

DeForest Area Schools

Athletic / Activities Code of Conduct

2023-2024



INTRODUCTION

The purpose of this handbook is to assist the student/athlete, the parents/guardians, and the coaches/advisors in their efforts to provide a guided, meaningful experience in all extracurricular activities.

Extracurricular Activities in the DeForest Schools are an integral part of the total school program providing opportunities and emphasizing goals in physical, mental and social growth.

Recognizing that the pursuit of quality education is the primary emphasis of the DeForest Schools, the extracurricular activities seek to support that objective. The Activity/Athletic programs emphasize participation, excellence and allow individuals to compete in a variety of sports and activities.

Participation in extracurricular activities is a privilege. The opportunity to present oneself to the public, and to represent one's family and school should not be taken lightly. This privilege is extended to all student/athletes who meet team/club requirements and are willing to assume the following responsibilities:

1. Be a credit to yourself, your parents, your school and your community.
2. Display high standards of social behavior.
3. Demonstrate respect for and acceptance of the rules of competition.
4. Demonstrate respect for those in authority, including coaches, teachers, advisors, officials and adjudicators.
5. Display a strong spirit of cooperation.
6. Use language that is socially acceptable.

DeForest Area School District
Activities/Athletic Code of Conduct

PREFACE

Extracurricular activities are an integral and valuable part of a student's experience, and the DeForest Area School District is committed to sponsoring a wide variety of such activities. DeForest Area School District recognizes that participation in an extracurricular activity is a privilege offered to its students. While difficult to measure, the educational value of extracurricular participation is extensive. Students not only develop physical, mental, and social skills, but also positive values and attitudes that they will take with them into their adult life.

This code details these expectations as they pertain to all extracurricular participation in the DeForest Area School District. Participation in activities is earned, in part, by accepting and following the regulations contained in this Code of Conduct annually.

The District does not discriminate on the basis of sex (including sexual orientation or gender identity), in its education programs or activities, and is required by Title IX of the Education Amendments Act of 1972, and its implementing regulations, not to discriminate in such a manner. The requirement not to discriminate in its education program or activity extends to admission and employment. The District is committed to maintaining an education and work environment that is free from discrimination based on sex, including sexual harassment.

The following pages contain the minimum requirements for every DeForest Area School District student to be eligible for participation in district-sponsored, extracurricular activities. In order to participate in any extracurricular activity, a signed Code of Conduct must be completed during online district or athletic registration for the school's records.

Article I: Definition of Extracurricular Activities

Extracurricular activities in the DeForest Area School District are defined as those activities in which students appear, perform or compete as representatives of DeForest Area School District. Activities in which students represent the DeForest Area School District as an extension of a specific school course are not considered extracurricular activities. All students who participate in the activities listed below or any additions are required to abide by this Code of Conduct. For the purpose of this code, these activities include but are not limited to the following:

FBLA	Pep Band
DECA	Show Choir
FCCLA	German Club
FFA	Spanish Club
Forensics	School Musical/Plays:
Student Council	Fall Play, One Acts, Spring Musical
NHS	Esports
Courts: Prom, Homecoming, Etc	Debate
Robotics	Intramurals/Fitness Training

Interscholastic Athletics

(Sports Offered at the Middle School Level noted with (MS) opportunities offered to 6th Grade Students noted with (HIS))

Boys

Baseball
Basketball (MS)
Cross Country (MS) (HIS)
Football
Golf
Hockey
Lacrosse
Soccer
Swimming
Tennis
Track (MS) (HIS)
Volleyball
Wrestling (MS) (HIS)

Girls

Basketball (MS)
Cross Country (MS) (HIS)
Golf
Gymnastics (Co-Op with Waunakee)
Hockey (Co-Op with Sun Prairie)
Lacrosse
Soccer
Softball
Swimming
Tennis
Track (MS) (HIS)
Volleyball (MS)
Wrestling (MS) (HIS)

Co-Ed: Cheerleading and Dance

ARTICLE II: EXTRACURRICULAR EXPECTATIONS

All students participating in extracurricular activities and interscholastic athletics are expected to do the following.

