

CONCRETE

High School – Grades 7-12



**Athletics/Activities Code
2019-2020**

*Code is in effect for a year beginning with 2019 Fall Athletics/Activities.

Athletes/Parents:

For your understanding, the following packet of information needs to be completed and returned to the high school office **before** any student may turn out for a sport or participate in an extra-curricular activity. **Do not** return the paperwork to your coach/advisor.

When your paperwork has cleared through the office, your coach/advisor will be notified and you may begin to participate. No coach or advisor is allowed to let a student participate without that student being cleared.

The following items need to be signed and returned to the office prior to participating in all athletics and activities:

- Completed Physical (last page of packet)**
Must be signed and dated by physician.
- Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form (page 12)**
Must be signed by both parent/guardian and student.
- Insurance Requirements, Ride Permission, and Medical Permission (pages 13-14)**
Must be signed by the parent/guardian.
- Verification of Understanding the Athletics/Activities Code Activities Code (page 15)**
Must be signed by both parent/guardian and student.
- Concrete Middle and High School Athletic/Activity Parent Permission Form (page 15)**
Must be signed by parent/guardian.
- Medical Release / Alert Card** (Which is stapled to the front of the packet.)
Must be signed by parent/guardian.
- Safety Guidelines Form** (Sport Specific-Athlete needs to get one from the coach or the office.)
Must be signed by both parent/guardian and student.

REQUIRED FEES

A.S.B. Card & Activity Fee **TWO SEPARATE CHECKS** Payable to Concrete High School or CHS
Check one: \$30.00 for the **ASB Card** for the 2019-2020 school year
Check two: \$30.00 for the **Activity Fee** for the 2019-2020 school year

CONCRETE HIGH SCHOOL – Grades 7-12

EXTRA-CURRICULAR ACTIVITIES PROGRAM

Statement of Philosophy. The primary purpose of the extra-curricular activities program at Concrete High School is to promote the physical, mental, aesthetic, social, and emotional wellbeing of the students through participation and competition.

The extra-curricular activities program is an important and integral part of the total school program. The opportunity for participation is open to all students regardless of individual differences. Through voluntary participation, the student gives time, energy, talent and loyalty to the program. Because participation in the program is considered a privilege, the student accepts the training rules, regulations, and responsibilities unique to the individual program in which he/she participates.

In addition to Concrete High School's Discipline Policy and the Washington Interscholastic Activities Association (WIAA), extra-curricular program participants are also governed and are to abide by this Extra-Curricular Activities Code and the appropriate behavior standards established for the specific activity.

Because participants are representatives of Concrete High School when they perform in public, they are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team, activity group, school, and community. Participation in extra-curricular activities at Concrete High School requires that the student remain in good standing as defined within this code. Those students who violate the Extra-Curricular Activity Code shall be subject to discipline that may include permanent removal from participation in High school activities.

Activities Governed by the Athletics/Activities Code. The following are considered extra-curricular activities and include, but are not limited to: all interscholastic athletics, student body officers, cheerleaders, performing music groups, FBLA, Robotics and those other activity organizations recognized by the ASB and that represent the school in public.

Scope of Athletics/Activities Code. The rules and regulations contained in this code shall apply to any violation occurring on school premises or at any school-sponsored activity. Students will also be subject to these rules and regulations for their conduct off-school premises during the extra-curricular activity season in which they are participating (i.e., after-school hours, weekends, and holidays). Students must also adhere to these standards in the summer while participating at camps, clinics, or other athletic/activity events. Concrete High School hopes that these established regulations would also encourage students to maintain high standards of conduct throughout the year.

In Season Activities Definition: In season will be the first day of turnouts until the final team meeting or team event for that season.

