

School District of Oconee County Athletic Handbook 2015-2016



Philosophy of Athletics for the School District of Oconee County

The goals of the athletic program are: 1) to promote the value of participation without overemphasizing the importance of winning; 2) to develop and improve positive citizenship traits among the participating athletes.

1. The opportunity to participate in athletics is an integral part of the total curriculum and is important to the student's overall educational development. The School District of Oconee County athletic programs provide a variety of experiences to aid in the development of favorable habits and attitudes in young people that will prepare them for life in our society.
2. The opportunity to participate in athletics is a privilege that carries with it responsibilities to the student-athlete team, student body and school, and to the community. Athletic experiences contribute to the development of learning skills and emotional maturity that enable the student to make maximum use of their education. If at any time the student misrepresents or dishonors himself, the team, or the school, punishment can be imposed up to and including removal from the team.
3. The athletic programs are available to all students who qualify academically and demonstrate an interest in participating, regardless of their individual abilities. Every effort is made to support the athletic program with the best facilities and equipment, and with the most qualified coaching staff available. Each coach teaches the specific skills necessary for improvement and provides guidance in the development of self-realization, good sportsmanship, cooperation, leadership, ethical behavior, sensitivity, and an appreciation for the importance of practice.

The School District of Oconee County regards student activities as a vital part of the total education program. Schools should use these activities as a means of developing wholesome attitudes and good human relations as well as knowledge and skills.

The Board considers student activities to be learning experiences. The administration must develop, manage and evaluate these activities with this purpose in mind. The Board considers student activities to be a part of the total school curriculum. The administration should be included in regular curriculum planning, review and evaluation processes regarding these activities.

Principals shall be responsible for the organization of all student activities, including providing adequate supervision, administering finances and approving all activities with the assistance of delegated faculty members.

Mission Statement

It is the mission of the School District of Oconee County and its Athletic Departments to promote citizenship in our student-athletes and encourage them to lead the student body by example. Athletics offers a life changing educational opportunity to our student-athletes and help build character, maturity and discipline for further success.

We will encourage student athletes to be leaders in our school and community:

- ***Physically*** by offering safe, challenging and competitive programs and by encouraging healthy lifestyles.
- ***Mentally*** by encouraging students to set the standard for good behavior, to manage a good academic standing and to become students of their game.
- ***Emotionally*** by committing to their teams on and off the field, battling adversity when it strikes and by winning and losing with good sportsmanship.

We will encourage the furthering of the strong athletic traditions of our School District by encouraging students to stay involved with multiple sports, maintain model programs and facilitate reflection on the rich history of athletics in our county.

Purpose

Participation in athletics is a privilege, not a right. The athlete must earn this privilege through dedication, desire and discipline. Being a member of an athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic team in a middle or high school, you have inherited a wonderful tradition, a tradition which you are challenged to uphold.