- 1) Fulfill the responsibility and obligations that go with extracurricular participation by adhering to school rules; school board policy; and local, state and federal regulations.
- 2) Agree that studies come first and strive for success in academics as well as in extracurricular activities. While the DeForest Area School District recognizes the importance of extracurricular activities in the overall school program, we firmly believe that academics come first; therefore, to participate in these activities, students will work to be in good academic standing with a minimum of a 2.0 GPA and with passing grades in all classes.
- 3) Students must attend school and classes as required by law and policy. **A student may participate in an extracurricular activity or athletic competition or performance only if in attendance the entire day of the event unless prior arrangements are made by contacting the Athletic Director for a pre-arranged absence. A student may not practice in any practice session unless they have attended classes during the afternoon of that day. The student is expected to attend school the entire day following events.** Administrative discretion may be used in special cases.
- 4) Recognize that students represent their school and community and both are judged by the student's actions. Therefore, students should demonstrate good citizenship in public and in school and they should adhere to high standards of appearance, conduct, and performance.
- 5) Complete the season of the activity in good standing in order to qualify for and receive any awards and honors.
- 6) Respect and encourage excellence of performance and conduct with officials/staff, among opponents as well as teammates.

GENERAL ELIGIBILITY POLICIES OF WIAA FOR ATHLETES

1. Exam-Permit

An athlete may not participate in interscholastic athletics (practice or competition) until the school has a WIAA Examination Permit Card or Alternate Year Card on file in the Athletic Office attesting to parental permission and to physical fitness as determined by a licensed physician.

- a. The athlete should get a WIAA Physical Examination Permit card or Alternate Year card in the school office or at the local medical clinics.
- b. Complete the physical exam and return the card to the office with all information properly filled in and signed by your parents or legal guardian.
- c. There will be alternate year WIAA Examination Permit cards issued.
Physicals, when required, must be taken after April 1st.
- d. **Any athlete who practices without a physical card or alternate year card on file in the athletic office will be suspended for one game for each day of practice in which they participate**

2. Age

An athlete (high school) shall be ineligible for interscholastic competition if he or she reaches his or her 19th birthday before August 1 of any school year.

An athlete (middle school) shall be ineligible for interscholastic competition while competing as a member of a Grade 7 or 8 team if he or she reaches his or her 16th birthday before August 1 of any given school year.

3. Amateur Status

A student may not accept, receive and/or direct to another, reimbursement in any form of salary, cash, or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, etc. A student may receive: school mementos valued not more than \$200, an award valued no more than \$100 retail, and may retain non-school competition apparel worn by the student as part of the team uniform. Rules further prevent athletes from receiving compensation of benefit, directly or indirectly, for the use of name, picture and/or personal appearance as an athlete because of ability, potential and/or performance as an athlete. This includes receiving free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students. A student may not be identified as an athlete, provided endorsement as an athlete, or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan or service. Also, an athlete violates this rule if he/she plays in any contest (school or non-school) under a name other than his/her own. (RE-Art.IV)

4. HIGH SCHOOL ATHLETIC ACADEMIC ELIGIBILITY REQUIREMENTS

The following Academic Eligibility Requirements apply to Interscholastic Athletic Programs. Students can appeal eligibility to the Athletic Director and School Admin in special circumstances.

The requirements are:

a. All student/athletes will be expected to achieve a **grade point of 2.0 or higher** in the minimum number of classes as defined by WIAA and district policy [2431](#) to participate in athletics.

b. **No student athlete may have an "F"** in any subject during a grade-reporting period or during an Athletic Department Grade check between semester grading periods.

c. In a class that uses **"U" (Unsatisfactory)** as a grade, that grade **will be regarded as an "F", "I" (Incompletes) will also be regarded as a failing grade until completed.**

d. Winter and Spring Sports Eligibility will be determined by a grade pull on the first Monday after the official start of the season. If athletes have a current GPA below a 2.0 they will be suspended for 7 calendar days or no less than 1 event from competition. If athletes have one failing grade they will be suspended for 14 calendar days or no less than 2 events from competition. If an athlete has 2 or more failing grades they will be suspended for 21 calendar days or no less than 3 events from competition.

e. A student/athlete who is in a prescribed special education class or 504 program shall have "F", "I", or "U" reviewed by a consultation team composed of some of the following: i.e., the case manager, special teacher, regular teacher, guidance counselor, coordinator, and an administrator, depending on the program in which the student/athlete is enrolled to determine eligibility.