Concrete High School Extra-Curricular Activities Code – Grades 7-12

I. GENERAL REGULATIONS

- A. **WIAA Rules:** Washington Interscholastic Activities Association rules will be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, and number of required practices. Refer to Athletic Bulletin and Parent Permission Form that accompanies this code for WIAA eligibility requirements.
- B. **Academics:** Students must pass and be passing in all classes in order to participate in any event or contest. (See section III B Student Scholarship Standards)
- C. **ASB Cards and Activity Fees:** The student must possess a current ASB card and have paid activity fees in order to participate in any practice, game, or event. (Two checks of \$30 for each; see bottom of page 1)
- D. **Individual Coach/Advisor Rules:** The student shall observe any additional rules stipulated by coach/advisor of each particular activity, including rules for dress and grooming. Rules within this code are minimum requirements. Coaches/advisors may add additional or more severe consequences. Coaches/advisors will notify participants in writing as to the standards they expect.
- E. **Quitting/Suspension:** An athlete having been suspended from one sport may not turn out for another sport in the same season. This does not apply to being cut. Athletes may transfer from one sport to another within the first two weeks of the season. Transfers after two weeks can only be done with permission from both coaches. Any athlete who quits a sport must conference with and be signed out by head coach of that sport in order to be eligible for any subsequent activity participation.
- F. **Transportation:** Participants must travel to and from contests held away from Concrete in transportation provided by the school. The only exceptions permitted are:
1. Injury to a participant which would require alternate transportation, and/or
 2. Prior arrangement in writing between participant's parent/guardian and school administrator.
 3. Face to Face Contact between Parent-Coach/Advisor-Athlete.
- G. **Awards:** Completion of the activity's season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: Injury which limits participation.) No awards shall be given to any student suspended for the remainder of the season for Extra-Curricular Activity Code violations.
- H. **Injuries:** An athlete who has been injured and has had medical treatment cannot participate until a signed release from the doctor is presented to the head coach. The athletic director will keep the release form on file. Students who are medically excused from PE may not turn out for practice until medically released by a doctor.
- I. **Un-sportsmanlike Conduct:** Any display of un-sportsmanlike conduct toward an opponent, official or teammate or any use of profanity, obscene or vulgar language, or gesture, during a practice or contest will result in counseling by the head coach/advisor and possible suspension from the activity.
- K. **Equipment/Uniforms:** School-owned equipment checked out by a participant in any extra-curricular activity is his/her responsibility. The loss or misuse of this equipment will be the financial obligation of the participant. Participants will not be allowed to continue competition, receive awards, or continue into succeeding activity until the financial obligation is fulfilled or equipment is returned.
- L. **Practice Attendance:** A participant is expected to attend all scheduled practices, meetings, contests, performances, and awards ceremonies whether or not school is session. If it is found necessary to miss such, prior arrangements must be made with the coach/advisor. (Coaches/advisors are to submit a written team policy on practice attendance to the athletic director.) Occasionally a participant has personal conflicts such as a day-long family outing, a week-long family vacation, driver's education, and so on, wherein a choice has to be made between participating with the team or with the family.* Coaches/advisors may apply consequences for absences such as sitting out part of or all of a game or activity. Coaches/advisors may also determine that excessive absences may warrant the participant being asked to leave the team or club. **We strongly encourage students/families to take their family vacation and/or sign up for driver's education during the off-season.*

- M. **Unlawful Behavior:** A participant shall not engage in conduct detrimental to the group or to the school.
- N. **Theft:** A participant shall not steal or use another's property without permission.
- O. **Tobacco/Alcohol/Drugs:** A participant shall not use, consume, possess, transmit, or sell alcoholic beverages, drugs, drug paraphernalia, controlled substances, or tobacco (including smokeless tobacco).
- P. **One Sport per Season:** Students are allowed to participate in only one sport at a time per season including cheerleading.
- Q. **Changing Sports:** Students are not allowed to switch sports once 50% of the sports season is over.

II. STUDENT ATTENDANCE AT SCHOOL REQUIREMENTS

- A. **Daily School Attendance:** Students must attend **majority of class periods (4 out of 7 classes)** he/she is enrolled in, in order to participate in that day's practice, game, show, banquet, contest and/or competition ~~un~~. Emergency exceptions must receive administrative approval.
- B. **Tuancy:** Unexcused absence from any class, portion of a class or practice will result in a suspension from that day's game, practice, match, show, banquet, contest or competition OR a suspension on the day it is discovered that the student was truant.

