

Whitehall School District

STUDENT ACTIVITY HANDBOOK AND CODE OF CONDUCT



2018 – 2019

It is our goal at Whitehall Schools to develop and maintain a culture in which our students consistently make appropriate lifestyle choices in regard to their own health and well-being. The Whitehall Schools believes that participation in extra-curricular and co-curricular activities in a safe learning environment contributes to the all-around development of young men and women and helps prepare them for life beyond high school. The Whitehall Schools activity programs are dedicated to providing programs of excellence which include competitive and enjoyable experiences for the students, student-participants, coaches, advisors, faculty, parents, fans, and community. In doing so, we hold high expectations for all in the areas of character, citizenship, scholarship, and leadership as we strive to be competitive, develop skills, make healthy decisions, and act as ambassadors of the Whitehall Schools and Whitehall community. By committing to a team or activity, students choose to conduct themselves as models of good and moral behavior.

Responsibilities of Student-Participants

Responsibility to Self - Develop strength of character through participation in school activities and healthy lifestyle choices.

Responsibility to Academic Studies - Engaging and participating in academic studies prepares student-participants for life as an adult. Student-participants are students first. Students will strive to meet all academic standards as established in this code and by their teachers.

Responsibility to School - Student-participants participate, to the best of their abilities in every practice, competition, and other activities in which they are engaged. Student-participants follow all District, school and classroom policies as written in handbooks and classroom syllabi. Student-participants will be sincere and honest when asked to participate in any investigation arising under the Code of Conduct.

Responsibility to Family - Student-participants who know in their heart that they have lived up to all the training rules, have practiced every day to the best of their ability, have played the game all out and have displayed good sportsmanship, foster self-respect and the pride of their families, win or lose.

Responsibility to Community - Student-participants demonstrate class and sportsmanship, not for the fact that they win, but rather that they are known as participants who show character and excellence. Student-participants meet all MHSA rules and regulations regarding participation in High School Activities.

Responsibility to Younger Athletes - Student-participants are role models for all youth throughout the community.

Responsibility to Teammates - Student-participants realize that their choices have an impact on those around them. Student-participants will follow all of their coaches' and sponsors' rules for the sport or activity.

Athletic and Activity Offerings

Whitehall High School offers numerous athletic and extracurricular activities. Whitehall High School's athletics are governed by Montana High School Association (MHSA). WHS/WMS Athletics and Activities include: Football, Volleyball, Cross Country, Drama, Cheerleading, Pep Band, Basketball, Wrestling, Speech and Debate, Tennis, and Track and Field

Activities Code Of Conduct

The information in this document is a code of conduct and is in effect for the entire school year and all subsequent high school years, to include fall athletic practice in August and any school-sponsored events, regardless of the time of year.

Residence and Age Eligibility Requirements

MHSA has established the residency and requirements for students to be eligible to participate in athletic activities under its governance. See the principal or Athletic Director for a full copy of MHSA regulations.

Pre-Season Responsibilities

Students wishing to compete in an organized activity are encouraged to attend the preseason meeting prior to the start of the season. Coaches will be available at these meetings, and will have expectations for participating in their activities. Activity fees may be paid at these meetings, and physical/insurance forms and contracts will also be available as well.

In order for a student to be eligible for participation in a school athletic activity (practice or competition), the following must be completed and on file with the Athletic Director. It is the responsibility of the student and parent/guardian to supply all information and signatures.

- MHSA Physical Form – signed by doctor, parent, and student.
- Medical Insurance – through family medical coverage or purchase of insurance available through the District. Forms available in school offices.
- Emergency Contact Information Form
- Risk Disclosure Form
- Code of Conduct Agreement
- Student Athlete and Parent/Guardian Concussion Statement
- Receipt of Participation Fee – students in athletics and activities are required to pay to participate. This fee includes the purchase of an activity card which admits the students to regular high school football, basketball, volleyball, wrestling, tennis track events and to Whitehall High School drama events. Activity passes will allow students to enter all home athletic events. Family passes are also available to purchase.

Pre-Season Academic Requirements

To be eligible to participate in the athletic activity, a student must have received a passing grade in at least twenty periods of prepared work per week or its equivalent during the last preceding semester in which they were in attendance. If a student is assigned an “incomplete” in a subject, they have not received a passing grade in this subject. The record at the end of the semester is final, and scholastic deficiencies may not be “made up” in any way.