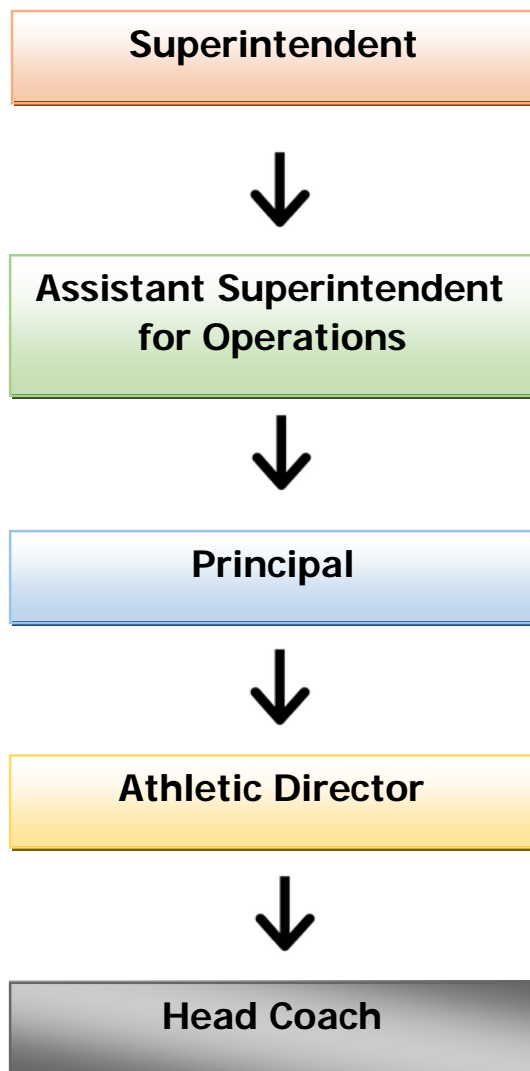
Objectives of the Athletic Departments

1. To emphasize the predominant importance of academic excellence.
2. To always strive for the performance necessary for producing winning teams within the bounds of good sportsmanship and mental health for the student athlete.
3. To be socially cooperative and abide by a set of rules, thus gaining a respect for the right of others.
4. To produce and maintain an athletic program that is educationally sound and a consistently positive learning and living experience for young people.
5. To ensure growth that will increase individual participation; that will give momentum to increasing attendance at each contest; that will build gate receipts; and that will enable a program of continuing maintenance and improvement of the facilities.
6. To provide opportunities for students to be successful in any sport they select.
7. To create a desire to succeed and excel.
8. To develop a sense of fairness in all human relationships.
9. To practice self-discipline and display emotional maturity in learning to make decisions under pressure.
10. To develop **TEAM** Play –**T**ogether **E**veryone **A**chieves **M**ore

Athletic Administration

The Athletic Director, subordinate to the authority of the principal, shall administer athletic programs at the school level. Programs shall be administered in accordance with all rules as contained in the Athletic Policy Manual, all rules and regulations of the South Carolina High School League, School District of Oconee County Board Policy, and all applicable state and federal laws.

The organizational structure for athletic administration shall be:



It is expected that any problems will be addressed first at the level closest to its occurrence.

Eligibility

To be eligible for high school athletics, the student must be in compliance with the South Carolina High School League at www.schsl.org . After initial eligibility, specific sport coaches may require student athletes to maintain standards higher than those set by the South Carolina High School League.

Jobs

The athlete shall not obligate himself/herself to a job that in any way interferes with team membership requirements.

Law Violations

Any student formally charged by law enforcement with criminal conduct will be required to cease (discontinue or stop) participation in the (any) extracurricular activity pending resolution of the criminal charges. At that point, the matter will be re-examined and a decision will be made regarding any further exclusion from extracurricular activity based on the totality of circumstances. Until resolution, at the discretion of the school administration, the athlete may attend team events but not participate in those events.

In the event that any student athlete is involved in criminal conduct, it is the student athlete and his or her parent's/guardian's responsibility to notify school administration immediately. This requirement is in line with the level of integrity expected of all School District of Oconee County student athletes. If the student athlete continues to participate in athletic events without notifying school administration, the student athlete will be subject to game suspensions and possible removal from athletic participation at a school regardless of the outcome of the criminal investigation.

Equipment, Fees and Physical Examinations

All athletes will be required to replace lost gear. All athletes will be required to have a signed physical exam and parent permission form before competing in any capacity. All athletes will be required to clear with their coaches regarding gear before entering another sport. The athlete's gear must be accounted for before entering another sport.

School Decorum

An athlete is expected to govern his or her conduct in accordance with the rules and regulations stated in the School District of Oconee County Student Handbook. If at any time the student conducts him/herself in a way that is detrimental to the team, and/or misrepresents or dishonors him/herself or their school, punishment can be imposed up to and including removal from the team.

All minor issues such as accumulating 1 to 2 school tardies and minor school disruptions will be dealt with by coaches on an individual basis. Student athletes should expect to be held to a standard above the rest of the student body, and these minor issues **should not** occur on a consistent basis.

