

It is the goal of Birch Run High School to provide its students with a well-rounded athletic program that enables the students to take advantage of the many benefits derived from athletics.

Birch Run High School Athletic Guidelines

To the Parent

These guidelines are sent to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and good training habits. Participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustment and development. Our goal is to maintain a program that is sound in purpose and will further each student's educational maturity.

Our goal is to provide adequate equipment, well-trained coaches and registered officials. We expect our coaches to be fair and objective when making decisions concerning the athletes and the team. You have committed yourself, by signing the Code of Conduct/Sportsmanship Form, to support your student/ athlete.

It is the role of the Athletic Department to enforce rules that govern the spirit of competition for the district. It is also our goal to follow the Michigan High School Athletic Association (MHSAA) regulations. The rules need a broad basis of support. These guidelines clarify our objectives.

To the Student/Athlete

Responsibilities

You owe it to yourself to get the most from your high school experiences. The foremost responsibilities are to broaden yourself and develop strength of character. Your studies and your participation in other scholastic activities, as well as in sports, prepare you for your life as an adult.

You assume a leadership role when you are on an athletic team. The student body, the community and other communities judge our school by your conduct and attitude, when you're participating and when you're not. Because of this leadership role, you can contribute greatly to school spirit and community pride. Younger students in the school watch and copy you. Remember to set good examples.

Conduct

The student/athlete is closely observed. It is important that his/her behavior be above reproach in all of the following areas:

In The Classroom: In the academic area, the student/athlete must plan his/her schedule so that he/she gives sufficient time and energy to studies. Respect the other students and faculty.

During the Event: A student/athlete does not use profanity, illegal tactics or act unsportsmanlike. He/She learns losing is part of the contest; he/she should be gracious in defeat and modest in victory. A student/athlete does not display fits of temper, etc. when things fail to go as desired. He/She is expected to have complete control of himself/herself at all times. Officials are present to ensure rules are followed and are to be respected. We expect you to display good sportsmanship at all times.

In the School: The way we act and look in school is of great importance. Student/Athletes should be leaders and worthy of respect from their fellow students.

Miscellaneous:

- A. A student should always consult the coach before missing practice.
- B. Quitting a team is a serious matter. No student should quit any sport without first consulting the coach.
- C. A student/athlete may drop a sport to go to another sport after receiving permission from both coaches and the Athletic Director.

Training Rules & Regulations

It is a fact that the use of tobacco, alcohol, and drugs are injurious to the development of human growth. Michigan law prohibits the use or possession of these materials by students. You cannot compromise with substance abuse.

You, as a student/athlete, have made the choice of representing Birch Run Schools in interscholastic activities. Being a member of a team is a privilege, and with it comes responsibilities.

In addition to the rules and regulations listed here, each coach will also have certain guidelines pertaining to lateness, missing practice, swearing, and other items.

Attendance

Students must be in school all day in order to practice or compete in-school activities. Exceptions to this policy (for example: necessary medical appointments, funerals, etc.) must be pre-approved through the athletic director or principal. In extreme or emergency situations, exceptions may be considered without prior approval.

School Suspension

When student/athletes are suspended from school they will not be allowed to practice or compete on a team until the suspension is over.

Athletic Image

Student/Athletes (and coaches) are expected to be well-groomed and must adhere to clothing and accessory regulations established by the MHSAA and the National Federation.

Transportation

When bus transportation is provided for athletic teams, all participants are required to ride as a team to and from the contest. A Travel Release Form must be completed and on file in the Athletic Office before 3:00 p.m. on the day prior to the contest if extenuating circumstances arise. In order for the athlete to compete only Parent(s)/Guardian(s) will be allowed to transport the athlete. There will be no transportation provided on Saturday athletic events with the exception of league or state tournaments.

Joining a Team

Every student/athlete who plans to try out for a varsity team must try to be at the first day of practice. There may be extenuating circumstances which would not allow the student to attend the first day of practice. On these occasions the coach and the Athletic Director must be notified prior to the first day of practice. Students who transfer must meet a number of practices before competing.

