

"Pride, Spirit, Academics & Sportsmanship!"



**Quilcene School District
2024-25 SY
Co-Curricular Handbook**

**294715 Hwy 101
Quilcene, Washington 98376
(360) 765-3363
Fax (360) 765-4183
<http://www.qsd48.org>**

**Approved by the School Board
June 24, 2014**

***Celebrating 112
Years!***

Table of Contents

Subject	Page	Section
Academic Probation	7-8	4.04
Academic Standards	7-8	4.01
Age Limits	6	3.02
Amateur Standing	6	2.12
Appeal for Academic Probation	8	4.05
ASB Cards	6	2.10
Athletic Grading Standards	7-8	4
Athletic Philosophy	3	1.01
Athletic Program Objectives	3	1.02
Basic Information	4, 5	2
Community/Out of Season Participation	5	2.07
Concussion Information for Parents/Guardians and Athletes	10,11,12	6.00
Conviction of a Crime	7	3.09
Due Process	4,5	2.04
Ejection from a Contest	7	3.07
Eligibility Requirements	6,7	3
End of Season Activities	5	2.05
Enrollment	6	3.01
Equipment	6	2.09
Forms	4	2.01
Home Based Instruction	7	3.05
Initial Grade Check	7	4.02
Initiation or Hazing	6	2.11
Injuries	5,6	2.08
Lettering	8	4.06
Participation Privilege	3	1.04
Physicals	7	3.04
Program Guidelines	3	1
Regular Attendance	7	3.06
Sportsmanship	3	1.03
Subsequent Grade Checks	7,8	4.03
Suspension from School	7	3.08
Team Rules	4	2.03
Transportation to Away Games	5	2.06
Use of Tobacco, Alcohol, Controlled Substances.	8,9,10	5
Use, Possession or Sale of Tobacco/Alcohol	8,9,10	5.04
Use, Possession or Sale of Controlled Substances/Legend Drugs	9,10	5.04
WIAA Handbook Rule	4	2.02
Years of Eligibility	7	3.03

Quilcene Co-Curricular Handbook

1. Quilcene School District Athletic Program Guidelines:

1.01 Athletic Philosophy: Quilcene Athletics will promote good sportsmanship and respect for rules and authority. The programs will enable students to establish leadership roles, team pride, teamwork, and team and individual discipline. Quilcene Athletics will encourage student athletes to attain high academic standards, maintain outstanding behavior expectation both inside and outside of school and become responsible members of their school and community.

1.02 Athletic Program Objectives:

1.02.01 To enable students to develop and maintain a high level of physical fitness through an organized program of conditioning activities. Such activities will increase strength, coordination, and endurance.

1.02.02 To promote the importance of healthy living through a healthy diet, proper rest habits, regular physical examinations and the abstinence from the use of alcohol, tobacco, and other harmful substances.

1.02.03 To provide the opportunity to learn the meaning and value of teamwork through competitive sports, including conflict resolution skills, mental poise, self-discipline, and emotional stability in a group setting.

1.02.04 To increase self-confidence, improve academic standing, and experience the importance of sportsmanship.

1.03 Sportsmanship: Good sportsmanship includes traits considered beneficial to athletes, such as fair play, courtesy, team spirit, and grace in winning or losing.

1.03.01 Accept the responsibility and privilege of representing the school and community. It is the expectation of the Quilcene School District that our athletes, cheerleaders, and coaches display good sportsmanship at all times. Coaches will talk with their athletes about the district's policy regarding sportsmanship on and off the field of play.

1.03.02 Athletes, cheerleaders, and coaches are representatives of our teams, school, families and community. Whether on the bus, in a restaurant, on the school grounds of an opposing team or on the playing field or court our language and behavior will be exemplary.

1.03.03 Athletes, cheerleaders, and coaches will use appropriate language at all times and may face suspension from the team by the Athletic Director or Principal for doing otherwise.

1.03.04 Shake hands with the opponents after the contest. Wish them luck before the contest and congratulate them on their performance after the contest.

1.03.05 Respect the judgment of the officials and their interpretation of the rules. Never argue or make gestures indicating disdain for a decision. Only the team coach or team captain should communicate with the officials regarding rules interpretation.

