

CENTRAL LAKE PUBLIC SCHOOLS ATHLETIC/EXTRA CURRICULAR POLICY & PERMISSION SLIP

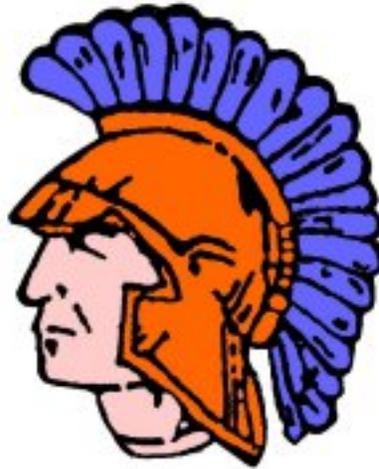


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ATHLETIC POLICY

Central Lake High School is a member of the Ski Valley Conference with Fife Lake Forest Area, Johannesburg-Lewiston, Bellaire, Indian River Inland Lakes, Mancelona, Gaylord St. Mary, Onaway, Pellston, and East Jordan (beginning 2024-25). Students are welcome to participate in interscholastic athletics provided the requirements outlined in this policy are adhered to by the student athlete. Athletics is defined to include all students participating in all extra-curricular MHSAA athletic events and to include participation in all club sports.

Coaches at Central Lake Public Schools will adhere to the following guidelines regarding playing time:

Middle School Philosophy: Coaches will play all athletes in each contest. Coaches will work to develop the skills and fundamentals of all athletes at the MS level. Playing time should be the focus during the MS experience, rather than a focus on winning and losing. Coaches will recognize that athletes that have practiced and developed their talents will naturally earn additional playing time.

Junior Varsity Philosophy: Coaches will distribute playing time to those players whose skills have progressed from the MS level to the JV level. We recognize that the Junior Varsity is still a place to develop fundamental skills and award as much playing time to as many players as possible given the fact that teaching players to win becomes an important part of program development. We want to emphasize to coaches that winning and participation at the JV level are important.

Varsity Philosophy: Coaches will distribute playing time with the emphasis on winning the game. Each coach must also recognize that the future of their program relies on developing the skills of every member of the team. Varsity Coaches will be given the latitude to distribute playing time to best serve the interest of their given program. Varsity Coaches recognize that future success is predicated on how they distribute playing time while maintaining a winning philosophy.

All participants must be eligible according to the MHSAA Handbook and Central Lake High School eligibility standards. Central Lake eligibility is as follows:

1. MHSAA states that Students who have not received 66 percent of full credit load potential for a full-time student in the first academic term are ineligible from the day grades are reported at the first term's end through and including the 60th scheduled school days. At CLHS that would mean a student must pass 4 out of 6 classes at the end of the semester. If a student does not meet this requirement they will not be eligible to play the following term until the 61st day of that term. [MHSAA 2017-2018 Handbook. Senior High School Rules - Regulations I and II, Section 7, Number 42 - Schools Not Using Trimesters.]
2. Incoming freshmen are immediately eligible for participation.
3. Transfer students are eligible in accordance with all MHSAA eligibility standards.
4. Transfer students may not compete in game contests until their eligibility is confirmed according to MHSAA regulations. These students may practice with the team.

5. Prior to participating in an athletic contest or practice, students must first pass a physical exam and turn in their physical form.
6. No practicing will be allowed until the parent-student permission form has been turned in. (Paperwork will be distributed at AD and Coach's Meetings, and also available at any time at school, and available to download and print from the school website)
7. The participation policies shall be provided to the parents with an agreement to be signed by the parents and students that they have read the policies and agree to abide by them. This signed statement shall be returned to the school before the student will be allowed to participate in extracurricular activities.
8. The Athletic Director will emphasize updates to the policy on an annual basis, and will be available to answer questions by email, phone, or in person by appointment.
9. The coaches will emphasize updates to the policy continuously.
10. The athlete will be held accountable to the current Board of Education approved policy.
11. Athletes must be in attendance **for a full day in order** to participate in either practice or a game. Any exceptions to this rule must be made in advance and receive **prior approval from the Athletic Director or Administration**. Unless there is an unforeseen emergency that prevents prior approval, the policy will be enforced. Athletes should be well aware of upcoming appointments and parents should be able to communicate expected absences or time that is missed due to an appointment. Appointments need to be communicated to the building secretary. The building secretary is not authorized to excuse the absence. The building secretary will inform the AD. The AD will inform the coach if an athlete is not eligible to participate. Parents should call in before the athlete is dismissed. The athlete should sign out and sign back in.
 - a. If an athlete leaves school without permission at any given time during the regular school day, the athlete will not be eligible for either practice or a game.
 - b. If an athlete is absent on Friday, then they are not allowed to participate on the weekend (Saturday and Sunday).
 - c. Missing practices and games will result in reduced playing time. Continued missed practices or games will result in greater reduction in playing time up to and including dismissal from the team.
12. Students who are assigned detentions on a regular basis will be subject to the following rules:

- a. Tardy consequences may be served at lunch per the school policy until the number of tardies reaches 7 or more.
 - b. On the 7th and all successive tardies within the marking period, the athlete will serve an after school detention just like any other student. If the detention interferes with practice or a game, then there will be a reduction in playing time.
 - c. If problems continue, the student-athlete must meet with the athletic committee.
 - d. Until the time of this meeting, the athlete can practice and play.
 - e. The athletic committee will determine the disciplinary consequence, which could include removal from the team.
13. Central Lake Schools encourage all students to pass all classes. Athletic eligibility will be based on the ineligibility list, which is distributed every week. Students who are eligible on Monday will be eligible for the entire week, Monday-Sunday.
- a. Participants who show an F (grade at or below 59%) in any number of classes will be on warning for one week. If the failure(s) of the class (in the same class) extends beyond one week, the student will be deemed ineligible.
 - b. The parents will be emailed a letter letting them know that their athlete is on “warning”.
 - c. The first week to determine student eligibility will be the Monday of the second five-day school week.
 - d. The AD will run the eligibility list on Friday at 3:00 pm.
 - e. Teachers will be encouraged to grade and record in PowerSchool all assignments that were completed on time.
 - f. Athletes should not have the expectation that teachers will prioritize work that is turned in past the due date.
 - g. Athletes will have the same expectation as all students to complete work that is due to an absence per the handbook:
 - i. Missed classwork due to an excused absence (parent/guardian notification to the school of the absence) is expected to be completed. Students will be allotted an equal number of days to make up the work. For example, a student who is absent for 3 days, will be allowed 3 school days to make up the classwork.
 - ii. Unexcused absences (no parent/guardian communication to the school occurred) will not be provided make up time.
 - h. Ineligible students are not permitted to dress for competition. Students may be required to attend events as per coach’s decision.
14. Students that are serving OSS (out of school suspensions) or ISS (in school suspension) are not eligible to participate with the team in any capacity.
- a. If a student is OSS or ISS on Friday, then they are not allowed to participate on the weekend (Saturday or Sunday).
 - b. They become eligible on Monday unless the suspension is still in effect.

15. Appeals to this policy can be taken to the Appeals Committee (Athletic Director, School Counselor, K-12 Principal, and additional administration) for consideration. The Appeals Committee will consider the following:
 - a. Extenuating circumstances - Example: prolonged illness.
 - b. Demonstrated Academic Improvement
 - c. Recommendation from staff and faculty.
 - d. Discipline and/or attendance
16. Participants reported with non-acceptable behavior may be subject to suspension from play.
17. Ineligible athletes will not be excused from school to participate/attend school-sponsored events. (Spring sports or any other sport that leaves prior to the end of the school day)
18. Participation in athletics or clubs is an extracurricular activity. School responsibilities (i.e. homework, detention, etc.) always comes first.
19. At any time, a parent, teacher, counselor, or administrator feels a student is not performing to an adequate academic level, a meeting can be scheduled with parent(s), student, teacher(s), and/or principal. The purpose of such a meeting shall be to map out a strategy to support for the student to be successful.

ATHLETIC CODE FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Adhere to the attendance and academic requirements necessary for participation in the athletic program.
3. Demonstrate understanding and commitment to the philosophy of Central Lake Public Schools sponsored athletics.
4. Observe completely all policies regarding behavioral expectations and student conduct, doing so as a duty to school, team, and self.
5. Counsel with the principal, athletic director, and school counselor over questions of eligibility
6. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
7. Accept favorable and unfavorable decisions, as well as victory and defeat with equal grace.
8. Demonstrate respect for opponents and officials before, during and after contests.
9. Conduct detrimental to the school and/or community will be grounds for disciplinary action.
10. Unauthorized possession or misuse of athletic equipment belonging to Central Lake Public Schools can be grounds for disciplinary action.
11. Profanity shall be grounds for disciplinary action.
12. Use or possession of an illegal substance in any form will result in disciplinary consequences and may also result in criminal charges (tobacco products are considered an illegal substance for all student-athletes, regardless of age, for the purposes of this policy).
13. Student-Athletes who are assigned formal disciplinary consequences as a result of a discipline referral to the office shall serve a minimum of a one-hour detention and are not eligible to practice or participate in any athletic contest on the day of the referral.