Student athletes **should not** be involved in major discipline events which result in **In-School Suspension (ISS)** or **Out of School Suspension (OSS)**. Students who are assigned In-School Suspension or Out of School Suspension will be subject to the following consequences:

In School Suspension

First assignment of ISS:	extra duties assigned by the coach
Second assignment of ISS:	extra duties AND next contest suspension *
Third assignment of ISS:	immediate dismissal from team

Out of School Suspension

First assignment of one day OSS:	extra duties AND next contest suspension *
Second assignment of one day OSS:	immediate dismissal from team
Multi-day OSS:	immediate dismissal from team

***Regular Season Contest**

NOTE: Any OSS assigned after any ISS assignment: **immediate dismissal from team**
Any ISS assigned after any OSS assignment: **immediate dismissal from team**

Lettering

Coaches will furnish to all participants in a particular sport the provisions or criteria for earning a letter in that sport prior to the beginning of that season. Those athletes earning a varsity letter will receive a Certificate of Letter at the team banquet. Appropriate Block letters, inserts, and bars will be awarded at that time. Those athletes not earning a varsity letter will receive a Certificate of participation.

Practice Attendance Requirements for Participation

All team members of each sport will attend all scheduled practices and meetings. If circumstances arise by which a student cannot attend a practice or meeting, the coach must be notified prior to the end of the school day by personal contact, phone call or a written statement from a parent or guardian. Failure to do this will result in an unexcused absence.

Excused absences are those where a coach has pre-approved specific situations for missed practice (Death in the family, family illness, wedding, funeral, religious reasons, college visitations, academic/school-sponsored events, etc...).

After the **third** excused absence playing time and/or contest participation could be affected.

Unexcused absences are those where a coach has not pre-approved situations. Students

who miss practice with unexcused absences will be subject to the following:

First Unexcused Absence: extra duties assigned by the coach (playing time and/or contest participation could be affected as determined by the coach)

Second Unexcused Absence: increased extra duties **AND** next contest suspension *

Third Unexcused Absence: **immediate dismissal from team****

Any Unexcused Absence from Contest: **immediate dismissal from team****

*Regular Season Contest

Treated as **quitting the team when considering participation in other sports

All athletes are expected to be at practice on time. **Unexcused tardies** to practice will result in extra duties assigned by the coach. Excused tardies for academic reasons must be reported to the coach before the end of the school day. It is expected that athletes will make every effort to get extra help outside of practice time.

Athletes must be present at least ½ day at school on the day of a contest to participate. In the event of illness, injury or family emergency, athletes must notify the head coach as soon as possible. Where some exceptions may apply (e.g. school functions) only the athletic director, principal or his/her designee can make the decision of exemption.

School Attendance Requirements for Participation

Students must adhere to both School District of Oconee County and individual school policy when considering an absence on the day of a practice or game. Students must be in school at least ½ day or get approval from the principal or his/her designee. Students suspended out of school cannot participate in or attend a practice or game on that day.² A student who misses class due to a school-sponsored activity (i.e. field trip, job shadowing) is considered to be present.

Resolving Conflict between Athletics and other School Events

If an athlete is involved in other extra-curricular activities and a conflict occurs between practice, contest and performance, the following criteria will be used:

1. If a conflict occurs between an academic event and a practice, the athlete may choose to go to the academic event and the coach will record an excused absence.
2. If a conflict occurs between an academic event and a contest, academic events have precedence and the coach will record an excused absence.
3. If a conflict occurs between two non-academic events, a meeting will be called as soon as possible to work out a solution.

If a conflict occurs between a practice and contest or performance on the same day but at

different times, all coaches and instructors involved will assist the student in developing a plan to solve the conflict. As soon as it becomes apparent that the conflict exists, it is the **responsibility of the student athlete** to notify the coach and instructor of the conflict.

Quitting / Dismissal From Team

Any athlete who **quits or is dismissed from** a team after **the first regular season contest** will be **suspended** from School Athletics and may not participate in the following season until the previous season has ended. For example, if a student is dismissed from a fall sport, they may not participate in practice or competition for a winter sport until the fall team has completed its season, to include team playoffs.

If the student athlete quits or is dismissed after only one regular season contest, the student athlete will be suspended for the **1st regular season contest** for the next sport season he/she participates. If the student is a two sport athlete in the next sport season, the penalty will apply to both sports.

If the student athlete quits or is dismissed any time after the second regular season contest, the student athlete will be suspended for the **1st quarter of regular season contests** for the next sport season he/she participates. If the student is a two sport athlete in the next sport season, the penalty will apply to both sports.

