eighth or seventh grade team.
2. He/She must have completed all pre-participation paperwork.
3. If the Principal, Athletic Director or coach determines that an individual should not be practicing or traveling with the team because of citizenship, attitude, or scholastic work, he/she may be denied this privilege.

4.5 ENDING DATE FOR SEASON

1. The final game or event scheduled for any interscholastic team will terminate that particular squad's season. No practice, official or unofficial, will be held after the last contest in any sport other than the final event in sports having state supported eliminations. This would mean that elimination from the tournament would end that particular season.
2. The purpose of this policy is to allow individuals to start participation in other sports which are about to begin, or which may be already underway, rather than continue to practice in a sport when that season is actually completed. This policy shall not pertain to practice that is allowed by the Oklahoma Secondary School Activities Association.
3. Students who are suspended out of school will not participate in interscholastic athletics until reinstatement in school has occurred and notification is given to the head coach in that sport.
4. Students in the In School Suspension (ISS) program will not be allowed to practice or compete until their release.

5. Further or continued suspension from athletics may occur if the severity of the offense is warranted. The high school/junior high Principal and the Athletic Director together shall make this determination.

4.6 ACADEMIC ACHIEVEMENT AWARDS

4.6.1 (Please refer to the OSSAA Manual or OSSAA website)

5.0 STUDENT PARTICIPATION REGULATIONS

5.1 TRYOUTS

Students in our schools may try out for our athletic teams. Except as set forth in this policy, our coaches will not tell a student that they cannot try out for the school team of their choice. If an athlete and coach have a problem during a particular year, that problem is not to be carried over to the next year. Exceptions to this policy are: (1) extended suspension out of school; (2) use of alcohol, tobacco, or drugs; and (3) stealing. If the coach uses one of these reasons for not allowing an athlete to participate on the school team, the reason must be submitted to the Athletic Director in writing.

5.2 CHANGING SPORTS IN MID-SEASON

From the time a person's name appears on the official eligibility list for an interscholastic sport, he/she may not join another team or compete in another interscholastic sport until after the end of the first sport season. Mid-season change of teams may be permitted under one of the following conditions:

1. The student/athlete presents to both coaches involved a doctor's certificate recommending he/she drop the sport for reasons of health and permitting participation in the second sport.
2. Both coaches involved and the Athletic Director agree that a mid-season change of sport would be beneficial to the student athlete without being unfair to the individual or either team.

5.3 CARE OF THE STUDENT ATHLETE

The coaches and trainers must always bear in mind they are not physicians and shall not try to diagnose a condition that appears serious in nature or a condition that does not respond to early treatment. If a coach/trainer suspects a medical condition is serious, the athlete should be referred to a physician immediately. No risks should be taken. All physical problems will be given immediate attention. At no time will an athlete be placed back into practice or competition until the condition will no longer prevent that student/athlete from performing up to his/her usual capabilities. Student/athletes have an obligation to inform the coaching staff and/or trainer if they have sought the care of a physician. When a coach becomes aware that the student/athlete has sought care of a physician, that physician must provide a written release prior to the student/athlete returning to practice or competition.

5.3.1 Basic Care Guidelines

1. An ambulance will be available or on call for all senior high football games.
2. In as many cases as possible, physicians and/or certified athletic trainers will be at senior high home football games.
3. No athlete whose physical condition is questionable, in the opinion of the coach, shall re-enter an athletic contest. He/She will be seen by a physician or sent to the emergency room at the hospital if the situation dictates.
4. If a student is involved in an accident in an athletic contest, and the nature and the extent of the condition cannot be determined, that student should not be moved except by the ambulance EMTs or after a physician has seen the student-athlete.

5.3.2 Specific Emergency Procedures

In case of an accident at practice or in an athletic contest, the following procedure will be followed:

1. Be alert to recognize the condition as quickly as possible.
2. Do not move the athlete if there is a continued chance of harm.
3. Call for a doctor if available or call 911 at once to help determine the nature of the condition.
4. If necessary, call an ambulance for transportation to the hospital.
5. The parents will be contacted and made aware of the condition and the action that will be taken.
6. A coach or a school representative will travel to the hospital with the athlete and will remain until the physician and/or parents arrive.
7. A Medical Consent Form for all students must be taken to all events.
8. Take a few minutes that evening to check on the condition of the athlete.
9. Complete an OTPS Accident Report Form, sign it and have signed by administrator. A copy must be filed in the athletic office.