Coaches will give out written criteria used for making selection for a team, as well as the length of the tryout period.

Before a sport is canceled due to lack of participants, every effort will be made to obtain new team members. No penalty will be assessed against a student/athlete who joins a team in this situation.

Student/Athlete Grade Level Participation

If the coach believes it will benefit the student/athlete to participate on a team at a different level, the coach must receive permission and approval from the following people:

- A. Varsity Coach of the sport involved
- B. Athletic Director
- C. Parents of the student/athlete
- D. Student/Athlete

Only if all parties listed agree, may a student/athlete participate at a different grade level. Once a decision is reached it shall not be changed unless all parties are again in agreement.

Dual Sports

If a student-athlete chooses to try to play two sports in the same season the following procedures need to be followed.

1. Pick a primary sport
2. Primary sport coach will determine if this can be logistically possible.
3. Secondary sport head varsity coach needs to agree to the terms for practices and games missed while attending primary sports games and practices.
4. After a calendar is established the player needs to gain athletic director approval and this will be done by signing a contract that both **VARSIITY HEAD COACHES** will need to sign.

If a player wishes to try to only play one sport, or change their primary sport, this needs to be done before any games are ever played. If a player quits one sport this needs to be agreed upon with both varsity coaches and the athletic director.

Athletic Rules and Regulations

Pertaining to Chemical Use & Unbecoming Behavior

Unacceptable Chemical Use Defined

The following behavior shall be grounds for athletic suspension:

- A. Using tobacco in any form.
- B. Possessing, using, arranging, or transferring alcoholic beverages, narcotics, or drugs, including look-alike drugs.
- C. Presence at an event/activity where alcohol or drugs are being used.
 - Student-athletes are expected to avoid associating at activities where the above-mentioned illegal activities are taking place. Student-athletes must make a conscious effort to immediately leave such a situation as soon as they become aware of the presence of drugs or alcohol. Failure to do so will result in the penalties outlined in this section.

D. Unbecoming Behavior Defined

Unbecoming behavior may include, but is not limited to being arrested, acts of theft, extortion, vandalism, forgery, assault, sexual misconduct, hazing or initiation of other students, or gross disrespect as determined by school administration.

Doing so will result in the listed penalties being imposed.

Penalties

1st Offense: The student-athlete will be placed on immediate, continuous suspension from competition for 33% of the scheduled games, rounded up to the nearest full game. In

the event that the penalty period is longer than the time remaining in the season, the penalty will be for the balance of the current season plus the appropriate portion of the next season (that the student participates in) to fulfill the penalty.

In the event that a student-athlete is not currently participating in a sport, the 33% penalty will apply to the next season the student-athlete participates in. In order for the penalty to be considered fulfilled for a season, the student-athlete must complete the entire season.

Student-athletes are strongly encouraged to self-report any violations to the athletic director or principal. In order to be considered self-reporting, the student must contact an administrator before the administrator contacts the student. Individuals who self-report will have their suspension reduced to 20%. A self-report reduction will only be considered on the first offence.

2nd Offense: The student/athlete shall lose eligibility for one calendar year from the date of the offense.

3rd Offense: The student-athlete shall be permanently suspended from the athletic program.

*Any appeals to athletic suspensions under this policy will follow the appeal process outlined in the student handbook under "Suspension Procedures."

Duration of the Athletic Code:

These rules and regulations shall apply once the student-athlete joins the athletic program by signing and turning in a completed physical card and conduct code consent form to the athletic department or by attending the first official practice for a sport. These rules are considered to be in effect from that point throughout the student-athlete's athletic career or until 12 months have passed from the student-athlete's last athletic participation, whichever occurs sooner. These rules and regulations apply to a student-athlete year round, including during vacation periods and during any off-season time and are not limited to student behavior at school-sponsored activities or while the student-athlete is on school property.