For instance, if a student athlete quits or is dismissed from basketball, he or she will not be eligible to try out for a spring sport until the basketball season is complete. If the student athlete makes the team for a spring sport they will then sit out the 1st quarter of regular season competitions of that sport season as a result of quitting or being dismissed from the previous team that he or she was a part of.

Students have **ONE** opportunity in their high school eligibility to rectify game suspensions due to quitting or being removed from a team under the following ***Character Development Plan***. Under this plan, the student will apply to the Athletic Director in writing to be accepted into the **CDP** program. To successfully complete the **CDP** program, the student must complete the following; *25 hours of Community Service* and *a ten minute presentation on a character topic* (both to be determined by the Athletic Director) to be presented to the Committee determined by the Principal. Upon the Athletic Director's approval of the completion of the activities, the student will be reinstated to participate in the full regular season of their next sport season.

Sport Specific Rules and Regulations

A coach may have additional Rules and Regulations for a sport. These Rules and Regulations will be in addition to the School Athletic Policy.

Individual sport coaches retain full discretion on who is selected to participate as student athletes on their specific sports team.

From time to time, students request to participate in **two sports** during the **same season**. In this case, the parent/guardian of the student must meet with the head coach of both sports. If the two head coaches accept the request, the head coaches will draft a written

agreement that must be signed by the parent/guardian, student and each head coach. The agreement will outline student expectations and associated consequences.

Integrity

Any athlete who displays unsportsmanlike conduct towards the opposing coach or the officials will receive a next contest suspension *in addition* to any High School League sanctions.

Transportation

Students are required to ride to the bus to each competition and may only be released to their parent or guardian with a signed statement.

Student-athletes are expected to be picked up within 15 minutes of announced practice ending time. Consequences will be communicated between coaches and parents.

Bus Supervision

There will be two adults on the bus at all times who will sit in a place where students will be actively supervised. No music will be played through any device except one where the student can listen through their own headphones. Coaches will not wear headphones at any time.

Appeals Process

If a head coach wishes to appeal a dismissal from a team, he or she may file a formal appeal in writing to the athletic director within 7 days of the dismissal. The athletic director will set up a meeting with the appeals committee which will be comprised of members appointed by the principal. The coach will explain the reasoning for the appeal in the meeting and then leave the meeting. The committee will determine whether or not to reinstate the athlete. If the principal deems a conflict of interest with any member of the committee in specific appeal, he will replace that member of the appeals committee at his/her discretion.

Personal Health Practices

Because of the tremendous physical and mental danger that drugs and alcohol hold for young people today, we feel that, as coaches, we must provide the leadership to our young athletes by setting high standards so they can avoid this problem. We will take a firm stand against illegal drug use, including anabolic steroids and alcohol use by teenagers. We will not tolerate their use, association with, or the advocacy of their use by our athletes. This includes T-Shirts and clothing glorifying and advertising the use of drugs, alcohol, or tobacco products.

As coaches, we pledge to place your son or daughter in a wholesome environment. While we are not in the business of being police, and some abuses may go undetected, neither will we turn our heads and act as if there is no problem. We expect our athletes not only to refrain from alcohol and drugs, but also not to frequent places where teenagers and friends are committing illegal acts (alcohol is illegal for teenagers). If at any time the student misrepresents or dishonors himself, the school, or the team, punishment can be imposed by

removal from the team.

We hope that our athletes' parents will stand behind us to make sure their son or daughter keeps high standards that will bring honor and respect to them, their families and their School. The good reputation of a young person that has taken years to build can become a bad reputation in just a short time. We want to be not only good athletes and winners on the field but good citizens and winners off the field. Our athletes must have the intestinal fortitude to just say "no".

General Athletic Policies

Discipline/Conduct Policy

Extracurricular activities oftentimes draw high public interest and visibility, and are the focus of attention; students who take part in such activities, in effect, function as special ambassadors of the school they represent. Accordingly, the student-athlete's behavior commands public interest and attention that is unique in its capacity to elevate or denigrate the School District's standing in the public's mind. Since public support is an essential ingredient of public education, such standing significantly impacts the School District's ability to effectively pursue its mission.