In alignment with the Central Lake Middle/High School Student Handbook: The following applies to the entire school year.

POSSESSION AND USE OF PROHIBITED AND/OR ILLEGAL SUBSTANCES, LOOK-A LIKES, OR PARAPHERNALIA:

The possession and use of tobacco, alcohol, and other illicit drugs is prohibited at all times in the school buildings, in the general school area, and on the school grounds and buses, at athletic events, and at any other off-campus school sponsored events. This includes the use or possession of any type of tobacco, alcohol, or drugs, to include over the counter non-prescription medication. Furthermore, this prohibition includes all types of tobacco and non-tobacco nicotine products including but not limited to: cigarettes, cigars, spit tobacco, snuff, tobacco strips and sticks and dissolving tobacco products. Examples of non-tobacco nicotine products include, but are not limited to, e-cigarettes and vapor pens.

This prohibition does not include products that are classified as nicotine replacement therapy and prescribed by a physician to help adult (over the age of 18 years old) tobacco users quit.

1st Offense: Parents will be notified immediately and the student may receive a five (5) day out-of-school suspension. For a student who voluntarily agrees to see a Substance Abuse Prevention Coordinator and once the first three full days out-of-school suspension have been served and once an appointment is scheduled for a conference with the parent/guardian, student, and Substance Abuse Prevention Coordinator, any days remaining of the suspension may be considered as served or may be served as in-school suspension.

2nd Offense: Five (5) days out-of-school suspension. The student will see Substance Abuse Prevention Coordinator for treatment referrals. - not optional.

3rd Offense: The school/parent/and SAPC must meet to develop a written plan of action for student success. A recommendation of expulsion from school may be made. If under the age of 16, the student will be provided an opportunity for alternative education until the age of 16.

SUSPENSION FROM EXTRACURRICULAR ACTIVITIES: Remainder of the semester.

SALE, DISTRIBUTION, OR DELIVERY OF PROHIBITED AND/OR ILLEGAL SUBSTANCES, LOOK-A LIKES, OR PARAPHERNALIA:

The sale and distribution of tobacco, alcohol, and other illicit drugs is prohibited at all times in the school buildings, in the general school area, and on the school grounds and buses, at athletic events, and at any other off-campus school sponsored events. This includes the use or possession of any type of tobacco, alcohol, or drugs, to include over the counter non-prescription medication. Furthermore, this prohibition includes all types of tobacco and non-tobacco nicotine products including but not limited to: cigarettes, cigars, spit tobacco, snuff, tobacco strips and sticks and dissolving tobacco products. Examples of non-tobacco nicotine products include, but are not limited to, e-cigarettes and vapor pens.

This prohibition does not include products that are classified as nicotine replacement therapy and prescribed by a physician to help adult (over the age of 18 years old) tobacco users quit.

FIRST VIOLATION- the following will occur:

- a. SUSPENSION FROM SCHOOL: 10-school days

- b. SUSPENSION FROM EXTRACURRICULAR ACTIVITIES: Remainder of the school year
- c. RECOMMEND EXPULSION (may occur)
 - i. (If administration recommends that the student be expelled for violating this policy, the board will use the following as a minimum guideline when considering the length of the expulsion.)
 - 1. No less than the equivalent of one semester
 - 2. Re-admission contingent upon completion of recommendations made at time of expulsion.

Note: The school district will not be financially responsible for costs incurred in assessment, evaluation, or treatment. Payment for services or materials provided by professionals who are not school employees will be the responsibility of the student and family.

THE USE OF ILLICIT DRUGS IS UNLAWFUL. POSSESSION, USE, AND DISTRIBUTION OF DRUGS/ALCOHOL IS UNLAWFUL!