Try-Outs

In activities that use tryouts for participant selection, the coach or sponsor of that activity shall establish the criteria on which selection will be based. Tryout evaluations resulting in cuts should be made by more than one coach/sponsor whenever possible. The coaches/sponsors should be able to objectively explain the reason(s) for each student “cut”. Selection criteria should be as objective as possible and a list of the criteria should be given to the Activities Director prior to the tryouts.

Start Date Cut-Off

To protect the integrity of extracurricular programs, a cut-off date is imposed. This date is two (2) consecutive weeks after the first practice for winter and spring sports and two (2) consecutive weeks after the first day of school for fall sports. The cut-off rule does not apply to transfer students, and special circumstances such as injuries will be considered on a case by case basis.

Games/Practice Expectation

Attendance for games and practices is required. Each individual head coach will establish a team policy with consequences for missed practices or games. Continued absenteeism will result in dismissal from the team.

Practices over breaks are at the discretion of the head coach, and must follow school policy and MHSAA guidelines. Students that plan on missing practice must arrange it with their coach prior to the day of practice. Playing time may be affected.

Attendance Requirements

In order to be able to participate in extracurricular or co-curricular activities students must attend every period of school the day of the activity (doctor's notes dated the day of absence will be accepted as an excuse if a student misses 3 or less periods for an appointment). For weekend or holiday events, students must attend every period of school on the last possible day before the activity. Administration reserves the right to make exceptions for circumstances and situations that are out of the student's control.

To participate in practice, students must attend school that same day. Students who violate school rules and receive ISS or OSS will not be allowed to practice on the day/s of suspension. Coaches are required to come up with guidelines explaining how practice time will affect playing time. **Chronic absenteeism or tardiness can result in suspension or removal from competition or the team by administration.**

Whitehall School District recognizes the need for family time. Wednesday nights are reserved for this purpose. All practices will be finished by 6:30 pm on Wednesday nights. In certain circumstances, games or performances may be carried out depending on scheduling conflicts and facility availability.

Academic Eligibility Regulations

We believe all extra-curricular activities, wherein the students will represent the Whitehall Schools, either away from home or at local programs, are vital contributions to a well-rounded educational program. However, in order to achieve necessary participation standards, the following academic eligibility regulations regarding extra-curricular activities in Whitehall Schools will apply:

- Students must be receiving a 60% or above in all classes.
- Each week teachers are asked to review the scholastic status of team members for the purpose of eligibility.
- If a student is failing a subject, the teacher of that subject will notify the principal on Monday morning.
- The student will have a one-week probationary period to bring all grades to passing (60% or above).
- General eligibility is calculated Monday to the following Monday.
- If a student is deemed ineligible, the principal or AD will notify the coach of the activity, and a letter will be sent home from the office notifying the parents/guardians that the student has a failing grade and is on academic probation.
- If after one week the student is still failing, they will serve a one-week suspension from any activity or game. The student/athlete is expected to participate in all scheduled practices

and be in attendance (on the bench) at home games.

- If at any time during the season a student receives three consecutive one-week suspensions, the student will automatically be ineligible for the remainder of the season.

Concussions

The Whitehall School District has adopted School Board Policy 3110 regarding concussion management. A copy may be obtained at the high school office. Additional information from MHSAA can be found in Appendix D.

Lettering

All letters and awards are subject to the final approval of the varsity coach and athletic director. In addition, letters may be awarded to members who have not met the stated qualifications due to various reasons such as injuries, etc., at the discretion of the coach and athletic director. Because coaches use letters to build programs, each activity must possess certain lettering criterion that is pertinent to that activity. Each individual coach has their own model of what a letter in their sport will look like. This model will be discussed with participants at the beginning of the season. Even though coaches set their own standards, there are some universal standards to be followed in each program. These include the following:

- Participant must follow and obey all training/conduct rules set forth by the coach and administration.
- Participant must complete the season in which participating.
- Participant must participate at the varsity level.
- Participant must be in good standing academically and must remain eligible throughout the entire season (this does not include the probationary period).

Travel For Activities

All students must travel on the team bus to the event and return on the team bus unless prior written arrangements have been made by the parent and have administrative approval.

Student behavior during all phases of any trip, including on the bus, at the competition, in restaurants, and in motels, is subject to school policy and the Code of Conduct.

In addition to any requirements by individual coaches/advisors, students are expected to dress neatly and cleanly when traveling for a school activity.