1.03.06 Accept both victory and defeat with grace and dignity, never being boastful or bitter. Both you and your opponent have put forth the best effort possible.

1.04 Participation is a Privilege: Participation in the Activities at Quilcene Schools is a privilege requiring discipline and dedication. As a student athlete or participant in activities you will be expected to follow a set code of rules designed to promote teamwork and sportsmanship. Disrespectful and/or unsportsmanlike behavior can effect a student athlete's eligibility.

2. Basic Information for Participants:

2.01 Forms: For an athlete to participate in Quilcene High School athletic events the athlete and athletes parent/guardian must register on FinalForms and complete the following forms prior to practicing with the team: ***Athletic Eligibility Form *Medical Release Form *Physical Form *Risk Management Form *Proof of Insurance Form, *Sudden Cardiac Arrest Form, and finally, *Concussion Informed Consent Form.** The student must purchase an ASB card prior to the first game or they are ineligible (see section 2.10).

2.02 WIAA Handbook: All student athletes and ***students participating in a co-curricular activity that falls under WIAA guidelines*** must follow the guidelines presented in the WIAA Handbook. In addition, these participants are held to the higher standards outlined in the Quilcene High School Co-Curricular Handbook.

2.03 Team Rules: Each sport will have rules and regulations unique to that sport. The coach will provide team members with a written copy of these rules. Violation of these rules may result in placing the student on probation, suspension, or expelled status.

2.04 Due Process: Students and parents have a right to appeal any case of suspension and expulsion. The Washington Interscholastic Activities Association (WIAA) sets some of the regulations and standards forth and other policies are the Quilcene School District's.

2.04.01 If it is a WIAA standard, the first level of appeal must be made to the Sea King District No. 2 or current district eligibility board (if it has changed) on specific forms and within deadlines. Regulations and standards that are Quilcene School District policy are first appealed to the school eligibility board.

2.04.02 When infractions occur within the athletic program where there is no WIAA standard, the following process may be followed:

- A. A Building Hearing Committee composed of the building principal and/or designee, athletic director, and coach will be constituted to hear any appeals of disciplinary action taken against student athletes. Upon the imposition of penalty for infraction(s) of any rules or regulations related to interscholastic athletics, any aggrieved student and parents of said student will have the right to an informal conference with the Building Hearing Committee to request that they refrain from enforcing the decision of the coach or ask the coach to reconsider. If the students and parents do not make a written request for this informal conference within five (5) school days of the imposition of the penalty, they will have waived their right to the conference and appeal procedure. The informal conference is to be held within three (3) school days of the request.
- B. If the parties are unable to agree at the informal conference, the aggrieved party may appeal to the Building Eligibility Committee within (3) school days. The Building Eligibility Committee consists of the principal, athletic director, school counselor, and two building staff members named by the building administrator. The Building Eligibility Committee must meet within three (3) school days of the appeals request. The aggrieved party and the coach(es) will be available as a resource.
- C. The Building Eligibility Committee will hear the case in detail and will render a decision by majority within three (3) school days after hearing the case.
- D. The aggrieved party may appeal to the superintendent of schools within three (3) school days of the appeals decision. The superintendent of schools, after hearing the case in detail, will render a decision within ten (10) school days of the hearing.

- E. The aggrieved party may appeal the superintendent's decision to the Board of Directors within three (3) school days. The Board of Directors, after hearing the case in detail, will render a decision on the case within ten (10) school days of the hearing. This decision will be final.

2.05 End of Season Activities: In order to be eligible to participate in post-season activities, i.e. awards functions etc. the student must be a member of the team in good standing.

2.05.01 Uniforms/Equipment: All equipment must be turned in or fines paid before turning out for another sport.

2.06 Transportation: Students who participate in athletic events must ride to and from those events in District provided transportation unless other arrangements have been made with the school and/or coach. In order to ride with a parent or other adult family member, drive themselves to a game, or to meet the bus at a location on the way to a game, students must present written permission from their parent to the principal, who will make the decision. These arrangements must be made in writing.

2.06.01 Away Games: While on trips to other schools all athletes are still under the rules and codes of conduct set by the school district, and are under the supervision of approved Quilcene High School employees.