Disciplinary action for misbehavior among SDOC student-athletes is governed by the Student Behavior Code. Students that commit a category one offense while under a coach's supervision outside of the normal school day may be disciplined by the coach without being referred to the school administration for discipline. Penalties for this type of behavior may include, but are not limited to, additional conditioning, reduced playing time or suspension from practices and/or games, or removal from the team. At any time, if the coach deems it necessary, a student-athlete may be referred to the administration for category one offenses and the behavior code may be applied in addition to penalties that a coach may impose. Any student-athlete that is guilty of committing a category two or category three offense while under a coach's supervision outside of the normal school day must also be referred to the school administration for discipline according to the behavior code. For category two or category three offenses, additional penalties can be imposed on the student with regard to participation in a sport, depending on the severity of the infraction.

All regulations of the South Carolina High School League will be followed. Students cannot withdraw from one school and enroll in another to avoid punishment. Schools within the School District of Oconee County will formulate their own team rules and impose appropriate consequences for matters not covered by the School District of Oconee County policy or South Carolina High School League policies.¹

Eligibility: A student is eligible to participate by meeting all eligibility requirements of the South Carolina High School League. This does not prohibit a coach from imposing mandatory study halls or utilizing playing time or other motivational techniques to improve student performance. Such sanctions should be reviewed and approved by the school's athletic director and principal.

¹Any student formally charged by law enforcement with criminal conduct will be required to cease participating in the extracurricular activity pending resolution of the criminal charges. At that point, the matter will be reexamined and a

decision made regarding any further exclusion from extracurricular activity based on the totality of circumstances.

HAZING

Hazing of student-athletes is strictly forbidden in the School District of Oconee County. **Hazing** is defined as any activity and/or task, which may or may reasonably be expected to constitute harassment, bullying, abuse or humiliation of a student in connection with being initiated into, affiliated with, or maintaining membership into an athletic organization. Any hazing activity, whether by an individual or a group, will be presumed to be a forced activity even if the student willingly participates. Hazing rituals are not allowed at any time. This includes incidents at summer camps, pre-season training camps, on away-game overnight trips, and on buses returning from road trips. Every student-athlete in the School District of Oconee County, whether a team veteran or new-comer to a team is expected to be treated with respect and dignity.

Coaches are responsible for communicating to their student athletes that hazing is not allowed in such a way that there is no doubt in their athletes' minds that hazing is an unacceptable behavior and that such behavior will not be tolerated within their program. This should be reinforced on an ongoing basis.

Coaches must encourage victims of hazing or other athletes with knowledge of hazing incidents to report the incident to the school athletic director immediately. All complaints will be investigated promptly and confidentially. A coach must report immediately to his or her athletic director any situation involving the hazing of student-athletes that they have witnessed, suspect or are made aware of. The school athletic director will investigate and send his/her findings to the appropriate individuals. Law enforcement will also be notified, if appropriate under the circumstances.

Below is a list of eight categories with some related activities (not all exhaustive) that are considered to be hazing and thus are strictly prohibited within our athletic programs.

- **Physical abuse of student-athletes**, including but not limited to, beatings, paddlings, sleep deprivation, excessive exercise and extreme exertion.
- **Confinement of student-athletes**, including but not limited to, being tied up, locked inside lockers, closets or car trunks, and being taped to goal posts, backstops and stadium railings.
- **Forced or encouraged consumption or contact**, including but not limited to, covering student-athletes with feces, urine, motor oil, syrup, peanut butter, blood, paste and glue.
- **Consumption of prohibited substances**, including but not limited to, alcohol, tobacco products and illegal drugs.
- **Inappropriate clothing**, including but not limited to, forcing student-athletes to participate in activities in their underwear, in bras and panties, or in the nude.
- **Commission of illegal acts**, including but not limited to, shoplifting, theft of alcohol, and gang related activities.
- **Humiliation rituals** where individuals are singled out from the group for some combination of other forms of hazing.
- **Commission of sexual acts**, including but not limited to, the performance of actual sex acts, and the incorporation of sex toys into these behaviors.

