

**OUR REDEEMER'S
CHRISTIAN SCHOOL
EXTRACURRICULAR
HANDBOOK
2026-2027**

PHILOSOPHY OF ATHLETICS AT ORCS

The philosophy of ORCS is to promote positive athletics for all athletes through athlete, coach, and parent interaction. We seek to build consistent Christian character and stimulate spiritual growth in an atmosphere of athletic excellence and high moral standards.

At ORCS we use our athletic programs to honor God and to be witnesses to others through athletics. Our coaches and athletes will work hard and give of themselves to reach the goal and claim the prize. *(1 Corinthians 9:24-27)*

ATHLETIC GOALS

While we will strive to do our best in competition, we will do so within the parameters of our philosophies, policies, and goals. The success of our programs will not be determined by whether we win or lose, but by whether we uphold our policies and achieve our goals. The goals of the ORCS Athletic programs are as follows:

- Teacher and integrate Biblical principles.
- Help students realize that any talent they possess is given by God.
- Achieve their highest purpose only when they are executed or performed to the glory of God and cause the viewer or the listener to see or to hear the attributes of God.
- Serve as a positive witness/representative for Our Redeemer's Christian School.
- Teach skills of the sport and provide the opportunity/privilege to participate.

NORTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION

ORCS is a member of the North Dakota High School Activities Association and is thereby subject to their by-laws. The NDHSAA by-laws are a minimum requirement for the character of our athletes. Additional consequences or release from an athletic program will be decided by the administration of Our Redeemer's Christian School.

TIME AND LENGTH OF GRADE LEVELS

The time and length of grade level seasons will follow the guidelines set by the NDHSAA. In no instance will the duration of a season for any age exceed the equivalent of a varsity season.

COOPERATIVE SPORT PROGRAMS

ORCS has cooperative agreements ("co-ops") with the following schools and these respective sports:

• Football	Bishop Ryan
• Tennis	Minot North / Minot High
• Swimming and Diving	Minot North / Minot High
• Baseball	Surrey
• Track and Field	Minot North / Minot High
• Soccer	Boys: Minot North / Minot High - Girls: Minot High
• Wrestling	Bishop Ryan
• Gymnastics	Minot United
• Hockey	Minot United
• Cross Country	Minot North / Minot High
• Dance	Minot United
• Softball	Bishop Ryan

Student-athletes who play in a co-op sport will follow the guidelines set forth in the ORCS Athletic Handbook and the handbook of the co-op school.

HOMESCHOOL STUDENT PARTICIPATION

Homeschool students may apply to participate in extracurricular activities and/or take educational classes at ORCS. Participation will be approved or denied based on available space in the requested classroom or activity, at the recommendation of the Admissions Committee (School Administrator, Asst. Administrator, Executive Pastor) and the Activities Department (Activities Director and Coaches). Approval is based on available space, a student interview, and other factors as determined by the school. Approval will be reviewed annually.

Homeschool students must follow all ORCS admissions procedures and policy. All homeschool students in grades 9-12 must be enrolled in a Bible course at the school to be eligible to participate in extracurricular activities.

Homeschool students will be charged the same athletic fee for sports offered directly by ORCS, but will be responsible for the full co-op fee for sports offered through other school districts.

All participating part-time students must agree to follow ORCS policies and procedures for both extracurricular activities and educational programs.

HOMESCHOOL STUDENT ELIGIBILITY

In accordance with NDCC 15.1-23-16.3, a homeschool child participating under the auspices of an approved non-public school is subject to the same standards for participants in extracurricular activities as those required of full-time students enrolled in the school.

A participant must:

- be enrolled in a minimum of 5 classes during the semester of participation
- submit to the athletic director a weekly grade report each Monday during the semester of participation.
- not be failing any classes when the grade report is submitted.
- adhere to all philosophies and policies governing our extracurricular programs.
- homeschool students in grades 9-12 must be enrolled in a Bible course at the school to be eligible to participate in extracurricular activities.