2.06.02 Student athletes can be released by their coach to ride home with their parents, grandparents, or guardians. The parent will sign out their athlete through the coaching staff at the conclusion of the athletic contest. Athletes will never be released to non-adults. Athletes may be released to other Adult family members, or the parents, grandparents or guardians of a teammate with written permission by their parent. Players to be released to other adults (21 year or older) only if ***prior written approval*** by the administration has been arranged.

2.06.03 Dress and appearance will be neat and clean.

2.06.04 Students will be responsible for meals during the regular season and district playoffs.

2.07 Community / Out of Season Participation:

2.07.01 Community Sponsored Activities: Students may participate in community sponsored athletic activities in the same or different sports any time during the year as long as that participation does not, at the discretion of the school coach, require the student to miss a team practice or contest, or adversely affect the performance of the student in practice or contest. Students are not to be given special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.

2.07.02 School Sponsored Activities: Except during the specific sport season, schools cannot offer nor can students participate in any school activity that resembles a practice in a given sport. The exception is for the period of time from the last WIAA spring activity until August 1 for all sports. Any such school sponsored activity must be open to all students in the school and include a variety of different activities.

2.08 Injuries: In case an athlete is injured in any circumstance, he/she must notify his/her coach immediately. If a physician is consulted, the athlete must obtain written permission from that physician prior to returning to practice or competition.

2.08.01 If the injury occurs during a contest or practice, the determination of when and if the athlete can return to the competition will be made by one of the following in order of priority: Physician in attendance, coach. In all cases the parent has the right to withdraw

his/her child from participating in an event.

2.09 Equipment: The student will be responsible for maintaining the condition of the equipment the Quilcene School district checks out to him/her. Loss or willful damage of issued equipment is the financial obligation of the student. The athlete will not be allowed to compete in future sports or receive awards until the financial obligation is met. The student shall wear the issued equipment while participating with the school team in practices or scheduled contest.

2.10 ASB Cards: The student must purchase an ASB card prior to the first game or event for the activity they are participating in. If a person does not purchase an ASB card by this time the student will be ineligible to participate in events for that activity.

2.11 Initiation or Hazing will not be Tolerated: Under no circumstances does the Quilcene High School condone or promote initiation or hazing of our athletes. Initiation or hazing is harassment and will result in school and activity suspension for an amount of time to be determined by the Principal.

2.12 Amateur Standing: As an amateur athlete you may not accept merchandise or cash in return for playing a sport. You also may not play on a professional team. Violating these rules may result in ineligibility for high school and college teams.

3. Eligibility Requirements:

3.01: The athletic director is in charge of determining eligibility

3.02 Enrollment:

3.02.01 Be currently enrolled as a student in one of the district's educational programs: Quilcene High School, Crossroads Community School, or the Quilcene Middle School, PEARL, or enrolled in a home school program or another educational system within the district.

3.02.02 Residence: Must reside with their natural parent or legal guardians within the boundaries of the school for which they participate. A student cannot transfer between schools for *athletic/extracurricular* purposes and be varsity eligible without a change of residence. After one year the transfer student may become varsity eligible.

3.02.03 Any transfer student not meeting the residence requirement must attend Quilcene School for one year or already have established eligibility before that student will be eligible to play on a varsity team.

Appeals: Certain situations may be appealed to Sea-King District 2. All such appeals have strict time guidelines and must be done through the athletic director. Hardship, 5th year seniors and resident issues are examples of appeals. It is the responsibility of the student athlete to indicate the desire to appeal to the athletic director. The WIAA is the final authority in such matters.

3.03 Age Limits:

3.03.01 High School: The student shall be under 20 years of age on September 1 for fall sports, December 1 for the winter sports, and March 1 for the spring sports.

3.03.02 Middle School: The student shall be under 15 years of age on June 1 of the previous school year.

3.04 Years of Eligibility: A student has six years of high school eligibility (whether used or not) starting when the student enters the seventh grade. A student would be ineligible after the fourth year even if they remain a student. Fifth and sixth grade grade participation on middle school teams does not count toward a student six years of eligibility. Student who do not participate in middle school sports have four years of eligibility.

