

**MENDOCINO HIGH SCHOOL**  
**AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT**  
**(For all extra-curricular school activities within the school year)**

Students Name: \_\_\_\_\_ Birthdate/Age: \_\_\_\_\_ Grade: \_\_\_\_\_

As legal custodian of the student names above, I hereby authorize the principal or designee, into whose care the aforementioned minor pupil has entrusted, to consent to any x-ray, examination, anesthetic, medical or surgical diagnosis, treatment, and/or hospital care to be rendered to said minor upon the advice of any physician and/or dentist.

It is understood that this authorization is given in advance of any required diagnosis, treatment or hospital care and provides authority and power to the aforementioned agent(s) to give specific consent to any and all such diagnosis, treatment, or hospital care which a licensed physician or dentist may deem necessary.

This authorization shall remain effective for the full school year unless revoked in writing and delivered to said agent(s). I understand that the Mendocino Unified School District, its officers and its employees assume no liability of any nature in relation to the transportation or treatment of said minor. I further understand that all costs of paramedic treatment, hospitalization, and any examinations, X-ray, or treatment provided in relation to this authorization shall be borne by the undersigned.

I understand that the Mendocino Unified School District does not provide medical or accident insurance for students for school related injuries.

SIGNATURE OF PARENT OR GUARDIAN: \_\_\_\_\_ Date: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Business Telephone: \_\_\_\_\_

<b>HEALTH/INSURANCE INFORMATION</b>	
(This information is mandatory for participation in any sport)	
Please show proof and check appropriate box	
<input type="checkbox"/> Meyers Stevens Insurance (Offered through the school)	<input type="checkbox"/> Family Insurance (Fill out information below)
Family Hospital Plan – Company Name: _____ Group#: _____	
Family Doctor: _____ Office/Home Phone: _____	
My child is allergic to the following medications: _____	
Health problems to be aware of: _____	
Other medications used: _____	

- |  |                     |
|--|---------------------|
|  | ___ Tennis          |
| <i>TO BE COMPLETED BY SCHOOL PERSONNEL</i>   | ___ Golf            |
| ___ Student has satisfied the C.I.F. academic and extracurricular participation requirements.                | ___ Track/X-Country |
| ___ Student had purchased or shown proof of appropriate medical insurance.                                   | ___ Soccer          |
| ___ Student has passed a physical examination.   | ___ Volleyball      |
| ___ Student has paid athletic transportation fee, or received Athletic Director approval for a payment plan. | ___ Swim            |
|  | ___ Volleyball      |
| <i>(Transferring from one school to another school may affect eligibility under NCS, C.I.F. rules.</i>       | ___ Basketball      |
| <i>It is your responsibility to see your school Athletic Director for a copy of the rules.)</i>              | ___ Baseball        |



**MENDOCINO  
HIGH SCHOOL**

**Student Athletic Policy 2022-2023**

Being a Mendocino High School student-athlete carries with it a tremendous amount of responsibility. Your conduct at school, practice, and games affects the image people have of Mendocino High School and our local community. A student who elects to participate in athletics is making a choice of self-discipline and dedication. Student-athletes must exemplify the school-wide expectations of Excellence, Perseverance, Investment, and Citizenship through their sportsmanship and scholarship. These policies were established with the athletes' well-being and fitness in mind in order to maintain the integrity of the athletics program. It must be understood that students who choose not to follow the policies set forth by the MHS administration and C.I.F. guidelines may be denied the privilege of participation. Participation in athletics is a privilege, not a right. In accepting the challenge of athletic participation, student-athlete and parent are agreeing to follow these policies and expectations and are committed to Honoring the Game.