III. STUDENT SCHOLARSHIP STANDARDS

- A. Primary Eligibility is based on WIAA Rule 18.7.0. This rule states that a student shall have passed at least (6) full-time subjects in a (7) period day in the immediately preceding semester in order to be eligible for competition during the succeeding semester. The record at the end of the semester shall be final, except for those credits earned in a regular, accredited summer school program and accepted by the school district. If a 9th-12th grade student doesn't pass 6 out of 7 classes they will not be allowed to play in any games or matches until after the last Saturday in September for the fall athlete and 5 weeks into the second semester for winter and spring athletes. For the 7th-8th grade student, the suspension period is 3 weeks.
- B. Continuing eligibility requires the student to be passing all subjects.
 1. Grade checks are run all year long for all students in the High school that might be in jeopardy of failing.
 2. Grade checks will be held on the following Mondays. The teacher has the right to notify the office on that day of any changes from the generated list. Participants will have the ability to provide the office with proof of a passing grade on each Monday between the dated listed to be eligible for that week.

DATES: 9/23/19, 10/7/19, 10/21/19, 11/4/19, 11/18/19, 12/2/19, 12/16/19, 1/13/20, 2/10/20, 2/24/20, 3/9/20, 3/23/19, 4/20/20, 5/4/20 and 5/18/20.

3. A participant failing any class will be ineligible until the next grade check; they may practice, but they cannot compete in a contest and may not travel with the team. Furthermore, a student who ends up on the "F" list will be referred to attend Boys and Girls Club after school, meet with counselor or principal to come up with an academic plan to be successful.
 4. Players are under their club, team, and district grading policy throughout the season until the final team meeting or team event for that season.
- C. If a student chooses to transfer to Twin Cedars Alternative School or Home-Based education because they are failing any of their classes, they must wait 5 weeks before they may compete in any contests or events. They may still attend practices and they remain under the code during this probation period.

IV. CITIZENSHIP STANDARDS

- A. All participants should be an example of good citizenship in the school building, classrooms, community and extra-curricular activity program. Conduct that materially and substantially interferes with the educational process is prohibited.
- B. Any student receiving out-of-school suspension will not be allowed to participate in practices or contests on the days they are suspended from school. There may be additional sanctions that will be decided between administration and the coach/advisor. Students with in-school suspension would not be allowed to participate in practices or contests.
- C. Any participant referred to the administration for behavior reflecting poor citizenship, be it at school or in the community, will be made aware of the possible consequences of his/her actions and may receive a penalty. Upon the second referral that requires administrative action, the participant will be declared ineligible for the next game, contest, competition, or event. Upon the third referral that requires administrative action, the participant will be suspended for fourteen (14) school days from participating in any game, contest, competition, or event. Any subsequent referrals will result in suspension for remainder of the extra-curricular activity season.

V. USE OF TOBACCO/VAPING/E-CIGARETTES

The Concrete School District recognizes that the use of tobacco, vaping and e-cigarettes, including smokeless tobacco, is a potential health hazard and is addictive in nature. The use or possession of tobacco, vaping and e-cigarettes by an athlete during the activity season or any student participating in the extra-curricular activity program while on school property, at a school-sponsored activity, or off school premises during the activity season will not be tolerated.

The tobacco violations listed below will accumulate throughout the student's high school career:

First Offense - The student will be restricted from participation in practice and competition for 10 percent of games, shows, banquets, conferences or competitions. Evaluation of tobacco cessation information will be required of the student and meeting with intervention/prevention counselor. Should the student fail to evaluate the tobacco cessation information, he/she will be restricted from further competition in any extra-curricular activity until he/she has done so.