3.05 Physicals: The student has a physical exam every 24 months beginning June 1, 2004. Physicals must be performed by a medical authority licensed to perform a physical examination.

3.06 Home Based Instruction: Home based instruction students must meet both WIAA and district eligibility requirement standards and behavior requirements.

3.07 Regular Attendance: A student must maintain regular attendance the semester previous to a sport season to be eligible to play in that sport **or participate in co-curricular activities**. The previous semester may be the last semester of the previous school year if the sport is at the start of the new school year. **Students who are unexcused absent for any class on the day of a game are not allowed to participate in that game. If student does participate, they will be ineligible for the next contest.**

3.08 Ejection from a contest: Any athlete, cheerleader, **participant**, or coach who is ejected from a contest by the contest officials must also sit out the next contest at the same level of competition. Varsity players cannot participate at the junior varsity level or vice versa to circumvent this rule. The second ejection during the same sports season will result in ineligibility for the remainder of that season. Note: *Cheer is not a sport however, as they participate in games and contests (basketball, football, etc.) they are subject to this rule as they represent the school and team.*

3.09 Suspension from School: Students who are suspended from school can neither practice nor compete in a contest during the period of suspension. If the student is suspended on a Friday, they are not eligible for interscholastic play until the following Monday. Students who transfer to Quilcene School while on suspension from a previous school will also not be allowed to participate in athletics for the duration of that suspension (they may not be on school grounds).

3.10 Conviction of a crime: Students convicted of a crime through the criminal justice system may be subject to ineligibility after review by the Principal or any eligibility board he/she convenes.

4. Athletic/Activity Grading Standards:

4.01 Academic Standards: To fully participate in Quilcene activities, participants are required to maintain a grade point average of 2.0 or above and pass all classes. Underclassman must be enrolled in at least 5 classes to be eligible. Seniors (on track to graduate) must be enrolled in at least 4 classes to be eligible.

4.02 Initial Grade Check: By the third week of practice grade checks shall be conducted on all members of a team to determine eligibility. The prior semester's grades are used in this grade check. The activities director shall communicate to the Principal the method and procedure of how grade checks will be conducted to his/her satisfaction.

4.03 Subsequent Grade Checks:

4.03.01 Grade checks should be issued every three weeks.

4.03.02 Students who are ineligible may be reinstated *at any time* by providing the athletic director written documentation from their teacher(s) that they are passing. If they have brought up the grade(s) which resulted in ineligibility and continue to meet the standards for participation outlined in this guide, the athletic director will pronounce them immediately eligible for sports and they will be reinstated.

4.03.03 For matters pertaining to ineligibility due to GPA, a complete grade check from all teachers is required in order to determine eligibility. The standard for participation outlined in this guide still applies.

4.04 Academic Probation: Academic probation occurs when a student has failed to maintain a grade point average of 2.0 or above, and/or has failed a class or classes.

4.04.01 First failed grade check of the sports season: The student will be ineligible to participate in games or events, may not suit up at games, and may not ride the bus to away games or events. They may practice.

4.04.02 Two consecutive failed grade checks: The student will be ineligible to participate in games, may not suit up at games, may not ride the bus to away games or events, and may not practice.

4.04.03 Three consecutive failed grade checks: The student could lose their eligibility for the sports season pending a decision by the teacher, AD, and principal.

4.05 Appeal: Students on an I.E.P. or 504 plan who are placed on probation but feel they are working to their maximum capacity in the grade deficient class may appeal to the principal for eligibility determination. The principal may grant an exception for a specified period of time as long as the baseline WIAA rules ARE NOT violated in doing so.

4.06 Lettering: Students athletes who are dismissed from their sport as part of progressive discipline will NOT letter. In addition, students must be “on the team and academically eligible all season” to letter. A student athlete who is suspended from school (during their sport season) resulting from disciplinary action will not letter. Student athletes who receive an athletic suspension related to tobacco, alcohol or drugs, or other behaviors subject to discipline will not letter regardless of whether they are suspended from school or not.

Student Athletes will be afforded progressive steps where possible relating to discipline and potential dismissals from the team/activity. In all cases, both the athletic director and principal will be involved in the process. This standard holds true for cheerleaders as well.