IN ADDITION, FOR STUDENTS WHO PARTICIPATE IN SPORTS OR EXTRA CURRICULAR ACTIVITIES: The following applies whether the violation occurs on or off school grounds, and the following applies whether the violation occurs at school or non-school events. Additionally, a student is subject to the consequences listed below regardless of whether the infraction occurs before, during, or between sports seasons. Student athletes are accountable under this policy for the entirety of the school year, which for fall sports athletes, begins on the prescribed MHSAA fall sports start date in August, and continues until the end of the school year. For those students participating in Spring sports whose competition season extends beyond the last day of school in June, this policy will remain in effect until the final contest has concluded.

PROHIBITED AND/OR ILLEGAL SUBSTANCE VIOLATIONS (Possession and/or use):

- 1. First Offense:
 - a. The Principal or Athletic Director will assign the student the following consequences: For students participating in sports or extra-curricular activities such as Band, Student Council, NHS, clubs, etc. the penalty will be a suspension of 40% of the scheduled activity/competition/season.
 - b. If the student admits to voluntary screening through the Student Assistance Program and submits to any recommended treatment as a result of that screening, they shall lose eligibility for the next event or 20% of the activity/competition/season in which the student is a participant.
 - c. The participant will continue to participate in meetings for the specific activity during the time he/she is withheld from competition unless otherwise specified by the coach/advisor
 - d. Any portion of the suspension that is un-served at the conclusion of one activity/competition/season, will carry over into the next activity/competition/season, in which the student participates.
 - e. The Principal or Athletic Director will write a letter to the parent(s), and/or guardian(s) of the student informing them of infraction of the rules and the resulting penalties. The parent(s) or guardian(s) will also be informed in this letter of the school's policy and any action resulting from future violations.

2. Second Offense:
 - a. After confirmation of the second offense, the student-athlete shall lose eligibility for any activity for the next calendar year from the date of the second offense.
 - b. OR, If the student submits to voluntary screening through the Student Assistance program and submits to any recommended treatment as a result of that screening, the student shall lose eligibility for the next six (6) events or six (6) weeks of the activity/competition/season in which the student is a participant, whichever is greater.
3. Third Offense:
 - a. After confirmation of the third offense, the student shall lose eligibility for all activities/competitions/seasons as outlined above in 2.a. Penalties shall be accumulative during middle school, then will start over and again be accumulative through high school.
 - b. Enforcement of this policy will be by the teachers, coaches, advisors, sponsors and the administration of Central Lake Public Schools.

ATHLETIC COMMITTEE

1. The Athletic Committee shall consist of the athletic director, school counselor, K-12 principal, and additional administration. If any of these people are not available, the superintendent may appoint substitutes.
2. The purpose of the Athletic Committee shall be to review student or parent appeals that may result from violations of the athletic code of conduct, and to render appeals decisions.
3. Decisions shall be rendered on the basis of the majority vote of the committee.

APPEAL PROCEDURE

The student athlete or parent has the right to question or appeal any decisions or actions by the coaches, athletic director, or the principal. This appeal process should be initiated after the student athlete and/or parent have tried to first resolve their problem with the coach and then the principal. If at this time, the problem persists, a parent request may be initiated through the principal or athletic director to ask the Athletic Council to hear the appeal. The Athletic Council shall schedule a meeting and hear the appeal within seven days of the receipt of the appeal by the athletic director. The student shall have the right to appeal with parents and/or legal counsel before the Athletic Council to present their side of the case. The Athletic Council shall render a decision on the appeal within five days of the completion of the hearing.

Parents are to be notified of the decision by certified mail within five days of the completion of the hearing. The student shall have the right to appeal before the Board of Education to present their side of the case.

ATHLETIC COUNCIL

1. The Athletic Council shall consist of the K-12 school principal, the athletic director, one coach, one teacher, and/or other administration.
2. The Athletic Council is an ad hoc committee appointed by the K-12 school principal to hear decisions rendered by the Athletic Committee. A new council shall be appointed for each case

under appeal. A person cannot be a member of this council if they served on the Athletic Committee that issued the initial discipline decision in the case.

3. After hearing the facts in the case, the Athletic Council shall either:
 - a. Uphold the decision of the Athletic Committee
 - b. Or, Modify, amend, or overturn the decision of the Athletic Committee.
4. At least three of the four members of the Athletic Committee shall be present at the hearing to render a decision on the appeal.