**ACADEMIC ELIGIBILITY FOR PARTICIPATION**

Student-athletes enrolled in Mendocino High School, Mendocino Community High School, and Mendocino Alternative School may be eligible to participate in athletics. Student-athletes must meet the following academic requirements:

- a) In compliance with C.I.F. regulations, a student-athlete in grades 9 through 12 must have earned a minimum of a 2.0 or "C" grade point average with no more than one "F" during the preceding grading period.
- b) Student-athletes in grades 9-12 must be making satisfactory progress toward completing graduation requirements. Based on the current seven-period schedule, where a full class load is equivalent to 35 credits per semester, students must have earned a minimum of 30 credits in the preceding semester to be eligible.
- c) Academic standing will be established no later than Monday after report cards are issued. Those student-athletes who had been academically ineligible may apply for "early eligibility" on the day after grades are due in the office.

**ATTENDANCE EXPECTATIONS AND ELEGIBILITY**

- a) **Student-athletes are expected to be in class and on time. Abuse of this expectation shows a student-athlete is not capable of balancing their responsibilities and may be suspended from participating in future games or removed from the team.**
- b) **Student-athletes must attend all classes on the day of practice and/or competition to be eligible to participate.** This rule also applies to the Friday before a Saturday game (see "I" below). Exceptions are granted for partial day excused absences that could not be arranged outside of the school day (e.g., medical appointments, funerals, court appearances, etc.) only if a note from the healthcare provider, court etc. can be produced. Failure to produce a note in a timely fashion will result in ineligibility.
  - I. Clarification: A student-athlete who misses school on a Friday due to illness is not eligible for participation on Saturday, even if they are "better" or have a healthcare provider's note. This is to protect both players and the coaches who are responsible for them.
  - II. Clarification: Student-athletes who are absent 30 minutes or more during any class period will be considered absent for the purposes of enforcing part "b" of Attendance Expectations and Eligibility. A student who misses 30 minutes or more of a class is considered truant by California Education Code.
- c) If classes will be missed due to an away game, it is expected that the student will check with each teacher prior to departure and make arrangements for makeup work.

## CITIZENSHIP ELIGIBILITY EXPECTATIONS

It is required that all student-athletes will maintain the basic school-wide expectation of "Be EPIC" – Excellence, Perseverance, Investment, and Citizenship.

- a) Students who receive three (3) or more marks of "1" (below standard) for Citizenship during a reporting period will be placed on athletic probation and will have a two week period to improve their Citizenship mark. Students on probation must submit a weekly progress tracking form to the Athletic Director. A student who does not improve their Citizenship during the two week probation will be suspended for one week from all athletic participation and must improve their Citizenship or be removed from the team for the remainder of the season.
- b) Student-athletes who, based on discipline referrals, are not in good standing with the school community may be suspended or removed from participation in athletics by the Principal or his designee.

## SUBSTANCE USE POLICY

Use or possession of drugs, alcohol, or tobacco will not be tolerated. Substance use is counterproductive to the goals of the athletic department and the school. A student-athlete involved in any incident that involves use or possession of drugs, tobacco, or alcohol will be subject to regular school consequences as determined by administration, as well as suspension from all athletic practices for 7 calendar days and suspension from all athletic contests for 14 calendar days. A second such incident will result in regular school consequences and elimination from all athletic programs for the remainder of the current semester and 1 semester following the incident.

## PRACTICE AND GAME RESPONSIBILITIES

### 1) Time:

- a. All players are expected to be on time for all practices and games. Each sport will have their own rules and consequences for those who are late to or miss practices.
- b. It is the player's responsibility to notify the coach prior to an absence from any practice, game, meeting or scrimmage. Each coach will have their own team rules and consequences for those who do not make this communication.

### 2) Dress

- a. Dress standards will be strictly enforced. Only issued or approved uniforms will be worn for warm ups and games. Any violation of this rule will result in being ineligible for the game.

### 3) Behavior: The first violation of a rule will result in the player being ineligible for the next game. A second violation will result in removal from the team.

- a. All players will exhibit respect for themselves, their teammates, their coach, their opponents, and the facilities and equipment provided.
- b. Players will refrain from any profanity or improper/unsportsmanlike conduct both at games and at practice.
- c. Players will not demean, intimidate or insult the coach, any teammate, opponent, fan or referee.
- d. Players will not use social media to taunt, insult or intimidate opponents, teammates and/or coaches.