f. Fall Sports eligibility will be determined by 2nd Semester Grades and GPA from the previous school year. If students have a GPA below a 2.0 they will be suspended 7 calendar days or no less than 1 event from competition beginning the first Monday after the start of official practice. If they have one failing grade they will be suspended 14 calendar days or no less than 2 events from competition beginning the Monday following the start of official practice. If they have more than one failing grade the WIAA Rule detailed in letter j will apply.

g. The semester G.P.A. from the previous school year earned at the Middle School will carry over to the High School in determining eligibility for Fall Sports.

h. All High School Varsity Athletes will have grades checked prior to competing in postseason competitions. Athletes will have eligibility restrictions for any failing grades that are not fixed or that do not have plans for recovery.

i. Any athletes that join a team after the first week of practice will be subject to an academic eligibility check at that time with possible eligibility restrictions.

j. WIAA Rules for athletes with more than 1 failing grade: FALL SPORTS: When the earliest allowed WIAA game/meet takes place before the first day of classes at a member school. "the maximum ineligibility period shall be the lesser of" a: 21 consecutive calendar days beginning with the date of the earliest allowed competition in a sport; or b: one third of the maximum number of games/meets allowed in a sport (rounded up if one-third results in a fraction)."

In those instances where a member school has begun fall classes on or before the date of earliest allowed WIAA game/meet in a sport, ineligible students in these situations are subject to the standard rule applied when school is in session (15 scheduled school days and nights). In this situation, eligibility is regained on the school day following the period of ineligibility (16th school day). Note 1: An interschool scrimmage does NOT count as a game or meet for purposes of this rule. Note 2: If a multi-school meet is counted on your schedule as one meet, it also counts as one meet as it applies to the number of meets an ineligible student must sit out. Note 3: Games/meets at different levels of competition (varsity, JV, freshmen) may NOT be combined to reach the number of meets an athlete must sit out.

5. Non-School Participation (Form found on Page 21) (High School Only)

An athlete owes loyalty and allegiance to the school and to the team of which he or she is a member.

- a. Athletes may compete in not more than 2 non-school competitions in the same sport with school approval during each regular sport season. The contest will not count against the individual maximum for the athlete in that sport. Non-school competition will not be allowed during the respective WIAA tournament series in a sport. School approval must be met in advance by establishing a face-to-face meeting between the requesting athlete, parents, head coach and athletic director.
- b. Any person, except the athlete or parent/guardian, cannot pay the cost or fee of any kind of non-school activity involving specialized training or instruction.

6. Responsibility

No team or student shall represent his or her school at any competition, practice or event unless accompanied by a coach or another appointed member of the school faculty.

ADDITIONAL ELIGIBILITY POLICIES FOR DASD ATHLETES

1. No athlete may participate in any sport activity until the Physical Exam card or Alternate Year card and Code of Conduct form are properly completed and on file in the Athletic Office and all fees are paid. Fees at the High School are \$90.00 for the first sport, \$30.00 for the second sport and third sport is free, and at the Middle School, \$20.00 for the first sport and \$10.00 for each additional sport.
2. *Reimbursement/Credit for a fee paid will only be given if the athlete does not go out for the sport or is cut at the beginning of the season. Reimbursement/Credit will only be given if requested before June 1st of the particular school year.*

Other Rules for both Athletics and Activity Programs:

1) PRACTICE SESSIONS

All athletes are expected to attend all practices unless excused by the coach.

Athletes may not practice in any practice session unless they have attended classes during the afternoon of that day or that have not made pre-arranged plans for an excused absence. Practice, when an athlete is under suspension, will be determined by the coach. The administration will decide in special cases.

2) TRAVEL

Part of being a team member is sharing team experiences. One of these is traveling with the team. It is expected that all student/athletes will travel to and from contests with the team. Traveling to and from athletic contests will be on school provided transportation.

A student/athlete may ride home from the event with his/her parent/guardian if the parent/guardian signs the student out in the presence of a coach/advisor at the event. No students will be allowed to travel with anyone but their own parent/guardian.

3) CARE OF EQUIPMENT

Each athlete is responsible for the proper care of all issued equipment. The student, parents or guardian will be held financially responsible for any lost, misplaced or damaged equipment.

4) INJURIES

1. All injuries must be reported immediately to the coach in charge of the team.
2. Athletes requiring medical treatment must obtain a written release form from the attending physician and/or athletic trainer before returning to practice or competition.
3. In case of an emergency, athletes will be sent to a doctor of their choice, if possible, and the parents will be notified.
4. Should a serious injury be discovered after the athlete has returned home, the athlete may go to the doctor, but it is the athlete's responsibility to see that proper forms are completed when the athlete returns to school.