5.3.3 Insurance Procedure

Student/athletes are protected by liability coverage at all school sponsored events or when transported in a school-owned vehicle. Student/athletes are not covered for routine medical issues including non-catastrophic injuries suffered during practice or competition. Information regarding supplemental student insurance policies may be available in the administrative offices.

5.4 STUDENT ATHLETE CONDUCT RULES

5.4.1 Statement of privilege

Since athletic/activity participation is a privilege, it is not protected by due process procedures applicable to regular public education.

5.4.2 Head coach's Responsibility for enforcement

The head coaches are responsible for seeing that all rules are enforced. Coaches should be as consistent as possible when enforcing the athletic policies, rules, regulations and codes.

5.4.3 Student/Athlete's Responsibility to know and understand rules

Athletes should be aware of all policies, rules, regulations and codes. If any question regarding a rule of conduct arises, it should be addressed to the head coach or Athletic Director prior to any violations.

5.4.4 Student Conduct Expectations for athletes

The following are acts which may cause an athlete to be dismissed from the athletic program:

- Immorality, profanity, obscenity, or stealing.
- Consistent violation of written school rules, regulations, or policies.
- Possession, threat, or use of a dangerous weapon.
- Assault and battery and destruction of property.
- Possession or uses of any illicit drug, tobacco (in any form) or alcohol, etc.
- Conduct, which jeopardizes the safety of others, which includes showing disrespect to an official.
- Habitual absence.

5.4.5 Student Handbook

Athletes are required to meet and abide by the policies, rules and regulations of the district as described in the OTPS Student Handbook that was received at the beginning of the school year.

5.4.6 Field/Activity Trip/Contest Permission Form, Medical/Early Release Form

Athletes must have on file a signed copy of the Field Trip/Activity Trip/Contest Permission Form/Medical Consent Form/Early Release Form. Copies are found in the appendix.

5.4.7 Violation of Federal, State or Local Law/Ordinance

Student/Athletes are not to violate any Federal, State or Local Law/Ordinance including felony or misdemeanor acts other than minor traffic violations. Conviction of said offenses is not

necessary to establish a violation of the Athletic Handbook, which will be determined through an independent investigation. Such offenses, when witnessed by a teacher, administrator, other responsible adult(s) or when substantiated by other reliable evidence may constitute a violation of this handbook. A conference will be scheduled within a reasonable time after the infraction has been noted. The conference will include the coach, student, student's parents/guardians and the Athletic Director. The purpose of the conference will be to gather information and determine the appropriate penalties, if necessary. Depending on the severity of the incident, penalties may range from restitution, suspension from athletic competition or dismissal from the team. Appeal Process: The parents/guardians have the right to appeal the decision from this conference. The appeal must be submitted in writing by the parent/guardian within two school days to the building Principal. The decision by the Athletic Director will remain in place during the appeal process.

5.5 STUDENT ACTIVITY DRUG TESTING PROGRAM

Any student in Oologah High School who participates in extra-curricular programs in grades 9-12 will be required to participate in the drug testing program. A copy of this policy may be found in the appendix to this handbook.

5.6 GROOMING STANDARD

The grooming standards for athletes are:

- The appearance should be socially and morally accepted by the community.
- Standards should be realistic and consistent.
- Athletes are to be as neat and clean as possible.
- Coaches are to stress and instill in our athletes pride in their appearance as they are representing themselves and their school.

5.7 LETTERING REQUIREMENTS

There are general and specific standards to be met for an athlete to earn a letter from Oologah Public Schools.

1. General Standards: (must be met by all athletes)
 - The participant must maintain sportsmanship, training methods, and regular attendance at practice sessions.
 - Athletes must remain on the team for the entire season unless excused by the coach.
 - Athletes must meet school and state requirements in academic work and school attendance.
2. Specific Standards: (may be determined by the head coach of each sport)

NOTE: If each head coach has specific lettering requirements, a copy must be on file in the athletic office.