Failure to provide the above documentation in a timely manner will cause the student to be ineligible for competition.

ENTERING A SPORT AFTER THE SEASON IS UNDERWAY

A student-athlete entering a sport after the season is underway must be held to the same standard, practice requirements, and NDHSAA requirements for eligibility as all other student-athletes who began at the start of the season.

INSURANCE COVERAGE

The student-athletes and parents shall be advised that no student-athlete is covered by the Our Redeemer's Christian School's insurance policies. Student-athletes train and compete at their own risk.

MEDICAL PHYSICAL EXAMINATIONS

Physicals are needed prior to attending the first practice. All physicals must be completed in accordance with current NDHSAA guidelines.

ACTIVITY FEES

Activity fees for students enrolled at Our Redeemer's Christian School:

- \$225.00 per high school activity
- \$175.00 per junior high activity
- Students participating in co-op sports that charge ORCS a fee greater than \$225 per athlete will be responsible for 70% of the cost to participate. These fees will be communicated to families as early as possible.

Minot High Activity Fees will be paid directly to Minot High School.

SCHOOL-SUPPLIED UNIFORMS

The school will supply uniforms for the student-athlete to participate in athletic events. Any part of the uniform, such as shoes and socks that can be readily used by each student-athlete outside of the season will be provided by the student-athlete.

Loss of or damage to the uniform will subject the student athlete to fees/cost of a replacement uniform.

New uniform purchases will be reviewed and approved by the Our Redeemer's Christian School Administration.

ATHLETIC PASSES

Our Redeemer's Christian School encourages all students to attend athletic events with the intent to foster a positive, encouraging, school spirit. Students enrolled at Our Redeemer's Christian School may attend any home athletic event without paying a gate fee (excluding our co-op athletic events, districts, and regional tournaments).

TOURNAMENT PASSES

Tournament passes for ORCS athletic events will be distributed in the following order: players playing in game, coaches coaching in game, cheerleaders, Athletic Director, cheerleading advisor(s), student manager(s), statistician(s), and administrator.

TRAVEL TOURNAMENT EXPENSES

Each varsity coach is allotted 25% of the "Travel Tournament" yearly budget. Any additional cost for tournaments (excluding districts, regionals, and state) must be raised by the team.

EXTRACURRICULAR TRAVEL

Travel to and from out-of-town games, competitions, or club events will be provided by the school whenever possible. If transportation is not provided by the school, it shall be provided by the parents. A parent requesting their child return from an event by means other than school provided transportation must communicate their wishes in writing prior to the event or the parent must sign the student release form carried by the coach, teacher, or event coordinator.

FIELD TRIP AND CLASS EXCURSIONS

In the event school transportation cannot be arranged (busing or school approved drivers), the field trip or class excursion will be rescheduled or canceled.

OFF-CAMPUS CLASSES

Our Redeemer's will not transport students to classes at MPS, MSU, or other educational institutions. Students that make arrangements for off-campus educational opportunities must sign out of the school before leaving campus and are responsible for arranging transportation.

VEHICLE UTILIZATION

The school will not utilize 15 passenger vans for student transportation.

TRAVEL TEAMS AND RECREATION LEAGUES

Travel teams, recreation leagues, club sports, or any similar activity are not considered school-sponsored teams. Although Our Redeemer's encourages participation in these organized activities the use of the school name, mascot designation, or logo for team use is prohibited. The school name, mascot designation, and logo are reserved for NDHSAA recognized school activities.

Travel teams, recreation leagues, club sports, and similar activities using school identifiers will not be allowed to use school or church facilities for practice.

TEAM CAMPS

Students may represent the school at team camps provided a coach under contract at Our Redeemer's Christian School accompanies them. In the event that a contracted coach cannot accompany the team, the Athletic Director may appoint a school representative. The representative will be responsible to uphold and enforce school policy during the event.

ADVANCING STUDENTS IN ATHLETIC COMPETITION

Our Redeemer's Christian School encourages students in grades 5–8 to compete at their grade level. In the event students must be pulled up to fill teams, it should be with great hesitation.