INSURANCE (Athletics)

Athletes participating in District Interscholastic Athletics have accident insurance through the insurance coverage carried by the school district as a secondary source only.

IMPROPER BEHAVIOR (Athletics and Activities)

Minor Offenses:

A suspension of up to 20 practices (and any included competitions) may be enforced by the Coaching Staff with consultation of the Athletic Director for offenses that fit the listings below. Athletes may still be expected to attend practices with some limitations on what they can participate in or support the team with.

- Inappropriate language*
- Dishonesty*
- Disrespectful Behavior*
- Unsportsmanlike Behavior*
- Any other behavior unbecoming of a student athlete*

School Suspensions:

Any school discipline that leads to school suspension will result in extended days of athletic suspension before an athlete can return to competition. Athletes may not attend any team functions on the same day of a suspension and will need to sit out any competitions within the days after the suspension based on the formula explained. For every day of school suspension the athletic competition suspension will be equal and served after the school suspension is complete. For example 1 day of school suspension means 1 additional calendar day (not including Sundays) of athletic suspension after completion of the school suspension and 5 days of school suspension would have 5 calendar days (not including Sundays) of additional suspension. Athletes may return to practices after completion of the school suspension at the Coaches discretion.

Major Offenses: (Possession/Use of Tobacco, Alcohol and Drugs is defined in another section)

Any incidents or behaviors that fit the descriptions below may result in a suspension from athletics based on the number of offenses that have been documented in a student's high school career. 1st offense results in a suspension of 20% of the total scheduled contests, 2nd offense results in a suspension of 50%, 3rd offense and every offense after results in a Calendar Year of suspension from competition. Athletes have the right to appeal suspensions with the possible reduction of up to 50% of the suspension. Any suspensions that cannot be completed in the current season will be converted to an equal percent of the next season based on time served and season games. Athletes are still expected to attend practices and support the team as designated by the coach; they are not allowed to be dressed or participate in any activity on game/competition days.

- Fighting/Assault*
- Harassment/Intimidation/Bullying and/or Major Threats of Violence*
- Attending social events where underage Tobacco, Alcohol and/or other Drugs are being used*
- Vandalism or violating other community ordinances related to intentional negative behaviors*
- Cheating or Academic Dishonesty*
- Multiple (4 or More) Minor Offense Suspensions*

Extreme Offenses:

Any offense that fits the descriptions below will result in suspension for the remainder of their current school career with the possibility of appeal and reduction to no less than 1 calendar year.

- Criminal Behavior (violation/conviction of any Federal, State, County or Municipal ordinance)*
- Expulsion from School*
- Selling/Providing or Distributing Tobacco, Alcohol or other Drugs and Illegal Substances*
- Multiple (4 or More) Major Offenses*

REPORTING PROCEDURES FOR SUSPECTED DRUG/ALCOHOL/MAJOR/EXTREME VIOLATIONS

Violations or suspected use may be observed or reported by administration, faculty, parents, community members or students.

1. When a violation occurs at a school-sponsored event, a written report will be filed, and the suspension process will begin at the discretion of the administrator.
2. When a violation is observed by school personnel outside of school-sponsored events, a written report of the incident will be filed with the athletic director. The suspension process will begin at the discretion of the administration.
3. Suspected violations reported by school or non-school personnel will require a written report including the date, time, place, people involved, and a description of the occurrence. The anonymity of the informant will be assured. When a written report is filed with the athletic director, the athlete will be notified of the accusation and given the option of contacting his/her parent/guardian. An interview with the athlete or athlete and parent will be conducted by the athletic director and/or principal/assistant principal and/or police liaison officer. If a violation is verified, suspension procedures will be implemented immediately.
4. A violation must be reported within 28 days from alleged violation(s).
5. An athlete may take advantage of a self-referral procedure to seek information, guidance, counseling, and assessment in regard to student athlete use of tobacco, alcohol, and other drugs. Voluntary referrals do not carry punitive consequences.
 - a) Referral is allowed one time in a student's high school career.
 - b) Referral must be only by the athlete or member of the immediate family.
 - c) Referral must be previous to the first alleged violation and no citation has been issued.
 - d) Referral cannot be used as a method to avoid consequences once a code of conduct rule is violated and a student has been identified as having violated one of the code of conduct rules.
 - e) Referral must be made to the Athletic/Activities Director, administrator, or guidance counselor.
 - f) Athletes failing to successfully complete the assessment recommendations shall be suspended for one-half of the next sport season they will participate in.