5.8 STAFF PROCEDURES

6.0 PUBLIC RELATIONS

6.0.1 Publicity

1. Publicity is the responsibility of the head coach and director of athletics and activities.
2. Results of all contests should be reported to the Tulsa and Oologah newspapers for senior high sports and the Oologah paper for junior high sports.
3. The student body should be well informed of all athletic events.
4. The building principal or Athletic Director may make special publicity releases.

6.0.2 Announcements

Announcements regarding athletic events, ticket sales, team excusals, results of games, etc, will be made at school sites with the principal's approval.

6.0.3 Special Problems

Questions, concerns, and/or criticisms being directed towards specific athletic personnel and/or athletic policy by parent groups, community patrons, or other special interest groups, shall be reported to and dealt with as soon as possible by the head coach of that particular athletic activity. Individuals critical of personnel or policy should be invited to visit specifically with the coach responsible for that particular school athletic activity. If problems persist, or if the responsible personnel feel the need for additional assistance, said problem should be related to the building principal. The Principal in consultation with the Athletic Director and appropriate coaching personnel will review specific complaints.

6.0.4 End of Season Summary

1. Each head coach shall make an annual end of season report for his/her particular team or group.
2. These reports should be given to the Athletic Director immediately after the conclusion of the season. The director of athletics and activities will compile reports.
3. Any group that has a separate schedule, including junior varsity basketball, football, baseball, and wrestling, will be included in these reports.
4. The following form shall be followed in interscholastic reports:

6.0.5 Interscholastic Report

In making out the annual report for the various activities in our athletic program, the following format is strongly recommended. At the top put your school, sport, your name, year, then include the following information:

- Schedule played and a result of games, meets, or matches.
- Indicate new records set for a season, as to individual names of squad members, indicate letter winners.
- Performance, team scoring, etc., if known.
- Special honors received by team members, if any.

6.1 ATHLETIC SCHOLARSHIPS

1. No person in the athletic department should, in any way, attempt to direct Oologah-Talala School District athletes to a particular college or university.
2. Upon request for help by the athlete's parents or by the athlete, the coach may attempt to aid the student to enter the college or university of choice.
3. Visiting college coaches shall not talk to athletes during school hours when it would interfere with their normal school day or athletic practice.
4. NCAA rules and regulations concerning recruiting of high school athletes will be followed.

6.2 TRANSPORTATION

1. The activities buses will be assigned by the Transportation Director.
2. Bus requests are the responsibility of each head coach for each team in his/her respective sport. Requests for bus transportation must be submitted at least two (2) weeks in advance of the date of event per Oologah Public Schools Policy.
3. Interior of buses and/or suburbans should be cleaned by the coach in charge upon arrival back at the school or bus garage.
4. If transportation problems arise, contact the Director of Transportation. If problems occur with school-owned vehicles, alert school officials as soon as possible.
5. Report any bus or vehicle damage to the Director of Transportation or school officials immediately.

6. Weather – Questions that arise concerning safety of travel because of inclement weather will be dealt with by the building principal in consultation with the Athletic Director. Decisions will be made as early in the day as possible, and all parties involved will be alerted by these administrators or their designees.
7. Team members will go to events on school-provided transportation. Athletes may return home with their parents when the parent personally asks the coach to let his/her child ride home with them.
8. Head coaches must go and return with their team on the bus. The Athletic Director must approve exceptions.
9. There will be no gambling, use or possession of tobacco, drugs, or alcoholic beverages on any school trip.
10. It is recommended that teams travel as neatly dressed as possible.
11. Coaches must see that their teams return to Oologah as soon as possible after a game, especially on school nights. Parents should be told when to expect the team home.
12. When possible, the bus and driver will stay with the team for the athletic event as directed by the coach.
13. Parents wishing to have their child ride home with someone other than the team must present a note with signature, phone number, date, time and location to the coach prior to the trip. The note is valid for one trip only and is not permanent.

6.3 PURCHASING PROCEDURES AND CARE OF EQUIPMENT

6.3.1 Budgets

1. The secondary schools should operate on a planned budget.
2. Copies of the budget should be made available to the head coach connected with the program.
3. At the high school and junior high school, the director of athletics and activities will establish the budgets.
4. The athletic department will not provide money for entertainment, such as movies.
5. High School head coaches should provide resources to address the needs of the junior high program.