Food Supplements

The National Federation of State High School Association Sports Medical Advisory Committee has issued a position statement on food supplements in interscholastic sports. The Birch Run Area School District agrees with his statement, which reads: "School personnel and coaches should not dispense any drug, medication, or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals and senior administrative personnel of the school or school district. "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."

PUBLIC ACT 215 (2017-18) BANNED DRUGS

The law requires all public school districts and academies to include in their local codes of conduct that possession or use of any National Collegiate Athletic Association banned drug is not permitted and shall subject the student to the same

penalties that the school district has established for possession/use of tobacco, alcoholic beverages and illegal drugs.

1. The board of a school district or board of directors of a public school academy shall ensure that its policies concerning a pupil's eligibility for participation in interscholastic athletics include use of a performance-enhancing substance by the pupil as a violation that will affect a pupil's eligibility, as determined by the board or board of directors. The governing body of a nonpublic school is encouraged to adopt an eligibility policy that meets the requirements of this section.

2. For the purposes of this section, the Department of Community Health shall develop, periodically update and make available to school districts, public school academies and nonpublic schools a list of performance-enhancing substances. The Department of Community Health shall base the list on the list of banned drugs contained in the Bylaws of the National Collegiate Athletic Association.

2018-19 NCAA Banned Drugs

It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance

The NCAA bans the following classes of drugs:

The NCAA bans the following classes of drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and
8. Beta-2 Agonists.

Note: *Any substance chemically related to these classes is also banned.* The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation (i.e., Albuterol).

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. *Any product containing a dietary supplement ingredient is taken at your own risk.*

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

There is NO complete list of banned substances.

Do not rely on this list to rule out any label ingredient.

1. **Stimulants:** amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine (DMAA); "bath salts" (mephedrone); Octopamine; DMBA;

phenethylamines (PEAs); etc. *exceptions:* phenylephrine and pseudoephedrine are not banned.

2. **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenedione): androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.
3. **Alcohol and Beta Blockers** (banned for rifle only): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. **Diuretics (water pills) and Other Masking Agents:** bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
5. **Illicit Drugs:** heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)
6. **Peptide Hormones and Analogues:** growth hormone (HGH); human chorionic gonadotropin (HCG); erythropoietin (EPO); IGF-1 (colostrum); etc.
7. **Anti-Estrogens:** anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), etc. **Beta-2 Agonists:** bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

Eligibility Rules

(MHSAA Summary)

Enrollment: The student must be enrolled in the high school for which he/she competes by the Monday of the fourth week of the trimester which he/she competes or must move into the school district with his/her parent or guardian with whom he/she last lived during the present school year. The student must reside in the school service area in which he/she attends school unless he has received prior district and MHSAA approval to compete at a different school.

Age: The student who competes in any high school interscholastic athletic contest must be under nineteen (19) years of age. When the student's nineteenth (19th) birthday occurs on or after September of a present school year, he/she is eligible for balance of that school year.

Physical Examination: A student must have a physical examination completed by a physician certifying the student is fully able to compete in athletics. This physical must take place April 15 or later to be used for the present school year. The student shall not participate in any practice sessions or contests until the completed form is on file in the athletic office.

Trimester of Enrollment: A student shall not be enrolled for more than twelve trimesters in grades nine through twelve (9-12) inclusive. Eleventh and twelfth trimesters must be consecutive. Enrollment beyond the fourth Friday of a trimester or competing in one or more interscholastic athletic contests, shall be considered as enrollment for a trimester.

Seasons of Competition: A student may compete in not more than four (4) seasons of competition in a sport in a four (4)-year high school. A student shall be limited to participation in a given sport only once during a school

year, even though the sport may be offered twice during that given school year.

Trimesters of Eligibility: A student shall not compete in any branch of athletics who has been enrolled in grades nine through twelve (9-12) for more than twelve trimesters. The eleventh and twelfth Trimesters must be consecutive.

Undergraduate Standing: The student must not be a high school graduate.

Previous Trimester Record: The student has received at least four (4) credit hours for the last trimester (see also Eligibility & Equipment, Section A).

Present Trimester Record: The student has received at least four (4) credit hours during the present trimester up to within seven (7) days of contest. (Present trimester is the current trimester).

Awards: A student will not accept (from any source) anything for participation in athletics other than an emblematic award. An emblematic award includes, but is not limited to, any medal, ribbon, badge, plaque, cup, trophy, banner, picture, or regular letter award. It does NOT include money or merchandise. No acceptable award shall exceed fifteen dollars (\$15) in value. The price does not include engraving. No one, such as a parent, friend, or other person, may accept an award on behalf of the athlete at any time prior to graduation from high school. There will be no reinstatement for at least one full trimester after the date of violation.

Amateur Status: Students participating in athletics or planning to do so in his/her career will not 1) accepted money for participation in any form of athletics, sports, or games; 2) receive money or other valuable considerations for officiating in an interscholastic athletic contest; or 3) sign a contract with a professional baseball team. (Reinstatement will not be considered for one year.)

Limited Team Membership: A student, after participating in an athletic contest as a member of a Birch Run team, will not participate in the same sport in any athletic competition out of school not sponsored by Birch Run High School during the same sports season. A student, who plays on a Birch Run High School basketball team after February 15, will not participate in any basketball competition outside school during the present school year. After he/she has represented Birch Run in a sport, the student may not participate in any so-called all-star, charity, exhibition football or 3-on-3 basketball game during that season.

Eligibility and Equipment

It is the responsibility of the school to oversee the rules and guidelines set forth by the Michigan High School Athletic Association, the Tri Valley Conference, and the Birch Run Area School District. In order to participate in athletics, student-athletes must meet the requirements established by the MHSAA. This includes enrollment and academic eligibility regulations

A. **Athletic Eligibility Policy:** In addition, the Birch Run Board of Education has set academic standards that require the student/athlete to be passing 4 classes in order to participate in athletics. Student/Athletes must pass four (4) classes in a trimester to be eligible the next trimester. Students carrying less than a full load must pass all their classes. The academic standing of Birch Run High School student/athletes will be checked weekly.

Procedures

1. Each Monday an eligibility report will be emailed to all coaches of all student-athletes who fall below the eligibility requirements.
 2. Evaluation of the student-athlete is to be a cumulative grade starting from the beginning of the trimester to the present time. This is not a weekly grade, rather a weekly grade check.
 3. Any student-athlete who is not currently passing the required number of credits will be ineligible to be in uniform or participate in any interscholastic events that week, Monday through Sunday. The student-athlete is expected to practice during this time, but practice will be limited to conditioning. The athlete will not be able to dress or be seated with the team on the bench.
 4. A student-athlete must be carrying at least a 2.0 grade point average the trimester previous to the beginning of membership on a team. If not, the student-athlete will be on probation. If the student-athlete is not at a 2.0 or higher the trimester after being on probation, he/she will be academically ineligible the following trimester.
 - a. An extended probation period may be granted on a week to week basis if the Athletic Director, with the Principal's consent, feels special circumstances so warrant. Special circumstances may include, but not limited to, the student athlete who has improved his/her grade and behavior significantly, but has not met the 2.0 requirement.
 5. At any time if a player does not cooperate with the coach the coach has the right to dismiss the athlete from the team.
- B. In order for a student to participate on more than one team in the same sports season, there must be agreement between both coaches and the Athletic Director.
- C. All student/athletes should have some form of health insurance to provide coverage in cases of injury. If insurance is not available, information on insurance programs may be obtained through the school.
- D. Any student/athlete found in possession of athletic equipment not issued to him/her will subject himself/herself to disciplinary action.
- E. All student/athletes are entitled to due process as outlined in the Student Handbook when disciplinary action is pending.