The program's cost will be assumed by the student and/or parent/guardian. The School District of DeForest assumes no monetary responsibility for the cost of the assessment and rehabilitation program.

APPEAL PROCESS

Any student who has been accused of a violation or is presently serving a suspension has the right to appeal. The process for appeal is as follows:

1. The student has a right to know in writing the rule(s) he/she has violated, and to have a copy of the rule.
2. The student has the right to know why the DeForest Area School District believes a rule was violated.
3. The student will have the opportunity to explain himself/herself.
4. The student has the right to appeal a suspension to the Athletic/Activities Review Board.

ATHLETIC/ACTIVITIES REVIEW BOARD

Any athlete with a Code of Conduct violation, after an assessment has occurred, will appear before the Review Board to determine the degree of the suspension or to appeal a prior ruling. Any athlete who has been suspended will appear before the Review Board prior to reinstatement. The Board will consist of the principal/assistant principal, athletic director, Advisor or coach for the activity and two staff members (one male/one female). In cases where middle school athletes move to the high school, two members of the Athletic/Activity Review Board shall be from the middle school.

ALCOHOL, TOBACCO, DRUG CODE OF CONDUCT FOR ATHLETICS and ACTIVITIES

USE OF ALCOHOL, TOBACCO, ILLEGAL DRUGS AND INVOLVEMENT IN OTHER ILLEGAL ACTS

Any athlete using or possessing alcohol or tobacco or using, possessing, buying or selling of controlled substances, street drugs, and performance enhancing substances (this includes anabolic-androgenic steroids) or any athlete involved in vaping or other illegal acts shall be suspended from participation in interscholastic athletics. Any participant who is in an establishment whose expressed purpose is selling alcohol or at a location where alcohol is available, and is not accompanied by a parent/guardian could be subject to this type of suspension. This rule is to be in effect and enforced for twelve months of the year. All violations are considered cumulative: Each area will not be treated separately.

FIRST VIOLATION:

Restriction from the sport for 50% of the season's contests. In cases where the suspension occurs near or at the end of a season, the balance of the suspension will be applied to the next sport in which the athlete participates. This also applies to middle school athletes who have entered the high school with existing middle school suspensions. Students who have violated the Code of Conduct in middle school and received a career suspension might be allowed another opportunity to participate at the high school provided they appeal to the Athletic/Activities Review Board. The athlete in violation must appear before the Board before official reinstatement. Students involved in other illegal acts shall receive the maximum penalty under each violation category. A. If an athlete is found in violation and cooperates with the athletic department during the investigation and reporting process, and works with their Coach and Athletic Director to serve the team and create a plan of return to the program, he/she will serve a minimum suspension of 25% of the season's contests. Failure to complete the plan with the coach will result in the 50% season suspension. The decision to allow the suspended athlete to practice shall be made by the coach.

SECOND VIOLATION:

The athlete is suspended from co-curricular participation (practice and competition) for one full calendar year from the date on which the penalty for the code violation was implemented by administrative action. If an athlete is found to have violated the code of conduct for the second time and agrees to complete an AODA/Tobacco assessment and to follow through with the assessment recommendations his/her period of suspension will be reduced to 33.3% of each co-curricular activity that the student participates in for the one calendar year from the date on which the penalty for the code violation was implemented by administrative action. Clarification: If the violation occurs in season, the penalty is a suspension of 33.3% of the total games scheduled for the sport that he/she is participating in at the time of the violation, not 33.3% of remaining games. Example: An athlete is found in violation following the 12th basketball game. The athlete is suspended for the next 8 games based upon the 22 games scheduled for the season.

THIRD VIOLATION:

Permanent suspension from all athletics for the duration of a school career. After a calendar year of suspension a student athlete could appeal for reinstatement to the Athletic Review Board defined in the appeal process and would require additional AODA/Tobacco assessment and completion of treatment.

All District ACTIVITIES and Middle School/Harvest Athletics

Scholarship

The following Academic Eligibility Requirements apply to students participating in District Activities/Clubs and Middle School/Harvest Athletics. Grade Checks will begin after the first week of the Activity/Program and will be repeated every 8 weeks until the group has completed work for the school year. After the completion of one week of official meetings/practices coaches and activity advisors will check students grades and apply the intervention as described.