6.3.2 Purchasing

1. The director of athletics and activities will supervise the process of purchasing equipment.
2. Schools should be certain to stay within the budgets allotted for each sport.
3. Requisitions and purchase orders must be approved when buying athletic equipment prior to the actual purchase agreement.

6.3.3 Bills and Payment

1. Processing of bills is the responsibility of the director of athletics and activities. Purchase orders should accompany each payment. A coach receiving an invoice should immediately turn it in to the athletic office for payment.
2. Head coaches should submit a requisition (RQ), reflecting the desired items and cost, to the Athletic Director. Once the RQ is approved, a purchase order (PO) number is assigned and the items may be ordered. Nothing may be ordered without a PO number.
3. Coaches are not to charge any item to the school without approval from the Athletic Director.
4. Coaches are not to sell athletes anything unless money is deposited in the school's activity fund, and they have Athletic Director, school principal, and School Boards' approval.

6.3.4 Equipment

1. The care of equipment, issuance, and collecting of the same is the responsibility of the head coach.
2. If a student loses his/her equipment, he/she must pay for it.
3. Cleaning, repairs, and reconditioning of team equipment are the responsibility of the head coach. Such expenditures should be approved by the director of athletics and activities and figured into one's budget.
4. The head coach should make inventory reports on all equipment every year.
5. School athletic equipment will not be loaned out so it can be used during the summer without approval of director of athletics and activities. Equipment is not to be used by outside groups without approval from the Athletic Director.

6.3.5 Facility Repairs

All repairs will be dealt with according to priority. Field markings and maintenance must be requested in advance by completing maintenance forms with specific information listed for jobs to be completed and turned into the Athletic Director's office.

7.0 FUNDRAISING

1. Fundraising by individual groups including teams must have approval of the Superintendent, building principal and Athletic Director well in advance and must be ratified by the Board of Education.
2. Cooperation between the senior and junior high school in fundraising projects is most important.
3. All fundraising must be requested and approved through the fundraising process.
4. All money collected must be turned into the site finance office and a receipt must be obtained.

8.0 BOOSTER CLUBS

1. The purpose of OHS booster clubs is to “raise support for durable goods and activities that promote Mustang pride for the Oologah secondary schools sports programs.”
2. Support athletic teams at Oologah High School.
3. Encourage good sportsmanship toward officials, the opposing team, and out-of-town visitors.
4. Aid in projects presented by the coaches, and school administration that will make for a better athletic program.
5. Head Coaches must attend all booster club meetings.

9.0 OTHS MEDICAL REGULATIONS AND RECOMMENDATIONS HIV AND HEPATITIS B RELATED TO SPORTS

Blood-Borne Pathogens

Blood-borne pathogens such as Hepatitis B and HIV are serious infectious diseases that are present in blood as well as other bodily fluids such as semen, vaginal secretions and breast milk. While there are a number of other such blood-borne diseases, Hepatitis B and HIV are the most commonly known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and re-occurrences, and the disease can be deadly if not treated. Although no transmission of Hepatitis B has ever been documented at a sporting event, it is recommended that anyone who anticipates direct or indirect blood contact or other bodily fluid should be immunized with the Hepatitis B vaccine.

HIV is the virus that causes Acquired Immunodeficiency Syndrome (AIDS), which weakens the immune system, thus making a person susceptible to infections their immune systems would normally fight off. At this time AIDS is incurable and may be life threatening. The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as the eyes, ears, nose, and mouth to contaminated blood is not known. Though the possibility of contracting HIV in this manner is generally considered to be less than the possibility of contracting Hepatitis B and other blood-borne viral infections it is a serious threat.

Student/Athletes, coaches and officials must understand that while it is possible for HIV to be transmitted by blood from one individual to another through an open wound or a mucous membrane, the probability is very low. However, since the chance of this occurring does exist, the appropriate precautions should be taken to ensure no transmission can occur and to be aware of the possible consequences.