### 4) Ejection Policy Addendum - adopted by NCS Board of Managers on 4/21/95

- a. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
  - i. Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season (league, section or state playoff, etc.).
- b. Illegal participation in the next contest by a player ejected in a previous contest.
  - i. Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
- c. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
  - i. Penalty: The player shall be ineligible for the remainder of the season.
  - ii. When one or more players leave the bench to begin or participate in an altercation.
  - iii. Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season (league, section or state) playoff, etc.).

### OUTSTANDING FEES POLICY

Student-athletes with outstanding fees and fines will not be eligible to participate in athletics until all fees and fines are settled or missing school property is returned. See the office if there is a financial hardship.

### GRIEVANCE POLICY

MHS supports its coaches' decisions on playing time and game strategy. In virtually every case of a grievance regarding playing time or strategy, the coach's decision is final. If a student or parent does have a grievance of another nature, the following procedure **MUST** be employed:

- 1) The involved student-athlete **MUST** discuss any issue with the coach before parents become involved. The coach should never be contacted at home. Also, a coach should never, under any circumstances, be contacted directly before or shortly after a contest.
- 2) If the student-athlete feels that a meeting with the coach would not be prudent, the student athlete may contact the Athletic Director.
- 3) If a grievance still exists after the first and second step in the process, the student athlete and his/her parents may schedule a meeting with the coaching staff and Athletic Director.

### ISSUED EQUIPMENT

It is the player's responsibility to see that all issued equipment is returned at the conclusion of the sport. If the equipment is lost or stolen, it is the player's responsibility to pay the cost of replacing that equipment before being allowed to participate in any other sport. In addition, grade reports, transcripts and diplomas can be withheld until compensation has been made.

### DURATION OF SEASON

- a) Enrollment dates will be established for each sport. No player should join a team after that date without prior approval of the head coach. Should any player be allowed to join a team late without prior approval, the player will not be allowed to participate in any interscholastic contest for a minimum of two weeks.
- b) Any player wishing to drop from a team must have the prior approval of his/her coach. The player shall meet with the coach and discuss his/her desire to drop from the team. Should any player quit a team without having discussed the issue with the coach and gained the coach's written approval, the player will not be allowed to participate in any other sport for one year (i.e. until that same season of the following year). The first two weeks from enrollment date of any sport shall be considered as a tryout period and students may drop without penalty.

### TRANSPORTATION

- a) MUSD will provide transportation to all league games. All non-league transportation will be provided by approved adult drivers. If a student is to be released to his/her parent or legal guardian, a face-to-face verbal contact with the coach and a written release from that parent must be given at the site of the competition.
- b) With written permission by parent/guardian and approval of the Principal or his designee, a student may be released to another parent or adult 21 or older.
- c) No student participant is allowed to drive any other student to or from an athletic contest.

### INSURANCE

**Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. This insurance requirement can be met by purchasing the school district offered Meyers-Stevens insurance or providing proof of private insurance that covers medical and hospital expenses.**

**Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be attained by calling Health Care for All Families at 1-800-300-1506.**

## CODE OF CONDUCT - HONORING THE GAME

Mendocino Unified School District is a Positive Coaching Alliance partner. At Mendocino High School, all participants in athletics, from players to fans to coaches, are held accountable to Honoring the Game. The ROOTS of Honoring the Game is an acronym which stands for better respecting: Rules, Opponents, Officials, Teammates and Self:

**Rules:** The rules of a sport have been developed and modified for a reason. Rules keep the game fair, and they also keep athletes safe. Don't try to work against the rules or bend them; respect the role they play in your sport. We obey the Rules even if we can get away with bending them, and even if our opponents don't.

**Opponents:** As you want respect, give respect to your opponents. A worthy opponent helps us get better—we want to play fierce and friendly and never think of them as enemies.

**Officials:** Officials are doing the best they can to enforce the rules and maintain a safe environment for play. They are people too, doing the best they can, and there is never an excuse for disrespecting officials. We respect officials even when bad calls go against us.