Our Redeemer's Christian School does not feel that it is always beneficial to include grade 5 students on junior high teams. In the event grade 5 students are needed to fill junior high teams, a special petition must be filed with the athletic director by the sports head coach,

clearly stating the need. The athletic director, in conjunction with school administration, will make the decision to move 5th grade students into competition on a sport-by-sport basis. In the event the petition is granted, the opportunity will be available to all eligible students as defined by the guidelines of the sport.

Artificial shortages are created when junior high students are pulled up to fill rosters at the high school level. The creation of an artificial shortage at the junior high level is not, in itself, reason to permit elementary students to participate in junior high activities.

AGE LEVELS AND SQUAD SELECTION

The coach shall determine, at his/her discretion, which athletes will play varsity, junior varsity, and C squad levels, from among 9th through 12th graders. Student-athletes at the 7th and 8th grade levels shall participate at the 7th and 8th grade level, unless there are inadequate numbers, or in special cases when an athlete's skill level is better suited for a higher level squad. Elementary students may be brought up to the 7th and 8th grade level, but are excluded from participation in the high school athletics program.

ELIGIBILITY

In order to try out for and/or participate in any athletic or extracurricular activity, a student must be enrolled in 25 class hours per week in the semester in which the activity will take place. In accordance with NDCC (15.1-23-16.3), a home education student "participating under the auspices of an approved non-public school is subject to the same standards for participation in extracurricular activities as those required of full-time students enrolled in the school." Enrollment will be determined by paid registration and/or tuition fees.

Entrants in North Dakota High School Activities Association competition must comply within the General Regulations as stated in the NDHSAA Handbook.

HOME EDUCATION ELIGIBILITY

See Home School Student Participation on page 2.

INELIGIBILITY

A student that has a failing grade at the end of a grading period (quarter), will be ineligible for the first two weeks of the new grading period (quarter). All other eligibility will be based on completed homework for the first two weeks of each new grading period (quarter). Students that have completed assignments in accordance with the teacher's deadlines will be eligible to compete. Following the first two weeks of a new grading period, eligibility will be calculated on the student's grades.

If a student has a failing grade (according to school standards) in one or more classes, the student is ineligible for competition. If the student is passing all classes, they are eligible to compete. The grade posted at 6:00pm on Friday night, will be reported every Monday by 9:00am. Any student not eligible will be reported to the Activities Director and school administration. The Activities Director shall notify students, parents and coaches of any ineligible students and the date of the next evaluation.

During the period of ineligibility, the student is required to practice. The student may not ride the bus or go to any games with the team during the period of ineligibility.

Following a third non-consecutive eligibility offense, the student will be suspended from the team for the remainder of the season. The student will also forfeit the opportunity to earn a letter.

SCHEDULED CONTESTS

Students must attend school in order to be eligible for a scheduled contest. A student must be present and attend a minimum of four (4) entire class periods in order to be eligible to participate on the day of a scheduled contest.

In the case of weekend events, students must be present for a minimum of four (4) entire class periods on the Friday prior to the scheduled event in order to participate.

In the event extenuating circumstances (family emergencies, school closings, weather) prevent a student from meeting the attendance requirement, the school administrator, in conjunction with the school activities director, shall decide whether student participation is permitted.

Students that are involved in extra-curricular events are expected to be in class at the beginning of the day following a contest. Students that miss the first period from school the day after an event will be ineligible to participate in the next scheduled contest. Exceptions to this rule could occur if arrangements are made in advance of the day after an event. Acceptable arrangements may be medical appointments or other events deemed permissible by the administrator.

PRACTICE ATTENDANCE REQUIREMENT

All student-athletes are expected to be at practice unless excused by the coach. Absence from practice sessions may warrant consequences at the discretion of the coach. Such absence policies shall be communicated in writing to the athletic director and the student-athletes at the beginning of each season.

Practice must conclude by 5:30 pm each Wednesday. There shall be no contests or practices on Sundays.