STUDENT RESPONSIBILITIES

1. All students are to furnish their own practice equipment such as clothing, shoes, baseball/softball gloves, and caps. The athletic department will not be responsible for personal equipment, clothing, or personal belongings lost or damaged.
2. Students are responsible for equipment issued to them by the school. The student must pay for any damaged or lost equipment.
3. All students are to keep their personal belongings in their gym lockers and keep their lockers clean. All money and valuables are to be locked in the lockers or bags for safekeeping.
4. "Horseplay" in the locker room or on the practice field is prohibited.
5. Each athlete's appearance, speech, and actions will influence people's opinion of themselves, their home, their team, and their school. Athletes are to behave in a manner that will bring dignity and respect to their team, school and community.
6. Each student is encouraged to follow the grooming and curfew expectations established by each coach. Coaches will request and expect participants to "dress up" on the day of the game and at the game.
 - a. Male athlete options include:
 - i. Button down shirt with tie and khakis
 - ii. Team pullover with khakis
 - iii. Team Jersey with khakis
 - b. Female athlete options include:
 - i. School appropriate dress, skirt or khakis, blouse
 - ii. Team pullover with skirt or khakis
 - iii. Team jersey with skirt or khakis
7. If a student is considering quitting a sport, he/she is to consult with the coach to explain his/her reason for quitting.
8. Central Lake Public Schools student-athletes are expected to put forth maximum effort in the classroom and during competition.
9. Student-Athletes and other students who participate in extracurricular activities like Band, student council, clubs, etc. who are assigned formal disciplinary consequences by an administrator as a result of a discipline referral to the office shall serve a minimum of a one-hour detention. If the student fails to serve the assigned disciplinary consequence on the assigned date, then the student is not eligible to participate in any extra-curricular event until the consequence is served. Additionally, student-athletes who are suspended out of school are ineligible to participate in extracurricular activities while serving a suspension.

ATHLETIC DEPARTMENT:

1. Principal
 - a. Make a final decision when scheduling conflicts occur that cannot be solved by the athletic director.
 - b. Make decisions when approached by a coach that feels they are not receiving fair use of the facilities.
 - c. Veto any scheduled activities that are felt to be in conflict with other school activities.
 - d. Hold in season meetings with coaches, as needed.
 - e. All school personnel involved in the athletic program are, in the end, responsible to the high school Principal.
2. Athletic Director
 - a. Schedule practice times, games, and officials, being fair to all who need to use the facilities.
 - b. In coordination with the facilities director and Athletic Assistant, organize the playing area to be certain it is ready for use and play when needed.
 - c. Work closely with coaches to assist in solving their needs.
 - d. Plan a budget that will furnish the proper equipment but does not exceed revenue.
 - e. Order equipment when needed with approval of the superintendent.
 - f. Order uniforms, etc., after consultation and approval of the principal and superintendent.
 - g. Work with the Sports Boosters organization.
 - h. Evaluate coaches at the conclusion of the season.
3. Assistant to the Athletic Director
 - a. Assist the Athletic Director in all duties and duties as assigned to manage all athletic programs and programming
4. Head coaches
 - a. The varsity head coach of each sport is responsible for that sport
 - b. They will organize their programs aligned to the goals and objectives of Central Lake Public Schools.
 - c. They will make decisions about players on teams in consultation with all coaches in that sport regarding moving players to different squads.
 - d. The final decision about players being on which team will be made by the head coach.
 - e. They will work with the Athletic Director to solve conflicts with scheduling games and facility use.
 - f. Keep an accurate and up to date inventory of the equipment they use in their program.
 - g. Manage/supervise athletes after school prior to either practices or games.
 - h. Additional duties as determined by the AD.
5. Sub-Varsity Coaches
 - a. Organize practices to work toward the goal and objectives of their sport.
 - b. Work with the participants for their physical growth as well as personal well-being.
 - c. Keep an accurate and up to date inventory of the equipment they use in their program.
 - d. Manage/supervise athletes after school prior to either practices or games.
 - e. Additional duties as determined by the AD.

AWARDS

The athletic award is given by the Central Lake High School in special recognition of athletic performance, to qualify for this honor, a student must meet the established qualifications of the school, or be recommended by the coach of the sport in which he/she participated.

- f. Award winners should set an example of the highest standards at all times, which includes adherence to the items in the Athletic Code.
- g. Any player who quits a sport and is not allowed back on the team, or does not finish the season in good standing is not eligible to earn a Varsity letter for the sport for that particular season.
- h. The student is awarded a chenille CL for their first varsity letter award. They are awarded metal emblems for their letter for each subsequent letter earned.