All programs that start in September will use the previous school year's final grades for Academic Eligibility Intervention.

The DAHS Academic Intervention Form is Found on Page 14

The DAMS Academic Intervention Form is Found on Page 15

The Harvest Academic Intervention Form is Found on Page 16

If a Student has one failing grade (HS/MS) or one class at 1.0 or below at Harvest they will complete the corresponding Academic Intervention Form for 10 school days. Any day that the athlete does not earn the required amount of points on the sheet they will not be eligible for full participation in practice or would be suspended for any performances, trips and/or competitions.

If a Student has two failing grades (HS/MS) or two classes at 1.0 or below at Harvest they will complete the corresponding Academic Intervention Form for 15 school days. Any day that the athlete does not earn the required amount of points on the sheet they will not be eligible for full participation in practice or would be suspended for any performances, trips and/or competitions.

If a Student has three or more failing grades (HS/MS) or three or more classes at 1.0 or below at Harvest they will complete the corresponding Academic Intervention Form for 20 school days. Any day that the athlete does not earn the required amount of points on the sheet they will not be eligible for full participation in practice or would be suspended for any performances, trips and/or competitions.

- e. A student/athlete who is in a prescribed special education class or 504 program shall have "F", "I", or "U" reviewed by a consultation team composed of some of the following: i.e., the case manager, special teacher, regular teacher, guidance counselor, coordinator, and an administrator, depending on the program in which the student/athlete is enrolled.
- f. All classes/courses a student/athlete is enrolled in and for which the student receives a grade shall count in the determination of eligibility.

DAHS Activity Academic Intervention Form

Goal: To actively participate in all my classes and complete assigned work.

POINTS: Teachers will give a score of "0", ".5" or "1" for each category

DATE:	1A/1B	Advisory	3A/3B	4A/4B	5A	Flex 1 (B day)	Flex 2 (B day)
<input type="checkbox"/> Effort - I completed all work for class today and used my class time efficiently							
<input type="checkbox"/> Prepared - I came to class on time with all the materials needed and I have turned in some or all of any missing work or work due							
<input type="checkbox"/> Planning - I have made plans to make up any remaining work and to stay on top of future assignments							
Total Points							
Teacher Initials							

Possible Points 15 (A Day) 18 (B Day)

My goal is 12 (A Day) 14 (B Day)

Points earned today

Student Name:		Goal: To actively participate in all my classes and complete assigned work.									
<i>I understand if I don't meet my daily goal of 43 points. I will not be allowed to participate in practice or any competitions/activities assigned for today</i>											
DATE:	Advisory	1st hour	2nd hour	3rd hour	4th hour	5th hour	6th hour	7th hour	WIN		
Responsible: I completed all work for class today	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0
Responsible: I showed up to class on-time and with all materials needed to support learning	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0
Responsible: I followed directions and worked in class	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0
Total Points											
Teacher Initials											
Possible Points 54											
My goal is 43 points (80%)											
Points earned today											
One thing I did really well today was:											
Something I will work on tomorrow is:											

2: Accomplished without reminders

1: Needed a reminder or two to accomplish

0: Was not able to accomplish and will try again tomorrow

Harvest Academic Intervention CICO

Student:
(10, 15, 20)

Date:

Day _____ **Of** _____

2= did w/out reminders

1= did w/ one reminder

0= I will try again tomorrow

Class/Area	Safe: I kept my body and objects to self.	Respectful: I used kind words and actions.	Responsible: I followed directions and worked in class
Before School (7:40-7:55)	0 1 2	0 1 2	0 1 2
RAM (7:55-8:15)	0 1 2	0 1 2	0 1 2
Encore 1 (8:15-9:00)	0 1 2	0 1 2	0 1 2
Encore 2 (9:00-9:45)	0 1 2	0 1 2	0 1 2
Core 1 (9:50-11:50)	0 1 2	0 1 2	0 1 2
Rtl (11:50-12:20)	0 1 2	0 1 2	0 1 2
Lunch/Recess (12:25-1:05)	0 1 2	0 1 2	0 1 2
Core 2 (1:05-3:10)	0 1 2	0 1 2	0 1 2
Total Points for Each Category (16 max)	/16	/16	/16
Goal: To be a safe, respectful and responsible member of the Harvest learning community.		My daily point goal is 38 points (80% of 48 points possible)	Total Daily Points (48 Max) /48

I understand if I don't meet my daily goal, I will not be allowed to participate in practice or any competitions assigned for that day.



WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2023-2024 High School Athletic Eligibility Information Bulletin

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and the DeForest Area School District

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing. Reading and signing this form is a condition of participating in interscholastic athletics at WIAA member schools. It does not guarantee a student-athlete's athletic eligibility nor does it give rise to any contractual rights, direct or indirect, to student-athletes or their parents.

These are WIAA eligibility rules, which are current for the 2023-2024 school year:

AGE

A student shall be ineligible for interscholastic competition if they reach their 19th birthday before August 1 of any given school year.

ACADEMICS

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both

schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.

E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at their school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, they shall be subject to transfer provisions as outlined in the transfer Section of this document.

F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).

G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, they become eligible.

H. A student-athlete will not be eligible if their attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.

I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if they transfer to another school.

J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions may also apply.

B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.

C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).

D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.

E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.

F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

TRANSFERS

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

A. A student who transfers from any school into a member school will be subject to the transfer rules for one calendar year, unless the transfer is made necessary by a total and complete change in residence by parent(s). [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]

B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.

C. Students entering 11th and 12th grade are restricted to nonvarsity opportunities for one calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]

D. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.

E. 10th, 11th or 12th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).

F. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade.

G. District policies with respect to intra-district transfer do not supersede WIAA transfer rules.

H. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at their new school until the fifth calendar day of such transfer.

I. A student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]

J. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.

K. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at their new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education. Note: A student who does not serve a penalty for violation by leaving the state and competing in another state, will be ineligible for the balance of the suspension upon return to the state.

L. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENT'S PERMISSION

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and they must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

TRAINING and CONDUCT

A student-athlete must follow their school's code of conduct (training rules) on a year-round basis.

A. A student-athlete who violates their school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).

B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.

C. Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid their debt to society and the courts consider the sentence served (including probation, community service, etc.).

D. A student-athlete who violates their school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.

E. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.

F. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event at the same level of competition as the disqualification.

G. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

H. A school must provide an opportunity for the student to be heard prior to a penalty being enforced (except for felony charges). If a student appeals a suspension, according to the school's appeal procedure, the student is ineligible during the appeal process.

I. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

AMATEUR STATUS

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash (including gift cards) or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.

B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.

C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete.

D. A student-athlete may not receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.

E. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.

F. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than their own name.

SPORTS ACTIVITIES OUTSIDE OF SCHOOL

Athletes may compete in not more than two non-school competitions with prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including “banditing”) in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).

(1) This restriction applies to normal nonschool games as well as “gimmicks,” such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.

(2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.

(3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school’s official opening day of practice in order to continue nonschool training and/or competition.

B. During the school year before and/or after the school season of a sport and in the summertime, members of a school’s team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.

C. A student-athlete or their parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.

D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be their coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.

E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.

F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.

5/2023

**Prior to a student being declared eligible to practice and compete.
Nonschool Competition During the School Sport Season**

The WIAA rule regarding participation in non-school competition during the school sport season in the same sport states:

Article VI – Nonschool Participation

Section 1 – In-Session

A. It is the philosophy of this Association that a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. Athletes may compete in not more than **two non-school competitions** with school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition **will not** be allowed during the respective WIAA tournament series in a sport. A student becomes ineligible in a sport for the remainder of the season for competing in more than **two non-school games, meets, or contests** in the same sport during the season of practice and competition established by the school. The penalty may be reduced upon request of the school on the basis of documented extenuation circumstances.

For additional rules including reporting late, see Rules of Eligibility, Article VI, Sections 1 & 2 and Amateur Status rules with the athlete, see Rules of Eligibility, Article IV, Section 1.

Counting the contests for high school: the determination of competition is made in the manner that the particular sport maximum limits and individual limits are determined. Cross country, swimming, track, gymnastics, and golf is counted as a meet. Wrestling, tennis and volleyball may be a dual or a tournament. Baseball, softball, football, soccer, basketball and hockey can only be two games and could not be a tournament with four games.

Counting the events for middle school: events in MS are defined as either a contest or tournament.

Keep in mind that school approval must be requested before the non-school competition.