Open gyms are not mandatory or exclusive. Open gym may not be scheduled after 4:00 pm on Wednesdays.

To allow families time to celebrate Christmas together, no extracurricular practices, workouts, or team activities will be scheduled on December 24 and December 25.

Due to contest schedules and the need to adequately prepare student-athletes, practices may be scheduled on other days during Christmas break, including dates before and after Christmas. Coaches will make every effort to be considerate of family travel plans, holiday commitments, and opportunities for students to spend time with their families when developing practice schedules.

All Christmas break practice schedules must be submitted to the Athletic Director for review and approval prior to being communicated to athletes and families.

Practice schedules during Christmas break will be communicated as early as possible and will be based on team needs, competition schedules, and facility availability.

Participation in practices scheduled during Christmas break is expected; however, families should communicate any conflicts with the coaching staff as soon as possible.

This policy seeks to balance the importance of family time during the Christmas season with the commitment and preparation necessary for successful athletic programs.

Extracurricular practice shall not be scheduled on Good Friday or Easter Monday unless school is in session on Easter Monday.

STUDENT ATHLETE'S ATTITUDE

Each team must have a spirit of unanimous cooperation. Each participant must consider the welfare of the ENTIRE team over personal interest. Individuals must be willing to work hard at all times for improvement of the team, encouraging one another to display Christ-like behavior.

SPORTSMANSHIP

Participants in athletics are leaders in promoting school spirit in a sportsmanlike way. Taunting, baiting, and related disrespectful actions by players and substitutes are prohibited. A display of poor sportsmanship receives much attention and is remembered for a long time - longer than remembering who won or lost.

SELECTION AND ASSIGNMENT OF COACHES

It is Our Redeemer's Christian School's intent to select or assign staff members who possess the best qualifications consistent with the extracurricular activity. Listed below are specific criteria for selection and assignment:

- Whenever possible, coaches selected or assigned shall be either a part-time or full-time teacher.
- Previous successful experience in directing or coaching the activity when a vacancy occurs shall be considered in selection or assignment.
- Persons selected from outside the school shall be considered on the basis of qualifications listed above.
- It is expected that a coach at Our Redeemer's Christian School be a professing born again Christian who is in complete harmony with the philosophy of the school.
- In the event the selected JV/Varsity coach has a JV/Varsity child playing, final approval and selection will be given by the Our Redeemer's Christian School Board.

Selections for coaching positions will be the responsibility of the Athletic Director and the School Administrator.

ATHLETIC LETTERS

Letters will be given to student-athletes at the varsity level only. Guidelines for lettering are as follows:

- Must play in 5 quarters of varsity basketball games or 10 varsity volleyball games.
- Finish the season unless physically unable.
- Must contribute significantly to team unity.
- Must have a positive and encouraging attitude.

Letters shall not be awarded to any student-athlete in a sport during which the student-athlete is guilty of a training violation involving alcohol, tobacco, or drugs. This shall not affect letters earned in previous or subsequent sports.

ALCOHOL, TOBACCO, AND DRUGS

Use or possession of alcohol, tobacco, or drugs (including anabolic steroids) is prohibited. If use or possession of alcohol, tobacco, or drugs is clearly established at any time during the school year, the student-athlete shall be suspended from participation in contests for a six-week period. If alcohol, tobacco, or drug use or possession violation occurs with less than six weeks remaining in school, the six weeks will carry into the next school year. A second offense within one school year will result in suspension from all athletic teams that Our Redeemer's Christian School participates in.

The School Administrator shall immediately investigate any alleged violation of the above-stated rule. If the administrator finds probable cause to believe that this rule has been violated, he/she shall give the student notice as provided below:

The period of suspension shall begin from the date and time notification is given to the student-athlete by the school administrator. Summer offenses, suspension will start the first day of practice or the first day of school, whichever is first. The student-athlete shall have the right to a hearing within one week after such notification. During the period between notification and hearing, the suspension may be deferred for good cause shown. However, if suspension is not imposed and the student-athlete is found to be in violation of the alcohol, tobacco, and drug rule, any interscholastic contest participated in by the student after the initial hearing will be forfeited and the suspension will start from the date that guilt was

established.