Many of the above activities are criminal in nature and can also result in civil suits for money damages against both the direct perpetrators and against coaches, athletic administrators, school personnel and districts for vicarious liability. Therefore, it is imperative that our coaches communicate that hazing is not allowed and monitor their teams closely in an effort to avoid such problems.

Coaches

All coaches serving in a head coach or assistant coach position will receive all stipends through the School District of Oconee County. Volunteer coaches are allowed. However, they should sign a contract that includes duties and responsibilities and participate in a records check by the School District of Oconee County and SLED. If it becomes necessary to use a person outside the School District of Oconee County in a head coaching position, the procedures outlined in the South Carolina High School League Handbook must be followed. All sports will have a Head Coach and an assistant coach who will help with supervision. If no assistant coach is available the stipend will be used to pay a bus driver to meet the requirement of two adults on the bus at all times. All coaches, whether paid or volunteer, are required to attend a meeting with district office staff members and approved by Human Resources before having any contact with student-athletes.

Parent Expectations

Parents and guardians are encouraged to support their child's participation in athletics. We hope parents/guardians will take a positive approach to their son's/daughter's participation. Students who are involved in school outside of their everyday class work perform better academically and learn important skills. Examples of skills taught include how to participate as a member of a group toward achieving a common goal and time management. Parents and guardians will hopefully manage their schedule to attend their child's events, showing support and pride in the development of their adolescents.

A student's participation in sports is sure to be a source of pride for the family. A student's participation is usually public. Performance can be both good and bad; it is important to make participation positive. Congratulating students for having the courage to perform publicly when others avoid it is an important aspect of helping students prepare for disappointment. As students move into college, the military or the workplace, they develop self-esteem through extra-curricular involvement. Poor performance should not be a source for criticism or belittling; it should, however, provide a foundation for growth and constructive analysis of what needs to be done to improve.

When or if things go poorly, public criticism of your child, another child or the coach does little to improve the situation. These kinds of behaviors only embarrass your child and possibly others listening. When parents have a difference with the coach, of an activity, they are encouraged to meet with the coach privately to discuss concerns.

Student Insurance, Injury & Follow-Up Procedure

All students wishing to participate on an athletic team must present a signed parental permission and physical examination dated after April 1st of each year to be eligible to try out. All coaches should have participants complete an emergency treatment form. This form should be presented to the doctor or emergency room when emergency treatment is needed and parent/guardian is not available. The forms should be contained in a notebook and kept with the team at all times, including practices and competitions.

In the event that a player becomes injured, the coach should notify the parents of the injury and tell them what steps were taken at that time. If the student must go to the emergency room, a coach or designee should accompany the student to the hospital. After an injury, the head coach should visit or contact the athlete to check their status. Coaches should project an attitude of concern. Proper notification to the school administration should take place as soon as possible in the event of serious injury.

*The School District of Oconee County provides student accident coverage to all students in Kindergarten through 12th grade. It applies to accidents that happen on school grounds (during school hours) or at a school sponsored event. It is secondary coverage that begins **after** your primary insurance provider has processed the invoices. The coverage is intended to help with the deductible so it will not necessarily cover all remaining charges due to the provider. All remaining charges are the responsibility of the parent / guardian. Additional coverage options are available for purchase if interested. If you need additional information, please contact the front office of your child's school or Scott Orr at 864-886-4400 ext. 6115.*

²Suspensions are in 24-hour increments

Dietary Supplements

No employee or other representative of the School District of Oconee County shall encourage the use of, or in any way provide for any student, parent, or other individual the dietary supplement Creatine or any other similar substance. Students and others desiring use of this type of supplements should be referred to their family physician before undertaking any regimen of this nature. This policy is placed in effect to address concerns regarding the misuse of this type of product as well as questions about the long-term effects of use. Since we are dealing with students, decisions of this nature should rest with the parents without influence from coaches or other representatives of the school.

Ticket Control

Each school is responsible for handling admission to all athletic events.

In order to provide appropriate financial controls and to protect employees who handle school funds, the following policies should be followed.