Second Offense- The student will be restricted from participation in practice and competition for 20 percent of games, shows, banquets, conferences or competitions. Student will be required to complete tobacco cessation course from a community agency at the student's expense. Should student fail to complete tobacco cessation course, he/she will be restricted from further competition in any extra-curricular activity until he/she has done so.

Third Offense - The student will be restricted from any participation in practice and competition in any extra-curricular activity for the remainder of the school year. Student may again be eligible for participation at the beginning of the next school year. Any additional tobacco, vaping and e-cigarettes violations beyond the third violation in any subsequent year will automatically be treated as the Third Offense.

VI. DRUG/ALCOHOL/PARAPHERNALIA POSSESSION OR USE

The Concrete School District recognizes that chemical dependency is a serious illness and the use of alcohol and drugs may be a violation of the law. The use, consumption, possession, transmittal, or sale of alcohol and drugs or drug paraphernalia by an athlete or any student participating in the extra-curricular activity program while on school property, at a school-sponsored activity, or off school premises will not be tolerated. This includes legend drugs (drugs that are legal only through a prescription RCW 69.41.020--050), anabolic steroids, and all controlled substances and controlled substances analogs defined in RCW69.50.101.

The following offenses and their penalties are the minimum required by the Washington Interscholastic Activities Association (WIAA) Article 18.24.0 and will accumulate through the student's high school extra-curricular career as follows:

First Offense - The student will be restricted from participation in practice and competition for the rest of the activity season or a minimum of thirty (30) days (if offense occurs while not participating in an activity season, the action of thirty (30) days restriction will be served at the start of next activity season that the student participates in). Student must undergo assessment through community agency and follow through with any recommendations at the student's expense. Should student fail to follow through with recommendations of assessment, he/she will be restricted from further competition in any extra-curricular activity until he/she has done so.

Second Offense - The student will be restricted from participation in practice and competition in any activity for one (1) calendar year from the date of the second violation. Student must undergo assessment through a community agency and follow through with any recommendations at the student's expense. Should student fail to follow through with recommendations of the assessment, he/she will be restricted from further competition in any extra-curricular activity until he/she has done so.

Third Offense - The student will be restricted from participation in practice and competition in any activity for remainder of his/her high school career.

PROXIMITY OFFENSE

It is a violation of the Concrete athletic code to be present at a party where illegal activities are taking place. Any student having knowledge that alcoholic beverages, legend drugs, or controlled substances are present shall have a responsibility to remove themselves from the premises immediately. This rule does not apply to events where legal possession/use is restricted to adults.

COACH/ADVISOR STANDARDS

Any additional, specific rules or regulations not covered within the Extra-Curricular Activity Code, which are established by the coach/advisor of a specific activity must be consistent with this code and must be approved by the high school administration. Any additional rules must be in writing and kept on file in the high school office. Each student participant and parent/guardian must be informed of additional rules and regulations and be provided a copy of them.

VII. DISCIPLINE/GRIEVANCE PROCEDURE

A. The guiding principles for violations are as follows:

1. Penalize the violation
2. Proof of violation must be established by any one of the following:
 - a. Positive identification of a student violation by a school employee who is willing to give testimony about the violation. This will require an investigation of the violation.
 - b. Accusations made by parents/adults who are willing to testify against an alleged student violation of the code. This must be confirmed through an investigation by appropriate school authorities prior to any disciplinary action.
 - c. An investigation of a student violation of the code must reveal sufficient facts to prove the violation. Such investigation must be conducted by the appropriate school administrator or designee.

B. Before any discipline resulting in a suspension from an extra-curricular activity shall take effect, as provided under these rules, the student shall be verbally advised by a school administrator of the alleged violation of the rules and the student will have the opportunity to explain or justify his/her actions. If, after such informal conference with the student, a school administrator is satisfied that a suspension is justified, the student and parents/guardians shall be so notified in writing and the suspension shall then become effective.