CENTRAL LAKE PUBLIC SCHOOLS SOCIAL MEDIA POLICY ADOPTED JUNE 2013

Any electronic or digital comments directed toward another individual, team or school that could be seen as unsportsmanlike, threatening or hurtful may result in immediate disciplinary action.

1. The first violation may result in suspension from participation in school sponsored athletics for a period of time, to be determined by the principal, athletic director and coach.
2. A second violation may result in a complete removal from school sponsored athletics for the remainder of the current season, or longer, as well as, forfeiture of any honor the student/athlete may receive.

STEROIDS WARNING

1. USE:

A person who knowingly uses an androgenic anabolic steroid in violation of section 17766a of the public health code, Act No. 368 of the Public Acts of 1978 begin section 17766a of the Michigan Compiled Laws, is guilty of a misdemeanor, punishable by imprisonment for not more than 90 days, or a fine of not more than \$100.00, or both.

2. POSSESSION:

A person who knowingly possesses an androgenic anabolic steroid in violation of section 17766a of Act No. 368 of the Public Acts of 1978 is guilty of a misdemeanor punishable by imprisonment for not more than 90 days, or a fine of not more than \$100.00, or both. A second or subsequent violation is a felony, punishable by imprisonment for not more than 4 years, or a fine of not more than \$2,000.00, or both.

3. DELIVERY:

A person who knowingly delivers or knowingly possesses with intent to deliver an androgenic anabolic steroid or counterfeit androgenic anabolic steroid to another person in violation of section 17766a of Act No. 36 of the public Acts of 1978 is guilty of a felony, punishable by imprisonment for not more than 7 years, or a fine of not more than \$5,000.00, or both.

4. POTENTIAL SIDE EFFECTS FROM USE:

- a. Atrophy of the testicles
- b. Psychosis
- c. Enlarged Breasts

- d. Cardiovascular Disease
- e. Sterility
- f. Addiction
- g. Impotence
- h. High blood pressure
- i. Acne
- j. Withdrawal
- k. Hair loss
- l. High blood cholesterol
- m. Stroke
- n. Heart Attack
- o. Kidney Damage
- p. Stunted bone growth

5. **TRANSMITTED DISEASES AND INFECTIONS:**

The shared use of hypodermic needles can result in the transmission of serious communicable diseases and infections including AIDS and Hepatitis B.

CENTRAL LAKE PUBLIC SCHOOLS HEAD AND NECK INJURY PROTOCOL

In the event of an injury to the head or neck with or without loss of consciousness (LOC), remain calm and attend to the player as follows:

1. **Do not move the player from the field**, and direct someone to call 911. Designate someone for crowd control and someone to supervise the other players and direct the ambulance.
2. **Check the airway for breathing**, remove objects that block the airway, and if no breathing—start CPR. You will have to remove the helmet to perform CPR.
3. If breathing, **leave the helmet on the head of the player**.
4. **Encourage players to remain still and avoid any movement of the head** as this could cause further damage to the cervical spine.
5. **Report to EMS how the injury occurred, time down, and any Loss of Consciousness-LOC**. If possible, have the player's medical form and contact information ready to be given to EMS personnel.
6. **Players must be cleared by a physician in order to be able to participate with Central Lake Public Schools MHSAA sports and club activities.**

EDUCATIONAL MATERIAL FOR PARENTS AND STUDENTS-UNDERSTANDING CONCUSSION

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

Some Common Symptoms:

- Headache
- Pressure in the Head
- Nausea/Vomiting Dizziness
- Balance Problems
- Double Vision

- Blurry Vision
- Sensitive to Light
- Sensitive to Noise
- Sluggishness
- Haziness
- Fogginess
- Grogginess

WHAT IS A CONCUSSION?

- Poor Concentration
- Memory Problems
- Confusion
- “Feeling Down”
- Not “Feeling Right”
- Feeling Irritable
- Slow Reaction Time
- Sleep Problems

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

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

IF YOU SUSPECT A CONCUSSION:

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

3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION – Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can’t recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily

CONCUSSION DANGER SIGNS:

- Answers questions slowly
- Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

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

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

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

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

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

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

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by Central Lake Public Schools.

