

Madison School District

Athletic Code of Conduct



Revised 6-29-20

**Madison Trojans
Athletic Handbook**

3498 Treat Highway, Adrian, Michigan 49221

Phone (517) 265 – 1842

Fax (517) 265 – 1848

The Athletic Office is located in Madison High School

Athletic Director: Kris Isom

Athletic Department Secretary: Sandi Roback

For more information about teams, schedules, and directions please go to:

www.madisonk12.us

Note: The Board of Education does not discriminate on the basis of race, color, national origin, sex, disability, age, religion, height, weight, marital or family status, military status, ancestry, genetic information, or any other legally protected category, (collectively, "Protected Classes") in its programs and activities.

Madison School District Mission (Purpose) Statement

Madison School, in cooperation with our community, will empower each student to develop his or her full potential to be successful in an ever-changing world.

Madison School District Vision (Direction) Statement

Developing individual excellence through rigor, innovation, and personal attention

CODE OF CONDUCT

The Athletic Department at Madison School District is governed by the Board of Education. Madison School District is a member school of the Michigan High School Athletic Association (M.H.S.A.A.) and adheres to their rules and regulations. Madison's conference affiliation is the Tri-County Conference (TCC).

The Athletic Code of Conduct aligns with the rules and regulations adopted by the Madison School District's policies and procedures. All athletes and coaches are expected to adhere to the rules set forth by the Board of Education, MHSAA, TCC, and the Athletic Department.

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INTRODUCTION

Each student who participates in athletics must exhibit responsible behavior and conduct in which all of us can be proud. He/she is representing himself, his teammates, and Madison School District. These rules apply during the entire year; the school year as well as the summer. Penalties will carry over from one school year to the next school year, except that a student entering high school will not typically have prior offenses from middle school affect his/her high school eligibility. **These rules and associated penalties will apply throughout a student's entire high school career at Madison.**

The following rules and regulations apply to all participants in all sports at Madison School District, but are not intended to be all inclusive. These rules and regulations cover areas specific to participants in athletics and are in addition to all rules and regulations outlined in the High School and Middle School Student Handbooks, District Policies, and the MHSAA.

These rules were established as a minimum standard for all coaches to follow in order to maintain consistent team expectations of all athletic teams at Madison School District. An individual coach may establish rules above and beyond the expectations presented throughout this document. However, if a coach does choose to establish stronger rules, the rules must be presented in writing to the Athletic Director for approval prior to distribution to student-athletes at the start of the season. The sport-specific rules must be approved by the Athletic Director to confirm they conform to the Madison Athletic Department Rules and Regulations, the High School and Middle School Student Handbooks, District Policies, and the MHSAA. Any issues not covered by the Madison School District Athletic Code of Conduct, the student handbooks, District Policies, the MHSAA rules, or specific team rules will be resolved by an Athletic Board. The Athletic Board is a five-member committee consisting of the coach involved, the head coach, athletic director, principal, and a Board member. IN the event one of these members is unable to participate for any reason, another school administrator will be added.

EXPECTATIONS

Coaches at Madison are proud members of the MHSAA and TCC. The coach's purpose is to provide a sound, competitive athletics program that provides student-athletes the opportunity to develop physically, emotionally, mentally, ethically, and socially. In doing so, coaches will be held responsible for assisting young men and women in their educational pursuits, as well as the development of skills in their respected sport in order for the student to reach his/her full potential. Coaches will work closely with the community, alumni, parents, and staff to build a supportive structure and environment to achieve success for student-athletes. The coaches are committed to the philosophy, vision, rules and regulations implemented by the MHSAA, Athletic Department, and Board of Education.

Madison Coaches will:

- Establish a vision and set goals for the team, players, and program
- Develop student-athletes as proud members of the team, school, and community
- Establish expectations to ensure the safety of the student-athlete at all times
- Promote good sportsmanship
- Develop daily practice plans
- Serve as an ambassador with teachers, administrators, parents, and community
- Communicate effectively with everyone in the program as outlined in Policy 7545
- Build a program as a whole
- Establish and maintain a positive image as a role model at all times
- Maintain and update inventory and equipment
- Organize an off-season program (designated for specific sports)
- Lead by example
- Supervise athletes at all times
- Participate in Athletic Department fundraising activities
- Treat the student-athletes the way you would want your own children to be treated
- Help promote and support all Madison athletic teams and activities

Madison Student-Athletes will:

- Understand they are a student first, athlete second
- Communicate effectively with his/her coach
- Meet the academic requirements for participation
- Attend all practices and contests on time
- Follow all rules and regulations presented in the student handbook
- Be Respectful, Responsible, Dedicated, and Committed to the Team
- Always show good sportsmanship
- Be leaders in the school and community
- Support other student activities

Madison Parents will:

- Support the Team
- Cheer for the Team
- Be a good role model for the Team
- Show proper sportsmanship for the Team
- Help promote the Team
- Adhere to the “24 hour rule”, which states that parents will not engage in difficult conversations with coaches about practice or competition until 24-hours after the end of the practice or competition in question.

ELIGIBILITY

Student athletic eligibility is governed by the MHSAA as well as the Madison School District Athletic Code of Conduct. A summary of the MHSAA Eligibility Rules is stated below. This list is not exhaustive. Students who have questions about athletic eligibility should promptly contact the Athletic Director.

REQUIREMENTS FOR PARTICIPATION

1. Student-athletes must be under 19 years of age at the time of any contest unless the 19th birthday occurs on or after September 1st of a current school year, in which case the student-athlete is eligible for the balance of that school year in all sports. For an 8th grade student-athlete he/she must be under 15 years of age (14 for 7th grade) prior to September 1st.
2. No student-athlete shall participate in any phase of the athletic program before a Physical Examination Form for the current school year is on file in the athletic office. This form must be signed by the examiner (M.D., D.O., Physician's Assistant, or Nurse Practitioner) indicating that the student is physically able to compete in the athletic activity concerned. For the form to be valid, the physical examination must be given on or after April 15th of the previous school year. As a further condition of participation, a student's parent or guardian must also consent to the student's athletic participation. In cases of serious injury or extended illness, school officials reserve the right to require an athlete to be re-examined by a physician (M.D. or D.O.) before being allowed to participate in interscholastic athletics.
3. All athletes must have a signed copy of receipt of the athletic rules on file in the office.

Participation in any athletic activity binds each student-athlete to the terms of this Athletic Handbook.

ACADEMIC REQUIREMENTS FOR PARTICIPATION

Academic Eligibility Requirements

The MHSAA requirements are that an athlete must have passed at least 66% of a full credit load in the previous semester and must be currently passing the same on the transcript of the school they represent in competition.

In addition to the State Requirement, Madison School District requires the following:

I. Prior Trimester Requirement

High School - The passing of a minimum of at least **five** courses the trimester prior to participation in an extracurricular activity. Or, if a student was enrolled in less than six classes at the start of the trimester, the passing of every class in which enrolled. If a student does not fulfill this trimester requirement, he/she will be ineligible to participate for the following trimester. Summer school classes approved by the administration may be used to fulfill this requirement. (Students that transfer to Madison from a school that operates on a six or seven period day must have passed five courses under this requirement.)

Middle School - A student is required to pass a minimum of at least five courses the trimester prior to participation in an extra-curricular activity. If a student was enrolled in less than six classes at the start of the trimester, the student must pass every class in which enrolled. If a student does not fulfill this trimester requirement, he/she will be ineligible to participate for a minimum of six weeks into the new trimester, and until he/she is passing five classes. A student passing less than four courses in the trimester prior to participation, is ineligible to participate for a minimum of the following trimester, and until he/she is passing five classes.

Credit recovery classes approved by the administration may be used to fulfill this requirement. (Students that transfer to Madison from a school that operates on a six period day must have passed five courses under this requirement.)

II. Current Trimester Requirement

High School - A student failing two or more classes on a cumulative basis will be ineligible for a minimum of one week, and until passing work is done in at least **five** classes. Eligibility is confirmed at the end of each week (Friday). If, because of special circumstances, a student is enrolled in less than six classes, that student must continually pass all of those classes. In addition to all of the above, students must also meet the Michigan High School Athletic Association requirements.

Middle School - An academic eligibility check will be conducted weekly. Each Friday, during the season or event, the coach or director of the team or event will receive a report. If a student is not passing a minimum of five out of six courses, the student is ineligible for competition or performance until the next check. The academic check will report the student's current overall trimester grade.