5. Use of Tobacco, Alcohol, Controlled Substances or Legend Drugs:
All student athletes/co-curricular participants must follow the guidelines presented in the WIAA Handbook in addition to the guidelines outlined in the Quilcene Co-Curricular Handbook. WIAA rules are the standard, but the Quilcene Co-Curricular Handbook may hold participants to a higher standard.

5.04 Use, Possession, or Sale of Tobacco or Alcohol Products:

5.04.01 First Violation: The student shall be ineligible for interscholastic competition for 20 days, which shall be counted as days when practices or games occur. If there are not 20 days left in the sport season, the student shall finish the remainder of his/her 20 days of probation in the next sport in which he/she participates. Should there not be enough days in the current school year, or the student chooses not to try out for a sport in the remaining

school year, the remaining suspension days will carry over into the following season. The student may not suit up for games or ride the bus to away games, but may practice.

A. Minimum penalty would be one game for football and two games for all other activities.

5.04.02 Second Violation: The student shall be ineligible for participation in all sports/activities for the remainder of the school year, or 45 days, whichever is greater. Only days in which practice or games can occur will count; summer days do not count.

5.04.03 Third Violation: If at any time during his/her high school career a student athlete/participant commits three (3) or more violations, the student will be ineligible for participation in any sport/activity for the remainder of his/her high school career.

5.04.04 Appeal Process: After the first violation, the student may seek counseling through an agency approved by the Principal. Upon approval of the school eligibility board, if the student attends counseling and meets any other requirements handed down by the Principal, then the student/athlete may appeal to the Superintendent for reinstatement after 10 days of suspension/probation from the sport (practice/game days). Appeal after the first violation is no guarantee that reinstatement will be granted. After the 2nd violation an appeal can be made to the superintendent after 30 days. After a student's third violation, once one calendar year has elapsed, the athlete may apply for reinstatement. The student athlete shall meet with the school eligibility board consisting of the Athletic Director, coaches and/or other personnel selected by the principal, to request reinstatement. In order to be reinstated the student should show a genuine change in approach over the time in which he or she was ineligible for activities. Letters of recommendation from staff or community, commendations, or community service can all serve as possible reasons to approve reinstatement. Grade reports will also be considered when reviewing the student's appeal. The eligibility board shall make a recommendation on reinstatement to the superintendent for a final decision. A student receiving reinstatement would participate on a probationary basis, meaning that additional violations of alcohol, tobacco, controlled substances or legend drugs would reinstate the ban on that student's participation. Any failed grade checks would also reinstate the ban.

5.04.05: Students who turn out for a sport while under athletic suspension must finish the sport in good standing or the suspension will be reinstated.

5.05 Use, Possession, Sale of Drugs/Paraphernalia, Controlled Substances or Legend Drugs, including marijuana/cannabis.

Legend drugs are prescription drugs the athlete was not prescribed.

5.05.01 First Violation: The student shall be immediately ineligible for participation in the current sports program for the remainder of the season (minimum of 30 days).

- A. WIAA Rules State: In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school eligibility board consisting of coaches and administrators selected by the principal, to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.
- B. WIAA Further States: A participant who seeks and receives help for a problem with use of legend drugs (RCW 69.41.010 identified substances) or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or

community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in that athletic season, pending recommendation by the school eligibility authority.

5.05.02 Second Violation: The student shall be ineligible to participate in athletic/co-curricular programs for one calendar year beginning on the date of the second violation.

5.05.03 Third Violation: A participant who violates for a third time RCW 69.41.020 – 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

5.05.04: Students who turn out for a sport while under athletic suspension must finish the sport in good standing or the suspension will be reinstated.

Note: Violations for legend drugs and alcohol/tobacco are counted separately. Violations of either rule do not carry over from middle level to high school.

6.00 00 Concussion Law Requirements: UU HB 1824 (Zachery Lystedt Law) requires, as of July 26, 2009, that additional steps be taken regarding concussions in the school athletic programs and non-profit athletic groups using school district facilities. WIAA is charged with the responsibility of developing those guidelines, which will be made available in a variety of formats including WIAA website links.