Such hearing shall be on notice and conducted by the administrator. The student-athlete shall have the right to be present at the hearing and offer such testimony and additional evidence the student deems appropriate. Such student-athlete shall have the right to confront and question the person(s) who complained of such student-athlete's violations of policy. If the student-athlete is not satisfied with the ruling of the hearings officer, such student-athlete shall have the right to have the ruling reviewed by the School Board.

If there is more than six weeks remaining in the season, the student athlete must participate in all practices. If less than six weeks remains in the season, a decision regarding practice will be established by the head coach and athletic director.

Students may not participate in any summer camps or activities where Our Redeemer's Christian School is represented while under suspension.

*The substance of this policy is drawn from the NDHSAA Handbook.

FACILITY SECURITY AND SUPERVISION

The process of building security and supervision should be a critical concern for all faculty at Our Redeemer's Christian School.

- The supervisor/head coach for any activity shall be the last one to leave the building. He/she shall also check the doors following the termination of specific activity. If someone else is in the facility do not assume they will supervise. It is ultimately the responsibility of the head coach to make sure the building is secure before leaving.
- Each head coach will be issued a set of keys to the gyms, ball rooms and front doors. The head coach is responsible for those keys. Do not lend them out to anyone not affiliated with Our Redeemer's Christian School or Church. Keys will be returned at the conclusion of your season. Full time faculty will be allowed to keep their keys.
- If there are any questions concerning building security after school hours (such as finding doors unlocked), please contact the Athletic director or Principal.

We have a great responsibility to supervise our athletes in the best possible manner. In view of this, the following guidelines should ensure adequate and effective supervision.

- Athletes involved in any school activity must be under direct supervision at all times.
- When supervising students on an off-the-grounds experience, all students should be returned to the school following the activity. Unless parents are willing to assume the liability/ supervision.
- The supervisor should not leave the school following a group returning to school until the last student has departed with either family or friends.
- The aforementioned two points are also in effect when a group returns to Minot and eats at a Minot eating establishment (all students should be returned to school and supervised until all have departed).
- Athletes must travel to and from out-of-town school activities under the supervision of Our Redeemer's Christian School personnel. The only exception to this rule can occur when parents are willing to assume the liability/supervision.

PLAYING TIME

- | | |
|---------------------|--|
| • Varsity | Coach's Discretion |
| • Junior Varsity | Coach's Discretion |
| • C Squad | Every effort will be made to allow as many athletes as possible to enter the game at the coach's discretion. |
| • 7th and 8th grade | Approximately equal over the season |
| • 5th and 6th grade | Approximately equal play each game |

Playing time may be affected by a missed practice at the discretion of the coach. In eligibility and/or inappropriate attitude will result in a loss of playing time (see eligibility).

There may be a time when a student –athlete may not be selected to play on a team. This decision will be made by the coaching staff and the athletic director.

DUTIES OF A COACH

The following list describes the minimum duties and responsibilities of an Our Redeemer's coach:

- To provide safe environments.
- To properly plan an activity.

- To evaluate their athletes' injuries.
- To match or equate athletes.
- To provide or maintain proper effective equipment.
- To warn of inherent risk of an activity.
- To supervise closely at all times.
- To know and use emergency procedures and First Aid,
- To keep adequate records.
- Know, document, post and implement school policies.

PARENT / COACH COMMUNICATIONS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to the student-athlete. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's sport.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the team
- Location and times of all practices and contests
- Team requirements, i.e., fees, special equipment
- Procedure should your child be injured
- Discipline that results in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS:

- Concerns expressed directly to the coach
- Notifications of any schedule conflicts well in advance
- Specific concerns regarding a coach's philosophy and/or expectations
- Health issues

As your child becomes involved in the athletic program at Our Redeemer's Christian School, they will experience some of the most rewarding moments in their lives. It is important to

understand there also may be times when things do not go the way that you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACHES:

- Treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time
- Team strategy
- Play calling
- Other student-athletes

APPROPRIATE COMMUNICATION PROCEDURES:

It is very difficult to accept your child not playing as much as you hope. Coaches make decisions based on what they believe to be in the best interest of the team. As you have seen from this list above, certain things can be discussed with your child's coach.