1. At any athletic or other event to which admission is charged, sequentially numbered tickets must be used. These tickets shall be obtained from the school bookkeeper prior to the event. At the time of issue, a record of the sequential ticket numbers will be entered in a log maintained in the bookkeeper's office. This log will also note the name of the individual responsible. At the time of issue, a ticket reconciliation sheet will be issued to the employee or contract agent responsible for sales. That sheet will include beginning ticket number, ending ticket number, and a financial summary of sales. The form will be signed by the employee or contract agent. The form, any

unsold tickets, and the cash or bank deposit slip will be returned to the bookkeeper. There will be no exceptions.

2. At no time is cash to be removed from ticket sales for payments of any type. Purchases made will be made by purchase order and payment by school or school district check. Payment for services will be made by school or school district check. If cash is needed for any purpose, the employee requesting will be written a check after submitting appropriate documentation to the bookkeeper and approved by the principal or designated assistant principal.

Athletic Booster Clubs

The support of the community is essential to the success of a school's athletic program. An athletic booster club can provide a focal point for community involvement in addition to providing financial support to enhance the athletic program. In order to maintain a positive focus, safeguard the officers and members, and ensure that equity is maintained, the following minimum rules shall apply to any booster club:

1. There shall be a written constitution and by-laws with a copy on file in the principal's office.
2. Minutes shall be kept of each meeting and maintained by the organization.
3. No funds should be expended for a team, athlete, or coach without request and/or approval of the school's athletic administration and principal.
4. All checks shall require the signature of two booster club officers.
5. Quarterly financial statements shall be provided to the school principal and athletic director.
6. Booster clubs shall be properly registered with the South Carolina Secretary of State's Office and follow all applicable state and federal statutes and requirements.

Emergency Plan

Each school should develop a risk management plan, including any emergency provisions needed for athletic events. The School District of Oconee County emergency management plan should be utilized where applicable and as a guide to developing specific school athletic emergency plans. Each school should have in place any plans that might be needed for emergencies such as failed lighting, inclement weather emergency, emergency evacuations, dangerous intruder(s), etc. All coaches are reminded of the severe health issues that can be presented by the weather in our region.

Facility Maintenance Responsibilities

Outdoor Facilities:

Each school is responsible for the marking of lines, clean up, and dragging of infields, and normal care and maintenance of facilities. Schools should work with the School District of Oconee County grounds office to make an acceptable schedule for grass cutting, planting, aerating, and other work assigned by the School District of Oconee County Maintenance Director. The School District of Oconee County should keep the school informed of any changes in their plans and every consideration should be given to elimination of major

ground work on game days and play-off game days.

Indoor Facilities:

Each school should provide the School District of Oconee County Maintenance Director a schedule of events. The school administration should make a regular check of lights, clock operation and general conditions of all athletic facilities in May and again in August. Inspection should be made by school officials prior to the start of a sport season. A logical plan for replacing defective equipment and facility needs should be followed. Every effort should be given to provide a safe environment for all athletes and spectators.



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or Memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

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. An athlete 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 not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes 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.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. 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. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

SDOC Athletics

Parent/Student Signature Page

NOTE: only this page should be returned to the HEAD COACH

The SDOC Student Athlete Policy is posted on the SDOC Website. Parents should read the policy carefully.

This page **only** should be returned to each sport Head Coach during the first two weeks of practice. No exceptions.

I understand that participating in athletics at for SDOC is a **privilege** and is not a requirement for graduation. Therefore, whether I agree or disagree with all or part of this policy, I understand what is expected of me to be a part of the program.

IN ADDITION, MY CHILD AND I HAVE READ THE ATTACHED "PARENT/ATHLETE CONCUSSION INFORMATION SHEET."

Date: _____ Sport: _____ HEAD COACH: _____

Student Name: _____ Student Signature: _____
(print)

Parent Name: _____ Parent Signature: _____
(print)

EMERGENCY CONTACT INFORMATION

(to be completed by parent or guardian)

_____			_____	
Student Name	First	Last	MI	Sport
_____			_____	_____
Date of Birth (m/d/y)		Grade in School	Telephone Number/Contact Info.	
_____			_____	
Parent/Guardian Name First		Last	MI	Emergency Contact Name
_____			_____	
Permanent Address	City	Zip	Emergency Contact Phone #	
_____			_____	
Primary Insurance Company			Policy/Claim Number	