**Teammates:** We don't do anything to embarrass our teammates, on or off the field. Make your teammates proud by doing the best you can (on and off the field) and by supporting them in all their efforts.

**Self:** Finally, and most importantly, you have to respect yourself in order to uphold an honorable approach to sports. Set high standards and live up to them. Don't Honor the Game because someone tells you to. Do it because you want to. We live up to our own standards, even if our opponent doesn't.

### Tips for Parents to Honor the Game:

#### **Before the Game**

Commit to Honoring the Game in action and language no matter what others may do.

Tell your children before each game that you will be proud of them regardless of how well they perform.

#### **During the Game**

Fill your children's "Emotional Tanks" through praise and positive recognition to help them play their best.

Fill their teammates' tanks, too!

Do not instruct your child during game action or at breaks; let the coaches coach.

Cheer good plays by both teams.

Mention good calls by the official to other parents.

If you disagree with an official's call, Honor the Game – BE SILENT!

If other spectators yell at officials, gently remind them to Honor the Game.

Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "What do I want to model right now for my child?"

Remember to have fun and enjoy the game.

#### **After the Game**

Thank the officials for doing a difficult job for little or no pay.

Thank the coaches for their commitment and effort.

When reviewing the game with your children, ask rather than tell. Instead of immediately sharing your opinions or telling them how they can improve, ask questions such as "What did you learn from that game?" or "What was your favorite play?" or "What was the most fun part of that game?"

Remember to give your children truthful and specific praise...not just the typical "good game" but, for example, "I saw how well you moved your feet on defense."

Tell your children again that you are proud of them whether the team won or lost.



**BETTER ATHLETES  
BETTER PEOPLE**

**STUDENT ATHLETIC POLICY  
AGREEMENT**

The undersigned have read the Student Athletic Policy and understand and agree to the terms of the policy. We understand that participation in Mendocino High School Athletics is a privilege and are aware there will be consequences if expectations and requirements are not met. Furthermore, we have read the Code of Conduct and are committed to Honoring the Game!

\_\_\_\_\_  
**Print Student Name**

\_\_\_\_\_  
**Print Parent Name**

\_\_\_\_\_  
**Student Signature & Date**

\_\_\_\_\_  
**Parent Signature & Date**

**Detach and return this signature sheet. Keep the Student Athletic Policy for your records.**

**CIF PRE-PARTICIPATION PHYSICAL EVALUATION:  
CLEARANCE FORM (TO BE SIGNED BY PHYSICIAN AND RETURNED TO ATHLETIC DIRECTOR)**

Name \_\_\_\_\_  Male  Female Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Sports: Fall \_\_\_\_\_ Winter \_\_\_\_\_ Spring \_\_\_\_\_

**CLEARANCE**

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendation for further evaluation or treatment for:  
\_\_\_\_\_
- Not cleared  Pending further evaluation
- For any sports
- For certain sports \_\_\_\_\_ Reason \_\_\_\_\_

**Recommendations:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete and his/her parents/guardian.**

Name of physician (print/type) \_\_\_\_\_ MD or DO

Signature \_\_\_\_\_ Date of Examination \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

**EMERGENCY INFORMATION**

**ALLERGIES:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**OTHER INFORMATION:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NCS, CIF EJECTION POLICY 2020-21  
ATHLETE NOTIFICATION FORM**

The following is a partial summary of rules and minimum penalties adopted by the NCS Board of Managers applicable to players and are in effect for (non-league, league, invitational tournaments/events, post-season; league, section or state playoffs).

1. Ejection of a player from a scrimmage:  
**Penalty:** The player must complete the NFHS Sportsmanship course prior to the next contest.
  
2. Ejection of a player from a contest:  
**Penalty:** A player ejected from a contest for violation of a NFHS or sports governing body rule (other than assaultive behavior/fighting or leaving the bench area during a fight) shall be ineligible for the next contest (non-league, league, invitational tournament, post-season (league, section or state) playoff). A second ejection will result in a three game suspension and a third ejection shall make the player ineligible for the remainder of the season. If the ejection is for unsportsmanlike conduct, the player must also complete the NFHS online Sportsmanship course.
  
3. Ejection of a player from a contest for assaultive behavior/fighting or leaving the bench area:  
**Penalty:** A player ejected from a contest for these reasons is ineligible for the school's next three contests. In addition, the player shall complete the online NFHS Sportsmanship course. The player may not participate until the course has been completed. The player must also meet with the school principal to discuss future behavioral expectations and complete the NCS Return to Competition Form.
  
4. Second ejection of a player from a contest for assaultive behavior/fighting or leaving the bench area:  
**Penalty:** The player shall be ineligible for the remainder of the season.
  
5. When one or more players leave the bench to begin or participate in an altercation.  
**Penalty:** The player(s) shall be ejected from the contest-in-question and become ineligible for three contests (non-league, league, invitational tournament, post-season (league, section or state) playoff). The school, league or NCS may use electronic video to identify players who have left the bench area to begin or participate in an altercation. This identification may be made after the jurisdiction of the game officials has ended and such identified players are subject to the penalties set forth in #3 and #4 above.
  
6. Ejection of a player in the last contest of the season:  
**Penalty:** The player will be held out of the number of contests required by the type of ejection in the same sport in the following year. If the player is a graduating senior, the player must sit out the required number of contests in the next season of sport in which they participate. If the ejection is for an offense that requires completion of the NFHS Sportsmanship course, the course must be completed with 10 school days. Sub-varsity players may not be moved to the varsity level for post-season competition.
  
7. Physical Assault of an Official:  
**Penalty:** A player alleged to have physically assaulted an official shall be ineligible to participate in or attend any contests until the investigation has been completed and the NCS Commissioner of Athletics has accepted the results and recommendation of the school's investigation.

I have read the NCS, CIF Ejection Policy and understand there are severe consequences for assaultive behavior/fighting and leaving the bench area to begin or participate in an altercation. I have also been provided with a complete version of the NCS, CIF Ejection Policy. I understand that athletes may not participate in any contest until this document is filed with the school. This signed Athlete Notification Form is to be maintained at the school.

Student's Signature \_\_\_\_\_ School \_\_\_\_\_  
A typed name replaces a signature

SPORT \_\_\_\_\_ Date \_\_\_\_\_ VAR \_\_\_\_\_ JV \_\_\_\_\_ F/S \_\_\_\_\_ FR \_\_\_\_\_



**PARTICIPATION AGREEMENT FOR  
CALIFORNIA INTERSCHOLASTIC FEDERATION (CIF)  
VOLUNTARY ACTIVITIES**

**ACKNOWLEDGMENT AND ASSUMPTION OF POTENTIAL RISK**

I authorize my son/daughter, \_\_\_\_\_ to participate in the District-sponsored activities of \_\_\_\_\_.

I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to the following:

- |                              |                          |
|------------------------------|--------------------------|
| 1. Sprains/strains           | 5. Paralysis             |
| 2. Fractured bones           | 6. Loss of eyesight      |
| 3. Unconsciousness           | 7. Communicable diseases |
| 4. Head and/or back injuries | 8. Death                 |

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the District for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks which may be associated with participation in these activities.

I understand, acknowledge and agree that the District, its employees, officers, agent, or volunteers, shall not be liable for any injury/illness suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read this PARTICIPATION AGREEMENT FOR CIF VOLUNTARY ACTIVITIES and that I understand and agree to its terms.

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

A signed PARTICIPATION AGREEMENT FOR CIF VOLUNTARY ACTIVITIES must be on file with the District before a student will be allowed to participate in the above extra-curricular activities.

**Mendocino Unified School District**

**Students**

<p><b>Exhibit 5131.63</b> Adopted by Board 2/14/08</p>
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**Steroids**

**AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN  
REGARDING USE OF STEROIDS**

Student athlete name \_\_\_\_\_

**Directions:** As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Mendocino Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

**By signing below, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.**

**We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.**

**We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.**

\_\_\_\_\_  
Signature of student athlete                                  Date

\_\_\_\_\_  
Signature of parent/guardian                                  Date



## CIF Concussion Information Sheet

### Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. *The law requires a student-athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2500), and certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR)].

### What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

*Most concussions get better with rest and over 90% of athletes fully recover.* However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

*Most concussions occur without being knocked out.* Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery from the concussion.

### What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

*Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion.* Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.

**Signs observed by teammates, parents and coaches include:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Looks dizzy</li><li>• Looks spaced out</li><li>• Confused about plays</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or awkwardly</li><li>• Answers questions slowly</li></ul> | <ul style="list-style-type: none"><li>• Slurred speech</li><li>• Shows a change in personality or way of acting</li><li>• Can't recall events before or after the injury</li><li>• Seizures or "has a fit"</li><li>• Any change in typical behavior or personality</li><li>• Passes out</li></ul> |
|--|---|

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

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• "Pressure in head"</li><li>• Nausea or throws up</li><li>• Neck pain</li><li>• Has trouble standing or walking</li><li>• Blurred, double, or fuzzy vision</li><li>• Bothered by light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Loss of memory</li><li>• "Don't feel right"</li><li>• Tired or low energy</li><li>• Sadness</li><li>• Nervousness or feeling on edge</li><li>• Irritability</li><li>• More emotional</li><li>• Confused</li><li>• Concentration or memory problems</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

**What is Return to Learn?**

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations). Go to the CIF website ([cifstate.org](http://cifstate.org)) for more information on Return to Learn.

**How is Return to Play (RTP) determined?**

Concussion symptoms should be completely gone before returning to competition. A RTP progression is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see [cifstate.org](http://cifstate.org) for a graduated return to play plan. [AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be no sooner than 7 days after the concussion diagnosis has been made by a physician.]

**Final Thoughts for Parents and Guardians:**

*It is well known that students will often not talk about signs of concussions, which is why this information sheet is so important to review with them.* Teach your child to tell the coaching staff if they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

**References:**

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricmTBI/Guideline.html>
- <https://www.cdc.gov/headsup/youthsports/index.html>



## Concussion Information Sheet



**Please Return this Page**

I hereby acknowledge that I have received the Concussion Information Sheet from my school and I have read and understand its contents. I also acknowledge that if I have any questions regarding these signs, symptoms and the "Return to Learn" and "Return to Play" protocols I will consult with my physician.

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date



BETTER ATHLETES  
BETTER PEOPLE

# Parent Pledge

Our organization is committed to the principles of Positive Coaching Alliance (PCA). Therefore, we ask that you read, sign and return this form to your child's coach or any appropriate representative of our organization.

Initial each  
line below

In keeping with PCA's ideal of the **Double-Goal Coach** -- who has a goal of winning and an even more-important goal of teaching life lessons through sports -- I will be a **Second-Goal Parent**, focused on the goal of **using sports to teach life lessons**, while leaving the goal of winning to players and coaches.

I will use positive encouragement to **fill the Emotional Tanks** of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

I will reinforce the **"ELM Tree of Mastery"** with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

- encourage my child to exert maximum **Effort**
- help my child **Learn** through sports
- urge my child to get **past Mistakes** by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by **Honoring the Game**, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official's call, I will Honor the Game and be silent.

I will use a **Self-Control Routine** to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I need to be a role model. I can rise above this.")

I will **refrain from negative comments about my child's coach** in my child's presence so that I do not negatively influence my child's motivation and overall experience.

I will be as **prompt as possible** dropping my child off and picking my child up from practices and games.

I will engage in **No-Directions Cheering**, limiting my comments during the game to encouraging my child and other players (from both teams).

PRINT ATHLETE'S NAME

PARENT'S SIGNATURE

For more PCA Tools for Parents, visit: [www.positivecoach.org/our-tools](http://www.positivecoach.org/our-tools)  
[www.positivecoach.org](http://www.positivecoach.org)