Parent-Coach Communication Plan

- A. Communication you should expect from your son/daughter's coach.
1. Philosophy of the coach
 2. Expectations the coach has for your child and other players on the squad.
 3. Locations and times of all events
 4. Team requirements and rules- i.e. fees, equipment, off-season expectations
 5. Discipline that result in the restrictions or denial of your child's participation
- B. Communication coaches expect from parents
1. General concerns expressed directly to coach
 2. Notification of any schedule conflicts well in advance

- 3. Specific concerns regarding a coach's philosophy and/or expectations
- 4. Notification of health or family concerns that may impact student-athlete
- C. Appropriate concerns to discuss with coaches
 - 1. The physical and mental treatment of your child
 - 2. Ways to assist in your child's improvement
 - 3. Concerns about your child's behavior
- D. Issues not appropriate to discuss with coaches
 - 1. Playing time
 - 2. Strategy
 - 3. Play calling
 - 4. Other student-athletes

- E. When a conference with a coach becomes necessary
 - 1. Call the Athletic Office (624-9394) to set up an appointment with the coach.
 - 2. Please do not confront a coach before or after a practice or contest. These are emotional times for the student-athlete, coach and parent. Meetings of this nature usually does not promote a resolution.
 - 3. If the meeting with the coach does not provide a resolution, call the Athletic Office and set up an appt. with the Athletic Director to discuss the situation.

Awards

The athletic award is given by the school in special recognition of an athletic performance. To qualify for this honor a student should meet the established requirements of the school and must be recommended by the coach of the team in which he/she is participating. Each coach will explain to his team the requirements and standards for earning an award.

Letters and Certificates

To win a Varsity or Junior Varsity letter, the student/athlete must actively participate in the scheduled competitions against varsity or junior varsity opponents. The amount of participation in contests required to win a letter will be determined by the coaching staff. Only one Varsity or Junior Varsity Letter will be given to a student athlete per high school career. The student/athlete must be in regular attendance at practice, recommended by the coach and approved by the Athletic Director.

Varsity Manager's Letter

To win a Varsity Manager's letter, a student must be appointed to the position by the coach and must execute properly such duties as may be outlined by the coach. Only one Varsity Manager's Letter will be given to any student athlete during their high school career.

Scholar-Athlete Award

In order to receive a scholar-athlete award, a student must earn a 3.0 grade point or higher in the trimester that covers the majority of their sport season, as determined by the Athletic Director.

**Athletic Award Policy
Effective Fall, 2003**

Member of 9th Grade Team	Certificate
Member of a JV Team (1st Year)	JV Letter & Certificate
Member of JV Team (2nd Year)	Certificate
Member of a Varsity Team:	
1st Year Varsity	Letter & Insert & Certificate
2nd Year.....	Insert & Certificate
3rd Year.....	Panther Patch, Insert & Certificate
4th YearPlaque, Insert & Certificate

Conference Membership

Birch Run High School belongs to the Tri Valley Conference. Members are:

- Tri Valley 8:** Alma, Birch Run, Bridgeport, Essexville-Garber, Frankenmuth, Freeland, Bay City John Glenn, Swan Valley
- Tri Valley 10:** Bullock Creek, Carrollton, Hemlock, Ithaca, MLS, Millington, Saginaw Nouvel, Standish-Sterling, St. Louis, and Valley Lutheran.

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health. CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache

Pressure in the Head

Nausea/Vomiting

Dizziness

Balance Problems

Double Vision

Blurry Vision

Sensitive to Light

Sensitive to Noise

Sluggishness

Haziness

Fogginess

Grogginess

Poor Concentration

Memory Problems

Confusion

“Feeling Down”

Not “Feeling Right”

Feeling Irritable

Slow Reaction Time

Sleep Problems

WHAT IS A CONCUSSION?

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

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

IF YOU SUSPECT A CONCUSSION:

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

SIGNS OBSERVED BY PARENTS:

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

CONCUSSION DANGER SIGNS:

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

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

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

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

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

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