Precautions Against Risk of Contamination

The proper handling of body fluid spills should be a concern of teachers, coaches, officials and student/athletes. All concerned individuals must be aware that any time there is blood and/or body fluids present, there is the possibility of an infectious disease being transmitted. However, this possibility can be reduced if a few common sense precautions are observed.

Specific Precautions for Sports

While the risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a risk that other blood-borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Precautions for reducing the potential for transmission of these infectious agents should include, but are not limited to the following:

1. Educational information including activities that place individuals at high risk because of lifestyle, geographic location, or a specific sport should be made available to participants and those deemed at risk associated with the athlete/athletic event (manager, coaches).
2. Disposable latex-free gloves will be worn when contact with blood or other body fluid is anticipated. Disposable latex-free gloves should also be worn for touching mucous membranes or non-intact skin (e.g., abrasions, dermatitis) of all athletes and for handling items or surfaces soiled with blood or other body fluids. Disposable latex-free gloves should be changed after contact with each athlete.
3. Hands and other skin surfaces should be washed immediately and thoroughly if contaminated with blood or other body fluids. Hands should also be washed after disposable latex-free gloves are removed. Athletes should shower immediately after competition.
4. Surfaces contaminated with blood or other body fluids should be cleaned with a tuberculocidal disinfectant after each match or more often as needed. Blood spill clean-up kits are available in each coach's box.
5. To minimize contact, emergency mouth-to-mouth face shields are available in each coach's box.
6. Soiled linen, towels, uniforms, etc., should be placed in red biohazard bags at the site and transported to the laundry area. When possible, disposable towels should

be used and disposed of in a red biohazard bag. See Contaminated Laundry below.

a. Contaminated Laundry – On Site Washing

- Wear disposable latex-free gloves and other appropriate personal protective equipment.
 - Contaminated laundry will be washed according to the recommendations of the Centers for Disease Control: Wash with detergent and water at 160 degrees for 25 minutes; Bleach – If material is able to be bleached, add ½ cup chlorine bleach to the wash cycle; If material is not able to be bleached, add ½ cup non-chlorine bleach to the wash cycle.
 - Remove gloves.
 - Dispose of used gloves in designated waste container lined with red biohazard bag.
 - Discard red biohazard bag in designated waste container lined with red biohazard bag.
 - Wash hands thoroughly.
 - PLEASE NOTE: If gloves become contaminated at any point in the above procedures, change them.
7. All athletes in greatest risk sports should be required to wear mouthpieces, and it should be strongly recommended for athletes competing in moderate risk sports.
 8. Spittoons or similar receptacles, for bloody sputum or saliva, should contain a tuberculocidal disinfectant.
 9. Matches should be interrupted when an athlete has a wound where a large amount of exposed blood is present to allow the blood flow to be stopped, the area cleaned, and the athletes cleaned.
 10. Athletes who have an open lesion, wound, dermatitis, etc. should cover them with a dressing that will prevent contamination from other sources.
 11. Where possible, athletes and officials in the greatest risk sports should wear protective eyewear to reduce the possibility of blood or other body fluids from entering the eyes.
 12. Review athletes' medical history to make sure that all routine vaccinations including tetanus, and MMR (Measles, Mumps, and Rubella), Hepatitis B and Hepatitis A are current.

General Procedures for Activities

1. Whenever a participant suffers a laceration or wound where oozing or bleeding occurs, the practice or game should be stopped at the earliest possible time, and the player should be escorted from the playing area for the appropriate treatment. The student/athlete should not return to the practice or game until the bleeding has been stopped and the open wound properly covered.
2. During a game or practice, if a uniform or other clothing becomes saturated with blood or other body fluids containing visible blood to the extent that the blood could be transferred from one person to another by touch, that part of the uniform should be changed and the skin cleaned with soap and water.
3. All athletes must cover any open wound.