_____ Participant Name Printed

_____ Participant Name Signature

_____ Date

_____ Parent or Guardian Name Printed

_____ Parent or Guardian Name Signature

_____ Date

Return this signed form to Central Lake Public Schools that must keep on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials available for future reference.

SAME SEASON/TWO SPORT/POLICY FORM

Athletes at Central Lake High School **ARE** allowed to participate in more than one sport during a particular season. If a student decides to participate in more than one sport at a time, a coach shall in no way discourage this decision. Rather, the coaches involved should work together to make this situation as smooth as possible, involving the athletic director as needed.

Realizing that there is potential for conflicts arising when an athlete is participating in two sports at the same time, the following guidelines are suggested. Coaches may deviate from the guidelines in order to do what is in the best interest of the individual:

1. The athlete will declare a primary sport and a secondary sport.
2. A contest will always take precedence over practice in the other sport.
3. A league contest should take precedence over a non-league contest.
4. A league meet (example-track) should take precedence over any contest.
5. If league contests are scheduled on the same day, the athlete should participate in his/her primary sport.
6. MHSAA tournament events should take precedence over non-league or league events. In the event that two MHSAA tournaments are held on the same day, the primary sport should take precedence.
7. If non-league contests are scheduled on the same day, the athlete should participate in his/her primary sport.
8. In the event that it would be possible for an athlete to participate in both sports on the same day, he/she will not be allowed to drive to the second contest. Only an athlete's parent or guardian will be allowed to transport the athlete.
9. Coaches are not to discipline an athlete for a missed practice on a day that the athlete is competing in his/her other sport.
10. On days that an athlete is not in competition, he/she should make an effort to practice both sports. If only one sport can be practiced, it should be the primary sport.
11. All eligibility rules will remain the same.
12. An athlete must begin practicing in each of the two sports at the beginning of each sport's season.
13. Before being allowed to participate in two sports during a season, the athlete, his/her parents/guardian, Athletic Director, and the two coaches involved must meet and sign below.

Student Athlete

Parent/Guardian

Primary Sport

Secondary Sport

Primary Sport Coach

Secondary Sport Coach

Athletic Director

Date

CENTRAL LAKE HIGH SCHOOL ATHLETIC DEPARTMENT PERMISSION FOR ATHLETIC COMPETITION FORM

STUDENT NAME _____

ADDRESS _____

AGE _____ GRADE _____ TELEPHONE _____

PARENT EMAIL OR BEST ALTERNATIVE _____

PARENT OR GUARDIAN'S CONSENT

We have read and understand the Central Lake High School Athletic Policies concerning the conditions, which will govern all students who participate in the Central Lake Athletic program.

I hereby give my consent for the above high school student to engage in physical education, intramural, and interscholastic athletics at the above high school in MHSAA approved sports during the current year EXCEPT FOR THOSE LISTED BELOW, and to accompany the team on its out-of-town trips.

Date Parent or Guardian Signature

Please state below any physical problems or limitations (i.e. diseases, operations, injuries) and also activities that you do not want your child to participate in order to ensure the best health care of your child.

STUDENT ACKNOWLEDGMENT

I have read and understand the Central Lake High School athletic policies concerning conditions, which will govern all students who participate in the Central Lake High School athletic program.

Participation in athletics at Central Lake High School is voluntary on my part, and is made with the understanding that I have never received money in any amount, or any emblematic award and/or merchandise worth more than fifteen dollars (\$15) for participating in athletic events, and that I have never competed under an assumed name. After I have represented my school in any sports, I promise not to compete in any outside athletic contest in this sport until after the high school season has been completed.

I do hereby accept the responsibility to uphold all rules and regulations as long as I desire to participate in athletics.

Date Student Signature

CENTRAL LAKE PUBLIC SCHOOLS EMERGENCY MEDICAL RELEASE FORM

In case of an emergency, or where there is need of medical attention, I hereby grant permission for Central Lake Public School or its representative to authorize such treatment as needed by a qualified nurse, physician, or hospital for my son/daughter (student's full name)

_____ during the current school year.

I will also grant permission for the necessary information to be released to the insurance company. I will be responsible for all medical expenses incurred.

Age _____ Date of Birth _____

Phone Number _____

Alternate Phone Number _____

Address _____ City _____

Insurance Company _____

Policy Number _____

Parent or Guardian _____

Date _____

Medications taken:

Allergies:

Special medical information that may be beneficial in responding to an emergency situation:

