

# **B.E.A Spring 2023**

## **Sports Re-certifications**

Students going out for Baseball, Softball, or Track & Field **and participated in a Fall or Winter PIAA sport need to complete the recertification packet and return to Mr. Dyke by Monday, February 27<sup>th</sup>.** If you must be re-certified, Mr. Dyke will personally notify the athlete.

**Please be respectful of this deadline so the Athletic Office has time to get all paperwork ready for the start of practice on Monday, March 6<sup>th</sup>.**

Informational meeting for Parents & Athletes will be Tuesday, February 28<sup>th</sup> at 6:30 pm in the cafeteria.



## SECTION 8: RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed not earlier than six weeks prior to the first Practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in all subsequent sport seasons in the same school year. The Principal, or the Principal's designee, of the herein named student's school must review the SUPPLEMENTAL HEALTH HISTORY.

If any SUPPLEMENTAL HEALTH HISTORY questions are either checked yes or circled, the herein named student shall submit a completed Section 9, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

### SUPPLEMENTAL HEALTH HISTORY

Student's Name \_\_\_\_\_ Male/Female (circle one)

Date of Student's Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age of Student on Last Birthday: \_\_\_\_ Grade for Current School Year: \_\_\_\_

Winter Sport(s): \_\_\_\_\_ Spring Sport(s): \_\_\_\_\_

**CHANGES TO PERSONAL INFORMATION** (In the spaces below, identify any changes to the Personal Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Current Home Address \_\_\_\_\_

Current Home Telephone # ( ) \_\_\_\_\_ Parent/Guardian Current Cellular Phone # ( ) \_\_\_\_\_

**CHANGES TO EMERGENCY INFORMATION** (In the spaces below, identify any changes to the Emergency Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Parent's/Guardian's Name \_\_\_\_\_ Relationship \_\_\_\_\_

Parent/Guardian E-mail Address: \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_

Secondary Emergency Contact Person's Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_

Medical Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

Family Physician's Name \_\_\_\_\_, MD or DO (circle one)

Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

If any SUPPLEMENTAL HEALTH HISTORY questions below are either checked yes or circled, the herein named student shall submit a completed Section 9, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

Explain "Yes" answers at the bottom of this form.

Circle questions you don't know the answers to.

- |   |   |
|---|---|
| <p>1. Since completion of the CIPPE, have you sustained a serious illness and/or serious injury that required medical treatment from a licensed physician of medicine or osteopathic medicine? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> | <p>3. Since completion of the CIPPE, have you experienced dizzy spells, blackouts, and/or unconsciousness? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> |
|---|---|

An additional note to item #1, if serious illness or serious injury was marked "Yes", please provide additional information below

- |  |  |
|--|--|
| <p>2. Since completion of the CIPPE, have you had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> | <p>4. Since completion of the CIPPE, have you experienced any episodes of unexplained shortness of breath, wheezing, and/or chest pain? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> |
|--|--|

- |   |  |
|---|--|
| <p>5. Since completion of the CIPPE, are you taking any NEW prescription medicines or pills? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> | <p>6. Do you have any concerns that you would like to discuss with a physician? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> |
|---|--|

#s	Explain yes answers; include injury, type of treatment & the name of the medical professional seen by student

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



# Bald Eagle Area School District

## WAIVER FORM

This is to certify that my son/daughter, \_\_\_\_\_, a student at the BALD EAGLE AREA SCHOOL DISTRICT, who is participating in the \_\_\_\_\_ program at the school, is covered with medical insurance (Sport or Activity) under my personal policy at my place of employment.

Therefore, I request that he/she be excused from the requirement of the school district carrying school insurance as a condition of participating in \_\_\_\_\_. (Sport or Activity)

I hereby waive any claim against the school district from failure of the school district to cover him/her with such medical insurance, and assume all liability, therefore.

\_\_\_\_\_  
(Parents Signature)

## CERTIFICATE

This is to certify that \_\_\_\_\_ son/daughter of  
(Student's Name)

\_\_\_\_\_, is covered with medical insurance for the **2022-2023**  
(Parents/Guardians Name)

**school year.**

\_\_\_\_\_  
(Insurance Company)

\_\_\_\_\_  
(Employer)

**\*\*\*\*If you do not currently have medical insurance for your child, please sign the line below.**

\_\_\_\_\_



**B.E.A. Athletic Department**  
**Injury, Return to Participation and Concussion Policies**  
**Signature Page**

I hereby acknowledge that I have read and understand the BEASD Injury, Return to Participation, and Concussion policies and will adhere to sharing in the responsibility of injury management and prevention for our student-athletes by following appropriate safety protocols and communicating and reporting all injuries to the licensed athletic training staff in a timely and efficient manner.

\_\_\_\_\_

Signature of Parent/Guardian

\_\_\_\_/\_\_\_\_/\_\_\_\_

Date

\_\_\_\_\_

Signature of Student-Athlete

\_\_\_\_/\_\_\_\_/\_\_\_\_

Date

**Must be returned to Athletic Department before the  
student will be allowed to participate.**





## BALD EAGLE AREA SCHOOL DISTRICT

### “CODE OF CONDUCT” VERIFICATION FORM

We acknowledge that we have received and understand the Code of Conduct for  
The Bald Eagle Area School District Students participating in the Athletic  
Program. A copy of the code of conduct is included in this packet.

\_\_\_\_\_ for the **2022-2023** sports season.  
*Sport name*

\_\_\_\_\_  
Signature of Parent / Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date



## **Bald Eagle Area School District: Injury Policy**

The Bald Eagle Area School District Licensed Athletic Training Staff, along with its sports medicine team members, strive to protect and return injured student-athletes to practice and competition as quickly and safely as possible.

The licensed athletic training staff possesses the knowledge and skills in providing injury recognition, injury prevention, emergency care, evaluation and assessment, immediate care, treatment, rehabilitation, and reconditioning for student athletes.

**Sports participation in athletics involves an inherent risk for injury and the student-athlete and coaching staff must share in the responsibility of injury management and prevention through:**

1. Following safety protocols
2. Communicating and reporting injuries to the licensed athletic training staff in a timely and efficient manner.
- **Any Student-Athlete participating and individuals Coaching school sponsored activities must adhere to this Policy**

### **Student-Athletes injured in Practice, Competition, Other Activity**

1. **All injuries occurring during Bald Eagle Area sponsored activities, practice, home and away events, and other activities must be reported immediately to the Licensed Athletic Trainer(s) at the Bald Eagle Area School District.** The student-athlete must be evaluated by the licensed athletic training staff prior to returning to practice or competition.
2. **Following the evaluation for an injury, medical referrals for further recommendation and evaluation by a licensed physician will be made when deemed necessary. Follow up re-evaluations will be performed the following practice or event day to determine the level or ability of the student-athlete's participation and or the need for that individual to seek further medical attention for that injury. The BEA LAT staff can assist you in making a physician appointment if needed as outlined in the policies and procedures manual. An injured athlete, deemed to be ineligible for participation in practice and or competition per the BEA Licensed Athletic Training Staff or attending physician:**
  - a. *Will not dress in uniform or participate in any way for any competition or event.*
  - b. *Will not suit up for practice or workouts*

**They may not return to these activities in any shape or form, unless authorized to do so by the Licensed Athletic Training staff and/or attending physician.**

1. **All Injuries occurring at away events- (Games/Matches/Meets/Tournaments/Competitions)**  
Must be reported within 24 hours of that away athletic event. It is the Head coach's responsibility to contact the licensed athletic training staff within that period of time, via phone call, text, or email regarding that injury. The student-athlete will refrain from participating in practice or competition until after they have been evaluated and cleared to return to participation by the Bald Eagle Area LAT Staff. This is necessary to reduce the risk of further injury and liability for the LAT staff, coaching staff, and the district.
2. **In the Event of a medical emergency from an injury occurring at away events- (Games/Matches/Meets/Tournaments/Competitions)**  
The student-athlete should seek immediate medical attention and report that information regarding the injury within 24 hours of that away athletic event to the BEA LAT Staff. It is the Head coach's responsibility to contact the licensed athletic training staff within that period of time, via phone call, text, or email regarding that injury. The student-athlete will refrain from participating in practice or competition until after they have been evaluated and cleared to return to participation by the Bald Eagle Area LAT Staff

along with written clearance for return to play by their attending physician. This is necessary to reduce the risk of further injury and liability for the LAT staff, coaching staff, and the district.

3. In participating in an away event, if an injury has been determined to not be of a serious nature and did not require immediate medical attention, you may contact a member of the BEA LAT staff via phone call, text, or email to make arrangements to have the student-athlete evaluated in the clinic at Drayer Physical Therapy in the morning or at the athletic training room on that day.
4. Failure to report injuries delays proper referral to a physician. Failure to report also delays the proper return of the athlete to participation, delay proper treatment of the injury or condition, and inconveniences the parents and athletes. Failure to report also creates liability for the school district, its employees, the licensed athletic trainer(s), and the coaching staff. Failure to report Head Injuries, sustained by a student-athlete in practice or competition, is in direct violation of SB 200 known as the Safety in Youth Sports Act. This law makes certain requirements of Pennsylvania Schools and the personnel who supervise the student-athletes who represent these schools, as well as the medical personnel who support them when there is an injury.

### **Bald Eagle Area School District: Return to Participation Policy**

Following a complete physical assessment for an injury:

1. The Licensed Athletic Trainer(s) LAT(s) in the Bald Eagle Area School District, may, at his or her discretion, return a student-athlete to practice or competition.
2. Return to participation is a progression that will be determined by the Licensed Athletic Training Staff, and the attending Physician (If the athlete has been seen by a Licensed Physician for Evaluation and Clearance for the injury).
3. If a student-athlete is not being seen by a licensed physician for a specific injury or pathology, the Bald Eagle Area Licensed Athletic Trainer(s) will determine when the athlete returns to practice or competition. An injured athlete, deemed to be ineligible for participation in practice and or competition per the BEA Licensed Athletic Training Staff or attending physician:
  - a. Will not dress in uniform or participate in any way for any competition or event.
  - b. Will not suit up for practice or workouts

They may not return to these activities in any shape or form, unless authorized to do so by the Licensed Athletic Training staff and/or attending physician.