The following general guidelines will be used for travel:

- All team members must be aware that they are representing the school in motels and restaurants.
- Students who exceed the meal per diem (allowance) are expected to pay the overage at the time of service.
- School auditors do not allow for gratuity to be included as a school meal expense. Therefore, all student-participants are expected to bring a dollar to contribute as a tip for meals served at restaurants.
- Any damage done will be paid for by the student(s) involved and those students will be subject to the activities and district discipline procedure.
- Students will be supervised by coaches/advisors from the time of departure from the school until the time of return. This includes in motels, restaurants, etc. Motel rooms will be inspected by coaches/advisors at check-in and checkout.

Sportsmanship

Sportsmanship is the ability to win and lose gracefully.

The following are guidelines regarding sportsmanship and expected behaviors at school events:

- Only positive spirit signs and cheers are allowed. There will be no hand-held signs or disrespectful cheers or chants.
- It is expected that all will stand, remove hats, and remain respectfully silent for the national anthem.
- Students must be fully clothed. Body painting is not a substitute for clothing. Clothing is to be appropriate for a school event; wearing school colors is encouraged.
- Derogatory cheers, heckling or negative signs or comments to referees, players, coaches, half-time performers or opposing fans are not acceptable and will not be tolerated.
- Disrespectful behavior of any kind will not be tolerated.
- Oversized school flags are allowed at outdoor events only and must be waved in front of the home fans, never in front of the opponent's fans.
- Noise making devices are not allowed in the crowd.

Failure to comply with these Class B Sportsmanship Guidelines may result in disciplinary action to include being asked to leave the premises, loss of privileges to attend activities, legal consequences, school discipline to include detention or suspension, forfeiture of activity ticket or any combination thereof.

Citizenship

The Whitehall School District offers a variety of voluntary activities designed to enhance the classroom education of its students. Students who participate in extracurricular activities serve as ambassadors of the school district throughout the calendar year, whether away from or at school.

Students who wish to exercise this privilege of participating in extracurricular activities must conduct themselves in accordance with the board policy and must refrain from activities that are illegal, immoral, unhealthy, or highly inappropriate. Participation in these activities is a privilege, conditioned upon meeting the eligibility criteria established by the Board of Trustees, administration, and individual activity coaches and sponsors.

Any student who participates in extracurricular activities and engages in inappropriate or offensive conduct or any act that would be grounds for arrest or citation in the criminal or juvenile court system, excluding minor traffic offenses, regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s), will be in violation of this Citizenship Policy.

A student who participates in extracurricular activities and violates this Citizenship Policy will be subject to disciplinary action, including but not limited to suspension or complete exclusion from participating in any extracurricular activity. The Activities Director shall keep records of violations of the Citizenship Policy.

Drugs, Tobacco and Alcohol

Any student involved in an extracurricular activity shall not knowingly purchase, possess, use, transmit, or be under the influence of alcohol, tobacco, performance enhancing drugs, or controlled substances of any kind during a school year, regardless of the student's age. A student who finds himself or herself in jeopardy because of a substance abuse problem will be referred for professional assistance at family expense.

Any student who knowingly finds himself/herself in the company of persons who illegally possess, use, transmit, or are under the influence of alcohol, performance enhancing drugs, or controlled substance (i.e., frequenting of areas, places, or sites where drugs and/or alcohol are present), is expected to leave within the shortest reasonable period of time. Failure to do so will result in discipline as if they were in violation of this policy.

A student who transfers from another district will maintain his/her cumulative offense status regarding the alcohol and drug policy.

Any student involved in an extracurricular activity that is found to be in violation of this drug and alcohol policy is subject to the following:

Self-Reporting Clause: If a student chooses to self-report on the first violation of the Drug, Tobacco, and Alcohol Policy, that student will have one opportunity to serve a one (1) week suspension from the date of the self-report. This will only happen one time throughout the student's time in the district. Self-reporting will only be recognized on the first offense to the policy. Special awards such as lettering will still be affected, and the student will still be on the first step of the violation ladder.

First Violation: If a student is found to have a first violation after an investigation, the student shall lose eligibility for the next two (2) consecutive weeks, excluding practices, which are scheduled in any of the student's particular extracurricular activities.

Second Violation: If a student is found to have a second violation after an investigation, the student shall lose eligibility for the next six (6) consecutive weeks, excluding practices, which are scheduled in any of the student's particular extracurricular or co-curricular activities.

Third Violation: If a student is found to have a third violation after an investigation, the student shall be completely excluded from any further participation in any and all extracurricular activities for the remainder of the year. The year begins on the day of the first confirmed violation and continues for 365 days thereafter.