- C. The grievance procedure for any suspension from an extra-curricular activity program is set forth in WAC 392-400-240:
- a. Any student, parent or guardian who is aggrieved by the suspension or termination of extra-curricular privileges under these rules shall have the right to an informal conference with building principal or his/her designee for the purpose of resolving the grievance. During such conference, the student, parent or guardian shall be subject to questioning by the building principal or his/her designee and shall be entitled to question school personnel involved in the matter being grieved.
 - b. If the grievance is not resolved at the information conference, the student, parent or guardian upon two (2) school business day's prior notice, shall have the right to present a written and/or oral grievance to the superintendent of the district or his/her designee.
 - c. If the grievance is not resolved at the superintendent's level, the student, parent or guardian, upon two (2) school business day's prior notice, shall have the right to present a written and/or oral grievance to the board of directors during the board's next regular meeting. The board shall notify the student, parent or guardian of its response to the grievance within ten (10) school business days after the date of the meeting.
 - d. The suspension or termination of privileges shall continue notwithstanding the implementation of the grievance procedure set forth above unless the principal or his/her designee elects to postpone such action.

VIII. CONCUSSIONS, SUDDEN CARDIAC ARREST

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious.

You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- *Headaches*
- *"Pressure in head"*
- *Nausea or vomiting*
- *Neck pain*
- *Balance problems or dizziness*
- *Blurred, double, or fuzzy vision*
- *Sensitivity to light or noise*
- *Feeling sluggish or slowed down*
- *Feeling foggy or groggy*
- *Drowsiness*
- *Change in sleep patterns*
- *Amnesia*
- *"Don't feel right"*
- *Fatigue or low energy*
- *Sadness*
- *Nervousness or anxiety*
- *Irritability*
- *More emotional*
- *Confusion*
- *Concentration or memory problems (forgetting game plays)*
- *Repeating the same question/comment*

Signs observed by teammates, parents and coaches include:

- *Appears dazed*
- *Slurred speech*
- *Shows behavior or personality changes*

- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

(Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 6/15/2009)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.

It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion.

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season, and when in doubt, the athlete sits out.

Return to Participation Protocol

If your child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

(Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 6/15/2009)

Concrete School District
Policy 3422

STUDENT SPORTS — CONCUSSION AND HEAD INJURIES

The Concrete Board of Directors recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. Therefore, all competitive sport activities in the District will be identified by the administration.

Consistent with Washington law, the District will utilize guidelines developed with the Washington Interscholastic Activities Association (WIAA) and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district will distribute a head injury and concussion information sheet to all parents and guardians of student participants in competitive sport activities. The parent/guardian and student must return a signed acknowledgement indicating that they have reviewed and understand the information provided before the student participates in any covered activity. Until this acknowledgement form is returned and on file with the District, the student may not practice or compete.

All coaches, including volunteers, will complete training as required in the District procedure. Additionally, all coaches of competitive sport activities will comply with WIAA guidelines for the management of head injuries and concussions.

Cross References: Policy 4260 Use of School Facilities

Legal References: RCW 28A.600 Students
 RCW 4.24.660 Liability of school districts under contract with youth programs.

Management Resources: Policy News, August 2009

Concussion and Head Injuries Legislatio

Concrete School District
Adoption Date: 11-24-09
Updated: 09-29-10
Revised:

Addition to Athletic Packet
For Policy 3422
Concrete School District

STUDENT SPORTS — CONCUSSION AND HEAD INJURIES

Concussion and Head Injury Management in Student Sports

- A. Athletic Director or Administrator in Charge of Athletics Duties:
1. Updating: Each spring, the athletic director, or the administrator in charge of athletics if there is no athletic director, shall review any changes that have been made in forms required for concussion and head injury management by consulting with the WIAA or the WIAA Web site. If there are any updated forms, they will be adopted and used for the upcoming school year.
 2. Identifying Sports: By June 30 of each year, the athletic director or administrator in charge will identify competitive sport activities in the district for which compliance with the concussion and head injury policy is required. A list of competitive sports activities and the district's policy and procedure (insert policy and procedure number) will be distributed to all coaching staff and volunteers.
- B. Coach Training: All coaches shall undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through attendance at a WIAA or similar clock hour presentation which uses WIAA guidelines; or (2) by completing WIAA online training.
- C. Parent Information Sheet: On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition. This information sheet may be incorporated into the parent permission sheet which allows students to participate in extracurricular athletics.
- D. Coach's Responsibility: A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be immediately removed from play.
- E. Return to Play After Concussion or Head Injury: A student athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer.



Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



Be Prepared! Every Second Counts!



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION



SCA Awareness Youth Heart Screening CPR/AED in Schools

**CONCRETE MIDDLE/HIGH SCHOOL and CONCRETE SCHOOL DISTRICT
Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form**

The Concrete Middle/High School and Concrete School District believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Concrete Middle/High School and Concrete School District athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

I have received, read, and understand the information presented in the concussion recognition and sudden cardiac arrest awareness sections of this Athletics/Activities Code.

Student Name (Printed)	Student Signature	Date
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Parent/Guardian Name (Printed)	Parent/Guardian Signature	Date
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XI. INSURANCE REQUIREMENTS

I understand that my son/daughter cannot participate in boys' or girls' after-school activities (athletics) unless he/she is covered by the School Accident Coverage Plan or covered with the following minimum provisions:

1. Minimum death benefit of \$2500.00
2. A maximum payment for any injury of at least \$500.00
3. Coverage equivalent to the Washington State Industrial Insurance Fee schedule for doctors' service or hospitalization with a 30-day minimum for the latter
4. X-rays to a minimum of at least \$100.00
5. Dental coverage equivalent to the Washington State Industrial Insurance Fee Schedule to at least \$100.00

We don't have insurance and would like to purchase school insurance. (Note: Student is not covered by school insurance until paperwork is completed and payment has been made to the high school office.)

We have our own coverage. I have insurance coverage the equivalent to or better than the above requirements of the Washington Interscholastic Activities Association and will continue to keep it in force throughout the sports season; therefore, I do not wish to enroll my son/daughter in the school accident coverage plan. I accept full responsibility for the cost of treatment on any injury which he/she may suffer while taking part in the program.

Name of company providing the coverage is: _____

XII. RIDE PERMISSION

I give my permission for my child to travel to the athletic/activity contests in transportation arranged by school officials. I understand proper school authorities will accompany students. If you wish your child to return via alternate transportation, the request must be submitted prior to the day of the activity and signed by the principal. For students riding home with their parent, no note is required, but informing the coach is required after the event.

XIII. MEDICAL PERMISSION

In case of an emergency which you believe requires medical attention or hospitalization, and you are unable to contact me, I authorize the treatment by a qualified and licensed medical doctor when, in the opinion of the attending physician delaying treatment may endanger his/her life, cause disfigurement, physical impairment or undue discomfort.

Please provide us with the names of your child's doctor and dentist in case we need to contact them and we are unable to contact you.

Student's Name _____

Doctor _____

Office Phone _____

Dentist _____

Office Phone _____

I have read and understand the "Insurance Requirements", the "Ride Permission", and the "Medical Permission" sections of this form. I hereby waive, release and forever discharge any and all claims against the Concrete School District, its employees, volunteers, or agents for damages and/or injuries to the student named above which may arise from the participation in athletics or other extra-curricular activities and I assume full responsibility for any such injuries or damages.

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Date

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.

Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ (_____ / _____)	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart ^a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) ^b		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic ^c		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

^bConsider GU exam if in private setting. Having third party present is recommended.

^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____
- Not cleared
- Pending further evaluation
 - For any sports
 - For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____
 Address _____ Phone _____
 Signature of physician _____, MD or DO

■ PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name _____ Sex M F Age _____ Date of birth _____

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

- Not cleared
- Pending further evaluation
 - For any sports
 - For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

EMERGENCY INFORMATION

Allergies _____

Other information _____