MANDATORY PARENT MEETINGS

For every athletic team there will be a mandatory parent meeting. One or both parents are required to attend this meeting before an athlete can participate in a contest. If for some reason a parent/guardian cannot attend, he/she must contact the coach to make other arrangements.

VIOLATION OF RULES AND REGULATIONS

All school administrators, teachers, coaches, team captains, and parents are required to see that these rules are enforced. Any violation of the rules by a student-athlete should be reported in a reasonable time frame to the Administration, Athletic Director, or head coach of the sport in which the student is participating. A violation that is reported will be kept confidential, but the accuser must officially go on record for the report to be investigated. Anonymous and otherwise unsubstantiated reports will not be investigated.

WITHDRAW (QUITTING) OR DISMISSAL FROM ATHLETIC COMPETITION

If a student-athlete withdraws or is dismissed from athletic participation after the first game or scrimmage, once cuts have been made, or before the final game of that sports season, no matter what the level of competition, he/she will not be eligible to participate in the next athletic season. A student-athlete can, however, participate in the following season if he/she is

released by the Athletic Board. Students experiencing extenuating circumstances have the opportunity to meet with the Athletic Board to further determine eligibility. Upon reinstatement, a student may be required to meet additional obligations as determined by the Athletic Board. A request for an Athletic Board meeting may be initiated by the coach, athlete, building administrator, or Athletic Director. A request for an Athletic Board hearing must occur at least 15 school days for high school and 7 school days for middle school, prior to the first scheduled practice of the next sport the student-athlete wishes to participate in if he/she is dismissed from the team.

TRANSFERS

A student who transfers to Madison School District after becoming ineligible because of a student or athletic code of conduct violation(s) at the previously attended school shall remain ineligible at Madison for not less than the period of ineligibility imposed by the previously attended school. This would be the case even if the student's situation would otherwise satisfy one or more of the exceptions to the transfer regulation of Madison School District and the MHSAA (Regulation I, Section 9), and even if the act which caused the student's ineligibility at the previous school would not be a violation or cause the same period of ineligibility at Madison School District.

That student was subject to the rules and penalties of the previous school and shall not be allowed to escape the consequences of his/her conduct and, in doing so, displace students of Madison from teams, positions, events, and awards at least until the full period of ineligibility has been served.

ATTENDANCE/PARTICIPATION

THE DEFINITION OF "IN SEASON"

Season Start: The season begins with the first day of practice allowed by the Michigan High School Athletic Association (MHSAA).

Season End: The season ends at the conclusion of competition/athletic banquet. If a violation that would result in removal from the team or suspension of play occurs between the end of competition and prior to the post-season banquet, a student-athlete will forfeit their varsity letter AND will receive discipline applicable to the specific offense per the Athletic Code of Conduct.

PRACTICE AND COMPETITION ATTENDANCE

Athletes must be in attendance at school or at a school-approved event for a minimum of half the school day to participate in a practice session, game or meet. (Special cases such as death in the immediate family, etc., will be handled by administration)

All student-athletes are expected to be at the first day of practice or tryouts. Exceptions must be discussed with the coach and AD in order to participate in the sport. Make-up work will then be determined by the coach and AD.

It is expected that once a student-athlete commits to a sport and team, he/she will not be absent from this responsibility for other interests. This includes family vacations during school breaks, travel teams outside of school, and non-curricular school functions (i.e. day of Prom). We attempt to minimize as many of these types of conflicts as we can, but circumstances do not always allow us to eliminate team responsibilities during such times. All athletes will still be held accountable for absences due to these types of conflicts of interest. The only exception regarding a conflict of interest would be if one of the student-athlete's academic classes requires attendance at a different event at the same time.

All student-athletes are expected to be at all practices and competitions throughout the season. If a student athlete is injured or unable to participate, he/she is still expected to attend practices and competitions as part of the team. Absences must be discussed with the coach prior to the missed practice or competition.

Madison Middle School athletics are designed to empower student-athletes to explore, experience, and enjoy MHSAA-sanctioned competition. Students today, more than ever, participate with extra-curricular activities including but not limited to travel teams, dance teams/groups, scouts, etc. that have the potential to coincide with Madison Middle School sports.

Rules and expectations regarding attendance at practice and competitions is communicated through handbooks, as well as, the parent meeting for each individual sport. Scheduling conflicts are often anticipated prior to the season depending on individual circumstances - this warrants dialogue between the student, parent/guardian, and coach. When a scheduling conflict is anticipated based on the participation of a middle school sport and a non-school sponsored activity, a meeting must occur prior to the start of the season. A meeting requested by the parent and facilitated through the AD shall occur to determine if participation with both the middle school sport and the extra-curricular activity is viable. The determination shall be made through input of the coach and ultimately decided by the AD so that the student and parent/guardian is fully aware if the student should indeed proceed with participation of the specific Madison Middle School sport.

It is noted that student-athletes are no longer considered "exploring" a sport once they enter high school. Rather, the student-athlete is making a significant commitment which requires 100% commitment to the team.

After the first practice, the consequences for missed practices and/or competitions will be determined by the specific sport's team rules as approved by the AD.

*Exceptions to the consequences (as stated above, must be communicated with the coach)

- death in the family or other emergency
- religious observation
- curricular class requirement (See "Conflicts of Interest" for explanation)

The penalties documented on Pages 10-11 of the Athletic Code of Conduct is in place for all violations outlined on Pages 10 including: Breaking the Law, Use of Illegal Substances, Substance Abuse Violation, and Sexting/Digital Technology.

BREAKING THE LAW

If a student athlete is charged with breaking the law (misdemeanor, felony, other than minor traffic violations), discipline will be administered. The District reserves the right to separately investigate any allegations that a law or rule was violated, and independently determine whether, in the District's sole discretion, the student can continue to participate in athletics.

If a student athlete's action (as described above) is also a violation of the regulations in the Student Handbook or the Athletic Code of Conduct, discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

Note: During an investigation (police or school), the student-athlete in question may be temporarily suspended by the administration from all team activities.

USE OF ILLEGAL SUBSTANCES

Madison School District recognizes that the use of tobacco, alcohol, and other drugs interferes with the physical, intellectual, social, and emotional development of our student athletes. Reflecting the prevention philosophy of both our athletic program and our school system, this policy's intent is to send a clear and consistent message to all athletes, coaches, parents, and program administrators regarding tobacco, alcohol, and other drugs. The adolescent use of tobacco or nicotine-based products, alcohol, and other drugs is illegal and presents a significant threat to an athlete's health and safety and to the orderly conduct of athletic programs. The District also prohibits its student-athletes from using "e-cigarettes", vaporizers, "hookah"; or other similar devices that contain tobacco or nicotine. The additional safety factors associated with active, competitive participation give the athletic community an added responsibility to provide the safest and healthiest environment for all concerned.

SUBSTANCE ABUSE VIOLATION

Substance abuse will not be tolerated. Smoking, use and/or possession of any tobacco or nicotine-based products, drinking and/or possession of intoxicating beverages, use and/or possession of drugs is strictly prohibited.

SEXTING/DIGITAL TECHNOLOGY

Sexting will not be tolerated. Sexting is defined as the sending of sexually explicit photos, images, text messages, or e-mails by using a cell phone or other electronic device.

A student-athlete who engages in sexting, substance abuse, use of illegal substance or breaking the law, will be suspended from the team as follows:

1. FIRST OFFENSE: The student-athlete will be suspended from competition for ½ of the games scheduled in the sport season that he/she is involved in; or be suspended from ½ of the games scheduled in the next sport that he/she participates in if he/she is not participating in a sport at the time of the offense. If less than ½ of the sport season remains, the athlete will be suspended for the remainder of that sport season and will not receive any post-season awards or honors.
2. SECOND OFFENSE: The athlete will be suspended from all athletic competition for the six calendar months following his/her second offense. If less than six months remain in the school year, this penalty will carry over to the succeeding school year.
3. THIRD OFFENSE: The athlete will be suspended from all athletic competition for one calendar year from the beginning of the suspension.
4. FOURTH OFFENSE: The athlete will be suspended for the remainder of their athletic eligibility.

Because every circumstance is different, the District reserves the right to impose longer suspensions or additional discipline.

PRANKS/IMPROPER USE OF SOCIAL MEDIA/THEFT

Theft:

Stealing, or being caught in the act of stealing property or equipment, (belonging to the school, a business or an individual) will not be tolerated. Theft will result in suspension from the team for a length of time determined by the coach, Athletic Director, and Principal.

Pranks/Improper Use of Social Media:

Student-athletes shall not become involved in serious school pranks or improper use of social media (improper use of social media may include, but not be limited to, Facebook, texting, and Twitter).

Any athlete involved in serious school pranks, improper use of social media, and theft, will be brought before the Athletic Board where one of the following penalties may be imposed;

1. Suspension from two weeks of athletic competition.
2. Suspension for ½ of a sport season.
3. Suspension for the remainder of the school year.

Note: Violations of the above standards regarding theft will result in appropriate discipline ranging from corrective action prescribed by the coach to suspension from competition(s) or expulsion from the team. The police may also be notified.

HAZING

Hazing is defined as harassment, abuse, or humiliation by way of initiation. This definition can include both physical and mental forms of hazing. Hazing is associated with, but not limited to being initiated into, or pledging, a team. Student-athletes participating in hazing activities will

be subject to discipline appropriate to the offense. Depending on the severity of the violation, penalties may range from suspension to expulsion from the team as determined by the Athletic Board.

DISCIPLINE FROM SCHOOL

All violations of rules and regulations outlined in the Madison Student Handbook that result in a student-athlete being assigned any form of discipline by school administration (such as detention or suspension from school) could result in suspension from the next competition. Recurring violations may result in further suspension or expulsion from the team.

MULTI-SPORT PARTICIPATION WITHIN THE SAME SEASON

Two sports in the same season:

In rare cases, a student-athlete may be interested in participating in two sports during an athletic season. To participate in two sports during the spring athletic season, there are a couple steps that the student-athlete must take. First, the student-athlete must pick a primary sport. Second, a written and signed statement by the student-athlete must be submitted to the Athletic Director prior to the start of the season. Student-athletes are students first; the student-athlete's participation in one or two sports must not impact the student's academics.

FACILITIES AND EQUIPMENT

Facilities:

A student-athlete using any facility including but not limited to the weight room, gym, Indoor Athletic Facility must be under the direct supervision of a coach at all times.

Trainer's Room and Coaches' Offices:

The trainer's room and coaches' offices are off-limits to all student athletes unless they are under the supervision of the trainer or coach.

Equipment:

All student-athletes are financially responsible for equipment issued to them during their season. Equipment issued to a student athlete is to be worn only for practice or competitions, unless given express permission by the coach of the sport.

Athletes will not be permitted to participate in another sport until their equipment from the previous sport is turned in. If damaged or not returned the student athlete is charged the price of replacement for all missing pieces of uniform and damaged equipment. If the student-athlete is a senior their transcripts and diploma may be held up until equipment and uniform is turned in or replaced.

Vandalism:

A student-athlete will be financially responsible for acts of vandalism of athletic equipment or facilities home and away.

TRANSPORTATION

When the school provides transportation (bus, van, etc.), all student-athletes must travel to and return from the destination together nonstop. However, students may ride home with a parent/guardian or designee if/when appropriate paperwork (sign-out) occurs. This is up to the coach's discretion.

INJURIES/MEDICAL CARE

All injuries must be reported to the coach and/or trainer promptly. The coach, trainer and/or athlete will then notify the parents of this injury.

If a student-athlete receives care from any physician, including a physician's assistant (PA) or certified nurse practitioner (CNP), for any injury or illness, then that athlete is required to present a written note from a medical professional to the coach and trainer stating his/her status. Athletes will not be allowed to practice or compete until a written medical release to return to practice and/or competition is received.

Licensed athletic trainers must work under the authority of a designated physician. Madison School District has appointed an athletic trainer and team physician to deliver athletic health care to our student-athletes. Owing an obligation to student-athlete welfare, policies and procedures have been established to deliver the best possible health care.

- Student-athletes must report sport-specific injuries/illnesses to the athletic trainer. As appropriate, the athletic trainer will communicate with parents or guardians regarding any care rendered and future treatment recommendations. Federal privacy laws regarding the disclosure of health information apply.
- If a student-athlete is seen by any physician for an injury, they are required to obtain and present a clearance note to the athletic trainer. The note must be signed by a licensed physician (not a nurse or other surrogate), state the diagnosis, list any restrictions or limitations and indicate the date the athlete may safely return to practice and competition.
- For the well-being of the student-athlete, the team physician and athletic trainer appointed by Madison School District may consult with the student-athlete's physician regarding return to play.

MHSAA RULE INFRACTIONS RESULTING IN INELIGIBILITY

The following represent a few of the commonly misunderstood MHSAA rules that will result in ineligibility. For more information regarding these and other rules go to www.mhsaa.com

- A student-athlete's amateur status can be jeopardized if a student or family member receives money or valuables for participation in sports sponsored by Madison School District. The period of ineligibility will be dictated by current MHSAA rules.

- A student-athlete who plays a sport concurrently for a team other than a Madison athletic team, will be considered ineligible. The period of ineligibility will be dictated by current MHSAA rules.
- A student-athlete who receives an award for participation in athletics that exceeds \$25 in value will become ineligible. The period of ineligibility will be dictated by current MHSAA rules.

AWARDS

An athlete will receive a maximum of one (1) varsity letter “M” while participating as a high school athlete.

Only members of a team finishing the season in good standing will receive any type of award or recognition (such as a certificate or varsity letter). The head coach in consultation with the AD and building administrator will determine the status of “in good standing.” Also, a student-athlete must attend the sports banquet in order to receive any award, unless a prearranged absence has been approved. **This includes all awards at the end of the year, i.e. Madison Scholar Athlete, Senior Award, 3 sport athlete, etc. These are awards presented at the spring sports banquet.**

Awards values shall not exceed a total of \$25 per MHSAA guidelines.

Note: Student-athletes who have been expelled from the team for violations will not receive a team award and will not be allowed to attend the team banquet.

Senior Athletic Award – Criteria

Varsity Letter = 10pts

Captain (Varsity) = 3 points

Banquet Award = 5pts. **MVP +3**

TCC All-League= 1st Team = 10 pts

League Champs = 10 pts

2nd Team=5 pts, HM = 2 pts

All County = Same as above

District Champ = 10pts

Regional Champ = 15pts

Team State Championship = 20 pts

All State = 1st team = 10pts, 2nd team = 7pts, **3rd team = 6pts**, HM = 5pts.

GPA must be a 2.5 or above. If there is a 25 point or less discrepancy between student-athletes, the Coaches will have an input on who they believe is deserving. Character, Team player, sportsmanship and athletic ability are taken into account. Must be in good standing with school and team rules.

APPEALS/ FORMAL COMPLAINT PROCEDURE

Any suspension or expulsion of a student athlete from practice(s) or competition(s) because of a violation of the rules may appeal the decision by following these steps:

- 1) Set up a meeting with the head coach involved.

- 2) If the appellant/complainant is not satisfied with the Head Coach's decision, he/she may appeal to the Athletic Director by setting up a meeting.
- 3) If the appellant/complainant is not satisfied with the Athletic Director's decision, he/she may appeal to the High School or Middle School Principal (whichever applies) by setting up a meeting.
- 4) If the appellant/complainant is not satisfied with the Principal's decision, he/she may appeal to the Superintendent by setting up a meeting.

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess		

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

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

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

CODE OF CONDUCT AND CONCUSSION AWARENESS ACKNOWLEDGEMENT

Student-Athlete and Parent signatures to acknowledge the participant contract:

I have chosen to participate in athletics at Madison School District. I have read and understand the athletic rules and regulations and the consequences of violating them. I pledge to keep all rules and regulations and to help all of my teammates abide by the same. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations, and the sport-specific rules, and accept the rules and regulations as a condition of participation. I also acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and Students.

Student Athlete Signature _____

Date _____

Please print your name (student athlete) _____

As the parent/guardian of _____, I understand and support this contract that my son/daughter has signed. Optimum health and exemplary sportsmanship are the primary goals of our athletic program, and I support the school system in the efforts to attain these goals. I acknowledge the consequences stated above for athletes who violate the rules and regulations of Madison School District. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation for my child. I also acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and Students.

Parent/Guardian Signature _____

Date _____

Return this signed form to the Madison High School office that must keep on file for the duration of participation or age 18.

Participants and parents, please review and keep the educational materials available for future reference.