Student-Athletes seen by an approved licensed medical professional: Must secure a written release to return to athletic participation. This is the policy set forth in the Standard Operating Procedures from the Bald Eagle Area Team Physician. The athlete must present a written release from the attending physician to return to participation in practice or competition.

Approved Licensed Medical Professionals that could return an athlete to activity after being seen for an injury include: Medical Doctor (MD,DO)- May include any specialist with the credentials MD or DO, Dentist. Podiatrist

We cannot accept and receive clearance for student-athletes to return to participation from: a Chiropractor or Physical Therapist, since they are not under the discretion of our licensing board. Our Licensure is under the Pennsylvania Board of Medicine and Board of Osteopathic Medicine.

Pennsylvania Law requires Licensed Athletic Trainers to work under the direction of a Licensed Physician, licensed by the Pennsylvania Board of Medicine and Board of Osteopathic Medicine, and therefore must secure a written release from that provider if an athlete has been restricted from participation in athletic and physical activity.

## **Bald Eagle Area School District: Concussion Management Plan**

### **XI. Bald Eagle Area School District Concussion Management Plan**

In accordance with recommendations by Law in the State of Pennsylvania, in accordance with Senate Bill 200(SB 200), also known as "Safety in Youth Sports Act, the Bald Eagle Area School District has adopted a policy for its student-athletes participating in interscholastic athletics.

**The Safety in Youth Sports Act, Pennsylvania Senate Bill 200, (Section 1)** Establishes standards in the state of Pennsylvania for managing concussions and traumatic brain injuries to student-athletes.

This policy also includes students involved in an athletic contest or competition that is sponsored by, or associated with the Bald Eagle Area School District, including cheerleading, club sponsored sports activities, and sports activities sponsored by the school district's affiliated organizations. This includes practices, interschool practices, and scrimmages as outlined in Section 2 under "Athletic Activity" in accordance with this Act.

A copy of Pennsylvania Senate Bill 200 is attached with this Concussion Management Plan.  
(Document 1)

#### **I. Definitions (Section 2)**

##### **A. Appropriate Medical Professional**

- (1) A Licensed Physician who is trained in the evaluation and management of concussions or a Licensed or Certified Health Care Professional trained in the evaluation and management of concussions and designated by such Licensed Physician. The Licensed Athletic Trainer(s) are the Appropriate Health Care Professional(s) and the Licensed Physician designee, trained to provide concussion evaluation and management under the Standard Operating Procedures.
- (2) A Licensed Psychologist neuropsychological trained in the evaluation and management of concussions or who has post-doctoral training in neuropsychology and specific training in the evaluation and management of concussions.

##### **B. Specific Head Injuries**

- (1) **Concussion or Mild Traumatic Brain Injury (MTBI)**- A concussion or MTBI is the common result of a blow to the head or body which causes the brain to move rapidly within the skull. This injury causes brain function to change which results in an altered mental state (either temporary or prolonged). Physiologic and/or anatomic disruptions of connections between some nerve cells in the brain occur. Concussions can have serious and long-term health effects, even from a mild bump on the head.

Symptoms include, but are not limited to: brief loss of consciousness, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, moodiness, poor concentration or mentally slow, lethargy, photosensitivity, sensitivity to noise, and a change in sleeping patterns. These symptoms may be temporary or long lasting.

- (2) **Second Impact Syndrome-(SIS)**- Refers to catastrophic events which may occur when a second concussion occurs while the athlete is still symptomatic and healing from a previous concussion. The second injury may occur within days or weeks following the first injury. Loss of consciousness is not required. The second impact is more likely to cause brain swelling with other widespread damage to the brain. This can be fatal. Most often SIS occurs when an athlete returns to activity without being symptom free from the previous concussion.

## **II. Appropriate Health Care Plan For The District**

- (1) The Bald Eagle Area School District provides an appropriate healthcare plan that includes equitable access to athletics healthcare providers for each sport.
- (2) The Bald Eagle Area School District provides healthcare to all student-athletes participating in interscholastic athletics, cheerleading, and club sponsored sports activities. This healthcare is provided by the Licensed Athletic Trainer(s) that provide coverage for after school practices, scrimmages, and scheduled interscholastic athletic events.
- (3) The Licensed Athletic Trainer(s) on staff at the Bald Eagle Area School District follow Standard Operating Procedures (SOP), in accordance with the Pennsylvania Board of Medicine and Osteopathic Medicine. This SOP is provided by the Bald Eagle Area School District Team Physician and agreed upon in writing by the district administration.

## **III. Educational Materials Related to Concussions and Traumatic Brain injuries (Section 3 (a))**

### **A. The Pennsylvania Department of Health and Department of Education**

Shall develop and post on their Internet websites guidelines and other relevant materials to inform and educate students participating in or desiring to participate in an athletic activity, their parents and their coaches, about the nature and risk of concussion and head injury, including the risks associated with continuing to play or practice after a concussion or head injury. In developing the guidelines and materials, the departments shall utilize existing materials developed by the Centers for Disease Control and Prevention.

### **B. Bald Eagle Area School District policies for Concussion Management Planning In-accordance with SB 200 (Section 3 (a)):**

- (1) **The Bald Eagle Area School District shall require each school year, that student-athletes participating in or desiring to participate in an athletic activity, and the student's parent/guardian, prior to participation by the student in an athletic activity, sign and return to the district an acknowledgement of receipt and review of a concussion and traumatic brain injury information sheet developed in accordance with the "Safety in Youth Sports Act".** In signing this information sheet, student-athletes and the parent/guardian accepts the responsibility for reporting their injuries and illnesses to the school district's medical staff (Staff Licensed Athletic Trainers), including signs and symptoms of concussions. This form is attached as **Document 3**.
- (2) **PIAA CIPPE Form (Attached with Pre-Participation Physical Packet)**  
*The Bald Eagle Area School District requires all student-athletes and parent/guardian to review and sign the PIAA Concussion Information Sheet as part of the Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) required by the PIAA.*
- (3) **Baseline Testing – Concussion Vital Signs**  
The Bald Eagle Area School District will record a baseline assessment for each student-athlete prior to the first practice in the sports of baseball, basketball, cheerleading, football, soccer, softball, track and field, volleyball, and wrestling, at a minimum. The same baseline assessment tools should be used post-injury at appropriate time intervals. Baselines will be updated every three years.
  - (a) **The baseline assessment should be considered one or more of the following areas of assessment:**  
**Baseline for All Student-Athletes will include:**
    1. Standardized Assessment for Concussion (SAC Evaluation Form)
    2. Graded Symptom Checklist
    3. BESS
    4. VOMS (Vestibular Oculomotor Screen)- VOS Form
    5. VOR – (Visual Ocular Reflex)- Pursuit, Saccades, Accommodation
    6. Concussion Vital Signs Post Injury Test

- (b) All students who participate in athletics at Bald Eagle Area are eligible for and required to complete baseline testing prior to participating in their sports season.
- (c) Any student athlete who suffers a concussion will be baseline retested before the next academic/athletic year.
- (d) Additionally, neuropsychological testing (e.g. computerized, standard paper and Pencil) has been shown to be effective in the evaluation and management of concussion. The development and implementation of a neuropsychological testing program should be performed in consultation with a neuropsychologist. Ideally, post injury neuropsychological test data should be interpreted by a neuropsychologist.

#### **IV. Informational Meeting on Concussions and Traumatic Brain Injuries**

The Bald Eagle Area School District will hold an informational meeting prior to the start of each athletic season for all student-athletes, parents and/or guardians, and coaches regarding concussions and other head injuries, the importance of proper concussion management and how neurocognitive testing can aid in the evaluation, management and recovery process. All members of the district coaching staff, Head and Assistants, are required to attend these informational meetings each school year. Student-athletes and their parent(s)/guardian(s) are required to attend at least one informational meeting per school year.

#### **V. Removal from Participation in Athletic Activity following Concussions and Traumatic Brain Injuries (Section 3 (c))**

##### **A. Athlete Assessed with Concussion or Traumatic Brain Injury**

A student-athlete who, as determined by a licensed or certified health care provider, whose scope of practice includes the management and evaluation of concussions, coach from the student's team, game official or other official designated by the student's school entity, exhibits signs or symptoms of a concussion or head injury while participating in an athletic activity, shall be removed from participation at that time. The student shall not return to participation until they are evaluated and cleared for return to participation in writing by a licensed or certified health care practitioner whose scope of practice includes the management and evaluation of concussions.

- (1) The Bald Eagle Area School District shall require the immediate removal of the Student-Athlete from athletic activity after sustaining a concussion or traumatic brain injury.

The athlete may not return to activity until they are evaluated and cleared for Return to Participation (RTP) in practice or competition, in writing, by a Licensed or Certified Health Care Provider who is trained in the evaluation and management of concussions as outlined in Definitions related to SB 200 in Section 2.

- (a) Athletes will be provided with written instructions upon discharge (Document 6); preferably with a parent or guardian. A Concussion and Traumatic Brain Injury Information sheet will be provided to the parent/guardian outlining signs and symptoms, further recommendations for care and Licensed Physician Follow up, complications for further injury, removal from play, and return to play guidelines.
- (b) Following evaluation and determination of a concussion or traumatic brain injury, the student-athlete should be further evaluated by a licensed physician. This should be done prior to initiating the phasic return program and return to participation in any activity as outlined within the concussion management plan. A physician form letter, daily symptom checklist, and copy of the phasic return to participation will be provided and brought with the student-athlete to the physician appointment.

#### **Evaluation for Concussion and Mild Traumatic Brain Injury**

- Normal clinical examination must include: factors relating to cognitive, visual, vestibular, cervical, and neurological.
- All evaluation and guidelines are based upon recommendations from International, National, and Pennsylvania State Law for management of concussion and mild traumatic brain injury.
  - (a) Student-Athlete does not return to a game or practice if he/she displays and signs or symptoms consistent with a concussion. Athlete also will never be allowed to return to play the day of injury.
  - (b) Physician Referral, after the initial injury. (ER, Primary Care Physician, Ophthalmology, Optometry, or Neurology if recommended)
  - (c) Home Instructions will be provided to student-athlete and parent/guardian prior to departure from the school.
  - (d) 5 Phase Return-To-Play Program must be completed with the licensed athletic trainers at Bald Eagle Area School District.
  - (e) Concussion Vital Signs post-injury test is performed after injury and/or after symptoms have resolved. Student-athlete must return to normal level of baseline testing before return to play in athletic activity. Must be passed and completed prior to the 5 Phase Return to play.
  - (f) Athlete should not return to sport until they can participate to the full extent without symptoms and have no adverse signs/symptoms at rest or following exertion.
  - (g) Return to sport will not be based solely on Concussion Vital Signs post injury neurocognitive testing results.

**Note- In accordance with school district policy:** the student-athlete will be referred to a licensed physician and does not return to play until that physician gives a written release for return to sports and after completion of post injury Concussion Vial Signs Testing at Baseline or Normative Level followed by the 5 Phase Testing Program for RTP post-concussion to be performed under the supervision of the licensed athletic trainer(s) in the Bald Eagle Area School District

#### **Evaluation Sequence(s) for Concussion Management**

- (1) **On Field Evaluation Sequence (Following removal from play)**
  - a. Observable signs. Memory Assessment (Maddock's Questions). Glasgow Coma Scale
  - b. Graded Symptom Checklist and Vitals
  - c. Standardized Assessment for Concussion (SAC Evaluation Form)
  - d. Rhombergs Test
  - e. BESS- Balance Error Scoring System
  - f. VOMS (Vestibular Oculomotor Screen)-King-Devick and VOS Form
  - g. VOR – (Visual Ocular Reflex)- Pursuit, Saccades, Accommodation
  - Day of Initial Injury take note of:
    - Response time to questioning, relying on others to answer, fidgeting, poor eye Contact, lack of spontaneous responses, level of symptom report, increase in Symptoms with change in body positioning.



(2) **Off Field Evaluation Sequence**

- a. **SCAT 5 (Sports Concussion Assessment Tool)**
- b. **Concussion Vital Signs Neurocognitive Post Injury Test**

(3) **Re-Evaluation following the initial injury** of the student-athlete will include:

- a. Graded Symptom Checklist (GSC)
- b. Rhomberg's Test
- c. BESS
- d. VOMS
- e. VOR

(4) **Return to Play Criteria (RTP) Post Initial Injury**

**5 Phase Return to Play (RTP) Program** (Attached)

- (a) **Must be completed with the licensed athletic trainer(s) at the Bald Eagle Area District.**
- (b) **Activity Progressions**

1. Student-athlete must be symptom-free
2. Light aerobic exercise with no resistance training
3. Sports-specific activity
4. Non-contact training drills with resistance training
5. Full contact training drills (must have physician clearance)

**\*\* Note- Athlete progression continues as long as athlete is asymptomatic at current level. If the athlete experiences any post-concussion symptoms, a waiting period of 24 hours is implemented and then begin the progression at the beginning, not the level the symptoms appeared.**

- (c) The student-athlete will receive serial monitoring for deterioration and will be assessed daily when attending school utilizing a daily symptom score sheet provided by the Licensed Athletic Trainer(s) on staff. The Symptoms Score Sheet will be continued until symptoms relating to their head injury have resolved.

**VI. Return to Participation in Athletic Activity Post Concussion/Traumatic Brain Injury**

**(Section 3 (d))**

**A. Student-Athlete Return to Play**

The coach may not return a student-athlete to play in any athletic activity. The student-athlete may not return to play (RTP) until they have been evaluated and cleared for participation in writing by an appropriate medical professional, as designated in Definitions (A) in Section 1 of SB 200. The governing body of a school entity may designate a specific person or persons, who must be appropriate medical professionals, to provide written clearance for return to participation. In order to help determine whether a student is ready to return to participation and appropriate medical professional may consult any other licensed or certified medical professionals.

**B. Bald Eagle Area Return to Participation (RTP) Policy for Student-Athletes relating to Concussions and Traumatic Brain Injury**

**(1) An Athlete cannot return to participation in their respective sport or physical activity until:**

- (a)** Have been evaluated by a Licensed Physician
- (b)** Symptom Free
- (c)** Successfully Complete a 5 Phase Return to Participation Program with the Licensed Athletic Trainer(s) (LAT) on staff with the Bald Eagle Area School District.
- (d)** . Return to the level of their Baseline Concussion Testing
- (e)** Evaluated and Cleared for RTP in writing, by a Licensed or Certified Health Care Provider (LAT), and Licensed Physician.

**(2) Once asymptomatic and post-exertion assessments are within normal baseline limits, return to play should follow a medically supervised stepwise process.**

**(3) As part of the Concussion Management Plan, all student-athletes must Satisfactorily, complete the 5 Phase RTP exertion program with the Licensed Athletic Trainers at Bald Eagle Area before they can return, along with securing a written release by a Licensed or Certified Health Care Professional trained in the evaluation and management of concussions and traumatic brain injury designated by a Licensed Physician.**

The Licensed Athletic Trainer(s) are the Appropriate Health Care Professional(s) within the Bald Eagle Area School District and the Licensed Physician designee, trained to provide concussion evaluation and management under the Standard Operating Procedures. .

**(4) Final authority for Return-to-Play of the student-athlete to athletic activity shall reside with the licensed physician and/or the physician designee, which includes, the Licensed Athletic Trainer(s) on staff within the Bald Eagle Area School District.**

**C. Documentation of the incident, evaluation, continued management, and clearance of the student-athlete with a concussion.**

**(1) All reported injuries, including concussions, are documented with SOAP forms, Concussion Management Forms, and kept on file with the individual student-athlete's records.**

**(1) Return to Play Criteria(RTP) post initial injury**

- (h)** Student-Athlete does not return to a game or practice if he/she displays and signs or symptoms consistent with a concussion.
- (i)** Physician Referral if level or number of symptoms persist, increase, or worsen after the initial injury.
- (j)** Home Instructions will be provided to student-athlete and parent/guardian prior to departure from the school.
- (k)** 5 Phase Return-To-Play Program must be completed with the licensed athletic trainers at Bald Eagle Area School District.
- (l)** C3 post-injury test 48 hours after injury and/or after symptoms have resolved. Student-athlete must return to normal level of baseline testing before return to play in athletic activity.

**(m)**

**(2) 5 Phase Return to Play (RTP) Program**

- a.** Must be completed with the licensed athletic trainer(s) at the Bald Eagle Area District.
- b.** Activity Progressions

- 1. Student-athlete must be symptom-free
- 2. Light aerobic exercise with no resistance training
- 3. Sports-specific activity
- 4. Non-contact training drills with resistance training
- 5. Full contact training drills (must have physician clearance)

**\*\* Note- Athlete progression continues as long as athlete is asymptomatic at current level. If the athlete experiences any post-concussion symptoms, a waiting period of 24 hours is implemented and then begin the progression at the beginning, not the level the symptoms appeared.**

**D. Injury Prevention Strategies to Reduce the incidence of Head Injuries:**

- (1) All Football headgear must be NOCSAE certified.
- (2) All Football headgear should properly fit the student-athlete.
- (3) For all sports that require headgear, a coach or appropriate designate with knowledge of equipment fitting should check headgear before use to make sure air bladders work and are appropriately filled. Padding should be checked to make sure they are in proper working condition.
- (4) Make sure helmets are secured properly at all times.
- (5) Mouth guards should fit and be used at all times for those sports that they are required.
- (6) Neuropsychological testing or C3 Testing on student-athletes that participate in varsity, junior varsity, and junior high interscholastic athletic prior to the start of the season.

**E. Emergency Action Plans (EAP)**

The Bald Eagle Area School District has separate and specific emergency action plans(EAP) for all indoor and outdoor practice and competition event venues. These EAP's are posted in each Athletic Training Room on the bulletin board and are provided to and reviewed each member of the coaching staff prior to the start of the season. **Attached Document 8**

**F. Training and Educational Course for Concussion Management Training  
SB 200 Section 3 (e)**

During each school year, a coach shall complete the concussion management certification training course offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations or another provider approved by the Department of Health. A coach shall not coach an athletic activity until they complete the training course outlined under this subsection.

**G. Penalties for Coaches Violating SB 200 Section 3 (f)**

- (1) Any coach found in violation of the requirements under subsection (c), which penalties shall take effect two years following the effective date of this section:
  - (a) For a first violation, suspension from coaching any athletic activity for the remainder of the season.
  - (b) For a second violation, suspension from coaching any athletic activity for the remainder of the season and for the next season.
  - (c) For a third violation, permanent suspension from coaching any athletic activity.

# CODE OF CONDUCT FOR BALD EAGLE AREA SCHOOL DISTRICT

## STUDENTS PARTICIPATING IN THE ATHLETIC PROGRAM

- I. Athletic activities are an extension of the educational experience that a school may choose to offer. Therefore, participation is voluntary and is a privilege. Those who choose or are chosen, as a matter of due process, must be aware of the Code of Conduct for the Bald Eagle Area School District athletic programs and each participant is expected to operate within the framework of these rules and regulations.
- II. The following conduct shall constitute grounds for exclusion from practices and participation in interscholastic competition during that season when such occurs on or off school property.
  - A. The use of violence, force, coercion, threat, intimidation, or similar conduct in a manner that constitutes a substantial interference with school purposes.
  - B. Willfully causing or attempting to cause damage to school property, stealing or attempting to steal private or school property.
  - C. Causing or attempting to cause physical injury to a school employee or to any students. Physical injury caused by accident, self-defense, or other action undertaken on the reasonable belief it was necessary to protect some other person shall not constitute a violation of this clause.
  - D. Threatening or intimidating a student for the purpose of, or with the intent of, obtaining money or anything of value from such student.
  - E. Carrying dangerous weapons including, but not limited to, firearms, knives, razors, slingshots, metal knuckles or dangerous instruments within the confines of a school building or on school property or outside school premises in the course of a school sponsored activity and/or explosives including, but not limited to, fireworks within the confines of a school building or on school property or outside the school premises in the course of a school sponsored activity.
  - F. Any violation of the Bald Eagle Area School District Drug Awareness Policy:

The policy of the Bald Eagle School District prohibits any student to possess, use, sell, deliver, or to give to another person, or to have consumed any narcotic, dangerous drug, marijuana, alcoholic beverage, or any pill, capsule powder, liquid, inhalant, facsimile, drug paraphernalia, or other substance of whatever form or texture, which may adversely affect the health, safety, or welfare of any student, including but not limited to stimulants or depressants, during school or after school hours and on or off school property. **This policy also covers attending any underage parties where any of the above-mentioned items are present even if there is no use of the above mentioned items.** Any student who violates the above Bald Eagle Area District Policy and/or state policy shall be subject to disciplinary action in accordance with the procedures in the Student Handbook and/or the Athletic Handbook.
  - G. The carrying, smoking or use of tobacco in school buildings, on buses, in bus loading areas, on school owned/leased property or in the course of any school sponsored activity.

- H. The use of anabolic steroids, except for a valid medical purpose, by any pupil involved in school-related athletics. Bodybuilding, muscle enhancement, increasing muscle bulk or strength or the enhancement of athletic ability are not valid medical purposes. Use of anabolic steroids shall be addressed specifically in Article V.
- I. Use of prescription or non-prescription medications in violation of the Bald Eagle Area School District Policy on medication.
- J. Continual abusive language, or obscene gestures, or willful indecent exposure.
- K. All other reasonable rules or regulations adopted by the coach shall be followed. All student athletes will be notified of such rules along with the "Code of Conduct" from the Athletic Handbook in writing. A copy of the coach's rules and regulations along with a copy of the "Code of Conduct" will be presented to the student athletes and their parents/guardians. The parents/guardians and the student athletes will be required to sign an acknowledgement form. The signed acknowledgement form will be kept on file in the athletic office. Student athletes shall not be permitted to practice or compete for an athletic team until this signed document is on file. The Athletic Director and Principal must approve the coach's rules and regulations before being presented to the participants and their parents/guardians. A copy will be kept on file in the athletic office.

III. The consequences are as follows for Violations of Section II items F and G:

- A. At the discretion of the varsity head coach, the first offense of any of these items may result in the student athlete being suspended from participation (competition) for a period of fifty percent (50%) of the contests based on the regular season of that activity. If there is not fifty percent (50%) of that season remaining, the percentage of the suspension not served shall be recalculated and applied towards the next season or activity in which the student participates. Additionally, the student must participate in the BEST program. The student may be required to participate in drug/ alcohol program with a certified drug and alcohol instructor. Failure to comply with the instructor's recommendations could result in a dismissal from the activity. The varsity head coach may also use his discretion to remove a player from his team. In all cases the parents/guardian will be notified with due process provided.
- B. The second offense of any of these items will result in the student athlete being suspended from participation (competition) for a period of fifty percent (50%) of the contests based on the regular season of the activity. If there is not fifty percent (50%) of that season remaining, the percentage of the suspension not served shall be recalculated and applied toward the next season or activity in which the student participates. The student will be required to participate in a drug/alcohol program with a certified drug and alcohol instructor. Failure to comply with the instructor's recommendations could result in a dismissal from the activity. The varsity head coach may also use his/her discretion to remove the athlete from his/her team. In all cases the parents/guardian will be notified with due process provided.
- C. The third offense of these items would result in the student athlete being suspended from participation, practice, and competition in all athletics for one (1) calendar year

from the date of the last offense. The student must also participate in the BEST program and in a drug/alcohol program with a certified drug and alcohol instructor the same as after the second offense. In all cases the parents/guardian will be notified with due process provided.

- D. The fourth offense of these items will result in the student athlete being barred from all athletic participation, practice, and competition for a period of two (2) years in the Bald Eagle Area School District. In all cases the parents/guardian will be notified with due process provided.

- IV. **Any student who is assigned to serve detention will be ineligible to participate in any athletic or extracurricular activities on the day of the detention. Any student who receives a suspension (of any type) will be ineligible to play or practice in any scheduled athletic or extracurricular activities for the timeframe reflected in the punishment. In the case of suspension from school, the student will not be permitted to attend any district event until the expiration of the suspension.**

Understanding the Appeal Process:

The appeal process is a process in which allows a person to appeal the action being taken against his/her. The most important item of the appeal process is making sure that you follow the correct steps in your appeal process. Most appeals should be settled at the lowest possible step in the appeal process if possible. The following is a flow chart to follow beginning with the student athlete. If you are not a student athlete, go to the next step in the appeal process. Please see that you meet with these people in order to try and resolve any issues before going to the next person in the appeal process. By following this order you will insure that each person has the opportunity to resolve the issue at hand at the lowest possible point in the appeal process.

Varsity Head Coach  
Athletic Director  
Principal  
Superintendent  
Board of School Directors

- V. In case of alleged infraction of the rules and regulations, the participant may be suspended from practices and participation in interscholastic competition. In these cases, the due process procedures will be followed.
  - A. If an alleged infraction/violation occurs, the coach should notify the Athletic Director and/or Principal (in absence of the Athletic Director) and conduct a prompt and thorough investigation of the alleged conduct or violation and determine if a suspension is necessary.
  - B. If after the above investigation, a determination is made to suspend the participant, the suspension shall take place immediately. The varsity head coach shall give written notice to the athlete, stating the reasons for the suspension to the participant and the athlete's parents/guardian and the Athletic Director. The Athletic Director will notify the Principal of the suspension. If logistically possible, after a period of one calendar week, an athlete must be reinstated or removed from the team. At this time, the varsity head coach should notify both the Athletic Director and the student's parents/guardian of his action to remove or return the athlete from the team.
  - C. If the varsity head coach feels the action warrants removal from the team, he/she will meet with the Principal and Athletic Director to review the reasons for the recommended removal. During this period of time, the student shall continue to be suspended from practices and competition.

Before, any removal shall take effect, the participant and his parents/ guardians shall be given written notice of the charges and recommended action. The parents/guardian and student will be afforded the opportunity to request meeting with the Athletic Director. The request for a meeting with the Athletic Director must be made within five (5) days after receiving the written notification of the removal.

- D. If the Athletic Director's decision is not satisfactory to the participant and the parents/guardian, a meeting may be requested before the Principal. The Principal, after being notified that a meeting has been requested with him/her, will notify the student, the student's parents/guardian, and the head coach of the time and date of the meeting.
- E. If the Principal's decision is not satisfactory to the participant and the parents/guardian, a meeting request may be sent to the Superintendent of Schools. A meeting shall be held within ten days of the request and a notice of the time and place of the meeting will be given to the student, the parents/guardian, and the appropriate staff members within five days of receiving the request.
- F. If the Superintendent's decision is not satisfactory, a participant and the parents/guardian may request to meet with the School Board.
- G. Once the removal process has been initiated, the athlete will not be permitted any participation in that sport unless the recommendation for removal is revised at some level.

#### VI. Consequences for use of Anabolic Steroids.

Athletes caught using anabolic steroids will incur the following disciplinary action under state regulations:

- 1<sup>st</sup> violation* – Suspension from athletics for the remainder of the season.
- 2<sup>nd</sup> violation* – Suspension from school athletics for the remainder of the season and for the following season.
- 3<sup>rd</sup> violation* – Permanent suspension from school athletics.

## ATTENDANCE

In order to be eligible to participate in any interscholastic contest, a pupil must be enrolled in a district secondary school or a charter school.

### Extracurricular Participation

*Any secondary student who reports to school after 9:46 a.m. may not take part in any assemblies, field trips, athletic events, athletic, or activity practices without a doctor's excuse. The only exception to this rule would be for attendance at the funeral of a family member, or if he/she presents a doctor's excuse, or; a pre-approved absence.*

#### PIAA: Article III, Section 2.

A pupil who has been absent from school during a semester for a total of twenty or more school days is not eligible to participate in any athletic contest until he or she has been in attendance for a total of sixty days following the twentieth day of absence, except where there is a consecutive absence of five or more school days, due to confining injury, death in the immediate family as defined in Section 1154 of the Public School Code of 1949, as amended, court subpoena, quarantine, or to attend religious activity/function which the church requires its members to attend, or an absence of five or more school days due to the same confining illness, such absence may be waived from the application of this rule by the District Committee. Attendance at summer school does not count toward the sixty days required. When computing total days absent during a semester, days absent during a period of suspension shall count as a part of the twenty days absence total.

### ACADEMIC ELIGIBILITY

Participants in athletics must be passing 4 credits. This determination will be made at one-week intervals on every Friday. This will be cumulative from the beginning of the marking period. The student will be ineligible from Sunday through the following Saturday.

To be eligible for interscholastic athletics, a pupil must have passed at least four full-credit subjects, or the equivalent, during the previous grading period. If four full-credit subjects, or the equivalent, have not been passed, the student will be ineligible for a period of 10 school days.

All other PIAA regulations concerning eligibility shall govern the Bald Eagle Area School District student athletes. Student athletes who are declared ineligible shall be excluded from participating in games with their athletic team during the time of their ineligibility.

**When it is necessary for students to miss classes for practices, games, or other school activities, it is the responsibility of the student to consult with teachers prior to the absence. Arrangements to complete work that will be missed during these absences should be made in advance.**