“This handbook is put forth to all QSD student-athletes, or those who are thinking of becoming athletes. The rules/requirements set forth herein are applicable 24 hours a day, seven days a week, 365 days a year. Even if you are not currently playing a sport, the rules apply to you if you are an athlete, or wish to play a sport in the future.”

Created in cooperation with our Community, the Quilcene School District Athletic Department, and School Board.

Michelle Bruski-Dumpert - Principal

This Athletic Handbook and its policies comply with all applicable state and federal laws, including but not limited to: Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, the Americans with Disabilities Act of 1990, RCW 49.60, Law Against Discrimination, Section 504 of the Rehabilitation Act of 1973, and RCW 28.A.640, sex equality, and covers, but is not limited to, all District programs, courses, activities, including extracurricular, services, access to facilities, etc.

Affirmative Action/Title IX Officer

Mark Grudger
Principal, Quilcene School District
PO Box 40 (294715 Hwy 101)
Quilcene, WA 98365
(360) 765-3363 Ext 206

Section 504 Coordinator

Tiffany Jaber
Counselor
PO Box 40 (294715 Hwy 101)
Quilcene, WA 98365
(360) 765-3363 Ext 255



Quilcene School District

Concussion Fact Sheet for High School Sports

Fact Sheet for PARENTS/GUARDIANS

Concussion Form No. 1

What is a concussion? A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can

disrupt the way the brain normally works. Even a “ding” or a bump on the head can be serious.

What are the signs and symptoms of concussion? You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear. If your teen reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Signs observed by athletic trainer, coaches, parents or guardian	Symptom reported by athlete
<ul style="list-style-type: none"> • Appearing dazed or stunned • Is confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness • Shows behavior or personality changes • Can’t recall events prior to hit • Can recall events after hit 	<ul style="list-style-type: none"> • Headache • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion



What should you do if you think your teenage athlete has a concussion?

- Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- Keep your teen out of play. Concussions take time to heal. Don’t let your teen return to play until a health care professional says it’s OK. Athletes who return to play too soon--while the brain is still healing--risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your teen for a lifetime.
- Tell your teen’s athletic director and coaches about any recent concussion. Athletic trainers and coaches should know if your teen had a recent concussion in ANY sport. Your teen’s athletic director and coaches may not know about a concussion your teen received in another sport or activity unless you tell them. Knowing about the concussion will allow the athletic director and coach to keep your teen from activities that could result in another concussion.
- Remind your teen: It’s better to miss one game than the whole season.
-

Information from the Department of Health and Human Services – Center for Disease Control and Prevention
http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm



Quilcene School District

Concussion Fact Sheet for High School Sports

Fact Sheet for STUDENT ATHLETES

Concussion Form No. 2

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head
- Can change the way your brain normally works
- Can range from mild to severe
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged" or had your "bell rung."

How can I prevent a concussion?

It's different for every sport, but there are steps you can take to protect yourself from concussion.

- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times
- Use the proper sports equipment, including personal protective equipment (such as helmets). In order to protect you, equipment must be appropriate for the game, position and activity, well maintained, properly fitted and used every time you play.



What are the symptoms of a concussion?

- Nausea (feeling that you might vomit)
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems (forgetting game plays)
- Confusion

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

- **Tell your Athletic Director, Coach and your parents.** Never ignore a bump, blow, or jolt to the head. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical checkup.** A licensed health care professional can tell you if you have had a concussion and when you are OK to return to play.
- **Give yourself time to recover.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause permanent brain damage, and even death in rare cases. Severe brain injury can change your whole life.



How do I know if I've had a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up days or weeks after the injury. It's best to see a health care professional if you think you might have a concussion. An undiagnosed concussion can affect your ability to do schoolwork and other everyday activities. It also raises your risk for additional, serious injury.

Information from the Department of Health and Human Services – Center for Disease Control and Prevention
http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm



Quilcene School District

Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form

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

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

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

I _____ have read and understand the Co-Curricular Handbook and pledge to assist my child in following the rules and regulations outlined within it. I also understand my child must follow the rules and regulations in the WIAA Handbook. I also pledge to display good sportsmanship as a spectator at my child's athletic events.

Parent/Guardian Signature

Date