Name of Student _____

Name of Competition _____

Sponsor of Competition _____

Date of Competition _____ Location of Competition _____

Sport _____ Start Date of Session _____ First WIAA Tournament Date _____

Nonschool Competitions this Season (Circle One) 1 2 Regular Season (Circle One) Yes No

Type of Competition (Circle One): Contest Tournament

Student Name _____ Date _____

Parent Name _____ Date _____

_____ Approved

_____ Denied Reason _____

Head Coach _____ Date _____

Athletic Director _____ Date _____

KNOW YOUR CONCUSSION

A B C S

Assess
the
situation

Be alert for
signs and
symptoms

Contact a
health care
provider

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

Wisconsin Facts Sheet for Parents

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right". Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OF GUARDIANS

- 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

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- 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"

SYMPTOMS REPORTED BY YOUR CHILD

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*

- Drowsy
- Sleeps **less than usual**
- Sleeps **more than usual**
- Has trouble falling asleep

* Only ask about sleep symptoms if the injury occurred on a prior day.

Materials adapted from U.S. Dept. of HHS Centers for Disease Control and Prevention





DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Difficult to arouse
- Severe headache or worsening headache
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Unusual behavior
- Increasing confusion, restlessness, or agitation
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and provide written clearance to return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity or recess.

What should I do if my child or teen has a concussion?

1. Seek medical attention right away. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.
2. Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.
3. Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning too soon to daily activities to quickly (especially physical activity and learning / concentration).

How can I help my child return to school safely after concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's school administrators, teachers, school nurse, coach, and counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because he/she cannot keep up with schoolwork and learn as well after a concussion. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

KNOW YOUR CONCUSSION

A B C s

Assess
the
situation

Be alert for
signs and
symptoms

Contact a
health care
provider

A Facts Sheet for Athletes

What are the signs and symptoms of a concussion?

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head.. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity.

Unlike a broken arm, you can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just "don't feel right". If you think you or a teammate may have a concussion, it is important to tell someone.

SIGNS AND SYMPTOMS OF A CONCUSSION

Tell someone if you see a teammate following:

With any of these symptoms:

- Appears dazed or stunned
- Forgets sports plays
- Is confused about assignments or position
- Moves clumsily
- 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

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

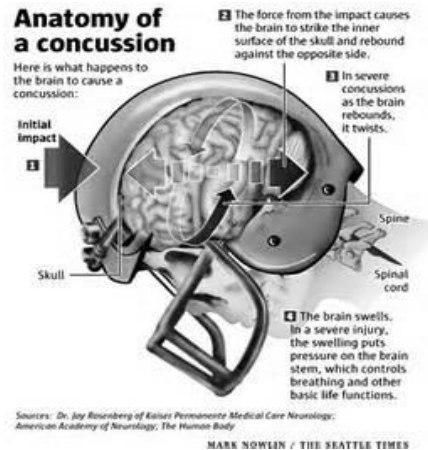
- Headache or "pressure" in head
 - Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
 - Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Changes in you normal sleep

- * Wear the proper equipment for each sport and make sure it fits well.
- * Follow the rules of the sport and the coach's rules for safety.
- * Use proper Technique.



If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Educationn (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

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

1. **Tell your coaches and parents right away.** Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of concussion, you should immediately remove yourself from practice/play. Tell you coach right away if you think you or one of your teammates might have a concussion.
2. **Get evaluated by a health care provider.** A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion, you may not participate again until evaluated by a health care provider and receive written clearance to return to activity. You must provide this written clearance to your coach.
3. **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 repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

Why should you tell someone about your symptoms?

1. Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

Tell your teachers

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Have more time allowed to take test or complete assignments,
- Suspend your physical activity (PE class and/or recess)
- Suspend your extracurricular activities (band, choir, dance, etc)
- Reduce time spent reading, writing, or on the computer.

To download this fact sheet in Spanish, please visit: HYPERLINK "<http://www.cdc.gov/concussion>" www.cdc.gov/concussion. Para obtener una copia electronica de esta hoja de informacion en espanol, por favor visite: HYPERLINK "<http://www.cdc.gov/concussion>" www.cdc.gov/concussion

To Learn more about concussions go to: HYPERLINK "<http://www.cdc.gov/concussion>" www.cdc.gov/concussion; HYPERLINK "<http://www.wiaawi.org>" www.wiaawi.org; HYPERLINK "<http://www.nfhs.org>" www.nfhs.org