VIOLATIONS ARE CUMULATIVE DURING A STUDENT'S FOUR YEARS IN HIGH SCHOOL. This policy shall be enforced during the school year when a student (regardless of age) is enrolled in the Whitehall School District for school-sponsored activities, including summer activities.

Cheating/Plagiarism

Cheating and plagiarism is a major problem when it occurs. Students not only suffer in the classroom from this behavior, but also in the athletic realm as well. Because athletics are an extension of the classroom, school rules and activity rules both apply. Whitehall High School has strict guidelines concerning this practice. The procedures for cheating and plagiarism are as follows:

First Violation: If a student is found to be in violation after an investigation, that student will lose eligibility for one (1) full week beginning on the day of the offense, excluding practices, which are scheduled in any of the student's particular extracurricular or co-curricular activities.

Second Violation: If a student is found to have a second violation after an investigation, the student shall lose eligibility for the next two (2) consecutive weeks, excluding practices, which are scheduled in any of the student's particular extracurricular or co-curricular activities.

Third Violation: If a student is found to have a third violation after an investigation, the student shall be completely excluded from any further participation in any and all extracurricular activities for the remainder of the school year. This suspension will end after the last day students attend classes during the school year the offense occurred.

Due Process and Appeals

Due process shall be given to all students with regard to administration of the Activities Code of Conduct.

Before a student may be completely excluded from participation in extracurricular activities under the Activities Code of Conduct, the incident or infraction triggering the recommendation must be investigated. After an investigation into the student's conduct, the administrator must send a written notice to the parents regarding the recommendation to completely exclude the student

from participating in extracurricular activities, the specific charges against the student, a description of the rule or regulation broken, the date, time, and location of the board hearing, a copy of the Board's procedure, and a description of the student's and parents' rights at the hearing. At the hearing, the Board shall then make a determination that the student was involved in the incident or infraction.

Any appeals of lesser consequences shall be made in writing to the high school administration. If a student has been completely excluded from activities due to a Code of Conduct violation after a hearing before the Board of Trustees, he or she may appeal to the Superintendent for re-enrollment in school activities.

APPENDIX A – WAIVER & EMERGENCY CONTACT INFORMATION

Student: _____

Parent(s)/Guardian(s): _____

Student home phone #: _____ Date of birth: _____

Student's Address _____

Family Physician: _____ Phone #: _____

Describe any medical or physical condition, medication information, or allergies which could interfere with the student's safety in extracurricular activities:

I, the parent or guardian of the above named student gives my approval to his/her participation in any extra-curricular activity conducted by the Whitehall Public Schools under the following conditions:

- No member of the Board Of Trustees, Whitehall Public Schools or employee thereof will, under any circumstances be held liable for accident; illness, fatality or medical bills incurred as a result of participation in the athletic program or associated trips.
- As a parent or guardian, I understand that the school and the staff will do everything possible to prevent any accidents over which they have control. However, I fully understand that participation in extra-curricular activities involves inherent risks to students regardless of all feasible safety measures that may be taken by the district. In consideration of the district's agreement to allow my child to participate in this athletic program, I agree to accept responsibility for any loss, damage, or injury to my child that occurs during my child's participation in this sport or any travel related to it that is not the result of fraud, willful injury to a person or property or the willful or negligent violation of a law by a trustee, employee or agent of the Whitehall School District.

In the event it becomes necessary, I give my permission for the district staff in charge to obtain emergency care for my child. Neither he/she nor the school district assumes financial liability for expenses incurred because of an accident, illness and/or unforeseen circumstances.

In the event of an emergency (injury, illness, unforeseen incident), I wish the following person to be notified in case I cannot be contacted:

Name: _____

Relationship: _____ Phone #: _____

Signature of Parent/Guardian

Date

APPENDIX B - RISK DISCLOSURE AGREEMENT

This Agreement is entered into by the Whitehall School District, for itself and on behalf of its employees, agents, officers, board members, directors, trustees, instructors, coaches, and any other representatives, including, but not limited to, parents or guardians assisting in the Activities as described below (collectively “the District”) and _____(Student) and _____Student’s parents or guardians (“the Parents”). The District agrees to offer extracurricular activities, events, and programs to the Student, including, but not limited to; sporting events, athletics, band, cheerleading, Handbook or Board Policies, and transportation and lodging to, from, and associated with these activities (collectively “Activities”).