Disinfection of Surfaces and Equipment

1. During practice and competition, surfaces and equipment may become contaminated with blood and other body fluids. Because potentially dangerous microorganisms can survive on the contaminated surfaces for various periods of time, it is necessary to clean with a tuberculocidal disinfectant.
2. Solution of 5/25 percent sodium hypochlorite (household bleach) at a 1:10 dilution is recommended but not required as the agent of choice for cleaning hard surfaces after all spills of blood or other body fluids. These solutions should be prepared fresh and should not be used if older than 24 hours. It is not recommended to use sodium hypochlorite solutions on carpets or rugs; however, sanitary absorbent cleaners may be used on these items. Agents labeled as tuberculocidal disinfectants are also acceptable cleaning agents and will eliminate HIV and HBV. Common agents that eradicate HIV and HBV include, but are not limited to Lysol, Hydrogen Peroxide, Beta dine, Glutaraldehyde, Isopropyl Alcohol, and NP-40 Detergent. Chemical germicides registered with the Environmental Protection Agency (EPA) as sterilants are recommended for high-level disinfection.

Clean-up Procedures – Hard Surfaces

1. Isolate the contaminated area and notify custodian/coach immediately.
2. Custodian/Coach will clean/disinfect immediately when notified.
3. Wear disposable latex-free gloves.
4. Sprinkle absorbent over the body fluid spillage. Allow a few minutes to absorb the spillage.
5. Sweep, scoop, or wipe up (with paper towel) the absorbent.

6. Dispose of material in a lined waste container.
7. Disinfect area by wiping or mopping with the following:
 - Freshly prepared (within 24 hours) bleach solution; 1 part chlorine bleach to 10 parts water.
 - Commercially prepared tuberculocidal disinfectant.
8. After the disinfectant is applied, allow the disinfectant to sit for 10 minutes or air dry (whichever is longer).
9. Rinse/Clean mop heads, brooms, brushes, dust pans, etc. before disinfecting. Soak mop heads in bleach solution and soak/spray brooms, brushes, and dust pans in/with approved disinfectant and let set for at least 10 minutes.
10. Remove gloves.
11. Dispose of used gloves in the lined waste container.
12. Draw the plastic liner out of the waste container. Tie and immediately dispose of the liner in a red biohazard bag.
13. Tie and immediately dispose of red biohazard bag in dumpster.
14. Wash hands thoroughly.
15. Bathrooms will be cleaned:
 - Immediately whenever obvious blood or body fluids are present.
 - Immediately whenever there is odor and body fluids are present.
 - Daily.
16. PLEASE NOTE:
 - If gloves become contaminated at any point in the above procedures, change them.
 - If waste container liner or red biohazard bag becomes contaminated, place in non-contaminated red biohazard bag.
 - Any liquid disinfectant used in cleaning floors, equipment, or materials should be discarded in a suitable and appropriate sewage drain (toilet or sink).
 - When mop heads become excessively soiled/stained, discard.

RECOGNIZING AND AVOIDING HEAT DISORDERS

When exercise is performed in the summer months, athletes are exposed to environmental heat stress. In the past it was felt that ambient temperature was the most important factor in the development of heat injury. Three factors play an important role in environmental heat stress: humidity, wind velocity and radiant heat. Heat syndrome can be grouped into four general categories: heat cramps, heat syncope, heat exhaustion, and heat stroke.

Heat cramps are due simply to water and sodium loss. They are painful twitching or spasms of voluntary muscles. The skin is moist and cool and the athlete is alert. Treatment involves getting the athlete into a cool environment and replacing sodium and fluids. Generally fluid replacement can be by mouth and on rare occasions intravenous fluids may be necessary.

Heat syncope, again, is caused by inadequate fluid, loss of sodium, and the lack of acclimation. The athlete participating in a hot, humid environment becomes light headed and may faint. Fainting is generally due to vaso-dilation, or opening of the vessels in the skin, to help cool the body. Vasodilation results in a decrease in the amount of blood circulating and results in fainting. Treatment involves the athlete being placed in a cool environment on his or her back with feet up and cool liquids being administered by mouth.

Heat exhaustion is a systemic reaction to prolonged exposure to the heat and absence of water replacement. This is a relatively serious condition and must be recognized. The athlete may be disoriented, irritable, fatigued, and delirious and may lack muscle coordination. The condition is much more serious to those who are not acclimatized to the heat. Nausea and vomiting, pale skin, and high pulse rate may be present. Treatment consists of placing the athlete in a cool environment with adequate replacement of sodium. This generally requires the use of intravenous fluids. Call 911.