In consideration of the District accepting the Student and in consideration of the services rendered by the District, the Students and Parents hereby:

- Voluntarily request that the Student participate in an Activity or Activities;
- Represent the Student is fully capable of participating in the Activity or Activities and agree to disclose all known limitations to the District, including, but not limited to; medical conditions, physical limitations, and any other limitation known to the Student or the Parents.
- Understand and acknowledge that the Student may not be skilled in one or all of the Activities;
- Understand and acknowledge that the District has informed us that certain risks are inherent in some Activities and cannot be eliminated without destroying the unique character of the Activity. These risks may include, but are not limited to; the inherent dangers related to sports, athletic events, hazards of traveling in and to areas without medical services or care, dangers due to the forces of nature (including, but not limited to, avalanches, lightning, fire, inclement weather, exposure, flooding), dehydration, falls, injury caused by malfunction or failure of any equipment, injury or sickness resulting from food, allergies, transportation accidents, and others;
- Understand and acknowledge that the foregoing description of risks is incomplete, and these risks and other unlisted, unknown, or unanticipated risks may result in injury or death;
- Understand and acknowledge that engaging in any Activity may require a degree of skill and knowledge which the Student may not possess;
- Understand and acknowledge that engaging in any Activity may require a participant to listen to any instructions, warnings, or risk assessments of the District, to ask for instruction or clarification whenever needed, and to follow instructions; and
- Understand and acknowledge that the District may remove the Student from Activities for any breach of safety policies, or any conduct that the District deems unsafe.

The Student and Parents hereby consent to the Student participating in each Activity in spite of, and with full knowledge of, risks which may be associated with that Activity.

By signing this Agreement, the Student and Parents acknowledge they have carefully read and understand its contents.

STUDENT SIGNATURE

DATE

PARENT OR GUARDIAN

DATE

APPENDIX C – STUDENT CODE OF CONDUCT AGREEMENT

I have received a copy of the Whitehall School District Student Activity Handbook and Code of Conduct for 2017-2018. I understand that the Student Activity Handbook and Code of Conduct contains information relating to my participation in school activities for the entire school year, including eligibility requirements and rules of conduct.

I understand that participation in extracurricular activities is a privilege. I have read and agree to abide by the Activities Code of Conduct. I understand that I will be held accountable for my behavior and will be subject to the consequences outlined in the Student Activity Handbook and Code of Conduct throughout the school year.

Name of Student _____

Signature of Student _____

Date _____

APPENDIX D – MHSA CONCUSSION STATEMENT AND EDUCATIONAL INFORMATION



A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- 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"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
 - Practice good sportsmanship at all times.
- personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
- > The right equipment for the game, position or activity
 - > Worn correctly and fit well
 - > Used every time you play

Remember, when in doubt, sit them out!
It's better to miss one game than the whole season.



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

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

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

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

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

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily • Answers questions slowly
- Loses consciousness (even briefly)

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS 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 your child to return to sports.
- 2. Keep your child out of play.** Concussions take

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
<ul style="list-style-type: none"> •Appears dazed or stunned •Is confused about events •Answers questions slowly •Repeats questions •Can’t recall events prior to the hit, bump, or fall •Can’t recall events after the hit, bump, or fall •Loses consciousness (even briefly) •Shows behavior or personality changes •Forgets class schedule or assignments 	<p>Thinking/Remembering:</p> <ul style="list-style-type: none"> •Difficulty thinking clearly •Difficulty concentrating or remembering •Feeling more slowed down •Feeling sluggish, hazy, foggy, or groggy <p>Physical:</p> <ul style="list-style-type: none"> •Headache or “pressure” in head •Nausea or vomiting •Balance problems or dizziness •Fatigue or feeling tired •Blurry or double vision •Sensitivity to light or noise •Numbness or tingling •Does not “feel right” 	<p>Emotional:</p> <ul style="list-style-type: none"> •Irritable •Sad •More emotional than usual •Nervous <p>Sleep*:</p> <ul style="list-style-type: none"> •Drowsy •Sleeps less than usual •Sleeps more than usual •Has trouble falling asleep <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day.</i></p>

LINKS TO OTHER RESOURCES

- CDC –Concussion in Sports
 - <http://www.cdc.gov/concussion/sports/index.html>
- National Federation of State High School Association/ Concussion in Sports - What You Need To Know
 - www.nfhslearn.com
- Montana High School Association – Sports Medicine Page
 - <http://www.mhsa.org/SportsMedicine/SportsMed.htm>



Student-Athlete & Parent/Legal Guardian Concussion Statement

Because of the passage of the Dylan Steiger's Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete's parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed health care provider.

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Guardian Name(s): _____

We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet*.

If true, please check box

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian

Date