Heat stroke is a life threatening condition that requires immediate attention. Symptoms include hot, dry skin, and very high body temperature. The athlete may be delirious, disoriented and may faint. Treatment consists of the rapid reduction of body temperature and immediate transport to the hospital. Call 911. The majority of the above disorders may be prevented. Acclimatization, clothing, and hydration all play an important role.

HEAT RELATED ILLNESS

Prevention

Provide plenty of cool water.

One cup of water before, after, and every 30 minutes during athletic practices/competitions/physical activity.

Red Flag Alerts

80 degrees and 80% humidity (or higher).

Students on medications such as antihistamines, diuretics, etc.

Heat Stroke – (Always Life-Threatening)

Signals: First Aid: Dry, hot, red skin

- Call 911
- High body temperature
- Put in cool place
- Progressive loss of consciousness _ Immerse in cool bath or wrap in wet sheets
- Fast, weak pulse _ Offer cool water, if conscious

Heat Exhaustion

Signals: First Aid:

- Cool, moist, pale, or red skin-Put in cool place
- Heavy sweating-Place on back, with feet up
- Dilated pupils-Loosen or remove victim’s clothing
- Headache -Apply wet towels or cold packs (put cloth between pack and skin)
- Nausea
- Dizziness and weakness-Offer water, if conscious
- Exhaustion-If no improvement, call 911

Heat Cramps

Signals: First Aid:

- Muscular pains and spasms _ Put in cool place
- High body temperature _ Offer cool water
- Stretch muscle and massage area

Acclimatization involves gradually increasing the duration and intensity of exercise in the warmer part of the day. This acclimatizes the athlete’s body to the heat stress. Acclimatization lowers the sweating threshold; the athlete sweats faster and has increased evaporation from the skin. Importantly, water consumption should increase to accommodate for the increased sweating. Clothing should be lightweight, preferably shorts, a sleeveless shirt and short socks.

Fluids are important and should be taken before, during and after participation in sporting events. The athlete should be fully hydrated prior to the activity and consume one cup of water every 30 minutes during exercise. It is also extremely important for the athlete to notify the coach, trainer or nurse of any medication being taken, as many medications predispose athletes to heat stress. All athletes are encouraged to become aware of the various heat disorders and learn how to prevent them. The athlete should be encouraged to begin their workouts in the warmer part of the day at least four (4) weeks prior to competition to help prevent heat disorders during competition. If during competition an athlete develops any of the above symptoms, his/her coach, trainer, or physician should be notified.

Concussion

At the beginning of each school year all coaches must view the video, “Concussion in Sports: What You Will Need to Know.” The video is available at www.nfhslearn.com. This is a free video with powerful information concerning concussions. The video also has links to more information regarding concussion education and management.

A “Concussion and Head Injury Acknowledgement Form” must be signed by the student and parent/guardian and kept on file in the athletic office. This form is required before participation may occur. **This is required by Oklahoma law.**

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” or “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If an athlete reports any symptoms of a concussion or if you notice any signs or symptoms yourself, seek medical attention right away.

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

- Headache or “pressure” in head
- Nausea or vomiting
- Blurred vision
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion or slow thought process
- Does not “feel right”
- Lack of energy, fatigue

WHAT ARE THE SIGNS OBSERVED BY ATHLETIC STAFF?

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily (dizziness)
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

A coach that has observed **one or more** of the above signs or symptoms in an athlete should:

- In compliance with Oklahoma Statute 24-155 of Title 70, “Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.”
- Oklahoma Statute 24-155 of Title 70 further states that after the player has been removed from participation, the player “may not participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to participation from that health care provider.”
- **Oklahoma law requires written clearance.**

The decision for the athlete to re-enter the contest and the “written clearance” (documentation for return to play) is the responsibility of the licensed health care provider and the acting head coach.

The CDC (Centers for Disease Control & Prevention) recommends the 4 step action plan if a concussion is suspected.

1. **Remove the athlete from play.** Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head or body
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (*if any*)
3. **Inform the athlete’s parents/guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. **Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.** A repeat concussion that occurs before the brain recovers from the first, usually within a short period of time (hours, days, or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

For more information concerning head injuries visit:

www.cdc.gov/TraumaticBraininjury

www.oata.net

www.ossaa.com

www.nfhslearn.com