There are situations that may require a conference between the coach, the student-athlete and the parent. These conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a positive resolution of the issue:

- The Student-athlete requests a meeting with their coach. The athlete may invite their parents to accompany them to a meeting.
- Follow the Matthew 18 Principle.
- Please do not attempt to confront a coach before or after a contest or the day of a contest. These can be emotional times for both the parent and the coach. Please do not approach or contact a coach 24 hours before or after a contest.

- Prearranged meetings will help to promote resolution and make positive change. Any meeting between parent and coach must have the approval of the son/daughter in the sport. It is recommended that the student/athlete attend the meeting.

PARENTS ATTENDING PRACTICES

Practice sessions are for learning and training time. We ask that parents not attend practices. This can become a distraction for your child. Coaches need the undivided attention of their players in practice so they can coach them to their full potential. When you arrive to pick up your child from practice, please wait outside the practice area until athletes have been dismissed. Parents, please show consideration to the coaches and respect and follow this policy.

MUSICAL PERFORMANCE ATTENDANCE REQUIREMENTS

Musical performance is a mandatory requirement for band and choir students. If a student is likely to miss a musical performance for any reason, arrangements must be made in advance with the class instructor. Consequences for failing to appear for a musical performance may result in a maximum of one letter grade reduction.

SPORTSMANSHIP PROGRAM POLICY

Beyond the guidelines and regulations that Our Redeemer's Christian School is obligated to follow, it is the hope that everyone associated with our athletic programs recognize the purpose of our sportsmanship policies; namely that as a Christian community we are called to mirror the love that God has for all people, including those we compete against.

Anyone associated with an athletic contest has a responsibility to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited to the following:

- Respect for teammates, opponents, officials, and coaches.
- Treat opponents as guests in the facility.
- Accept both victory and defeat with grace and dignity.
- Refrain from heckling, jeering, or profanity.
- Be positive in words and actions.

- Acknowledge authority of the coach to determine strategy, player selection, and playing time.
- Acknowledge the authority of the officials

Parents are the primary role models for their children. It is critical that parents set the best example of sportsmanship, particularly when they are spectators at an athletic contest. The following are some ways to ensure you are part of a positive youth sports culture:

- Offer supportive encouragement to all the players, coaches, and teams.
- Show respect for the decisions made by contest officials. Refrain from refereeing from the stands or making derogatory remarks toward game officials.
- Respect the fans, coaches, and participants from opposing schools.
- Support the team in prayer and various team ministry opportunities.
- Avoid criticizing the decisions of athletes or coaches at events or in your home.
- Attend parent meetings.

The administration, staff, and supervisory personnel of Our Redeemer's Christian School will hold all spectators at our athletic events to the highest ideals of good sportsmanship. Spectators who are unable to exhibit the necessary self-control to attend our athletic events may be subject to one or more of the following:

- Verbal reminder.
- Removal from the site for the remainder of the contest.
- Meeting with ORCS administration.
- Permanent banning from ORCS events and athletic contests.

Should you ever become aware of or concerned about issues of poor sportsmanship on the part of our students, coaches, or parents, please do not hesitate to contact the supervisory personnel on duty at the game or the athletic director.

Student Athlete's Personal Manners

A student-athlete's conduct and attitude in competition (or anywhere) are a reflection on the school. Any form of disrespect, bad attitude, or bad language is considered inappropriate. If a student-athlete is ever in a questionable situation, he or she should remove himself/herself as rapidly as possible so as not to jeopardize his/her position. The coach must be informed after such an occurrence to prevent misunderstanding and future problems.

Violations of the above expectations may result in the offender being ineligible to participate in one or more athletic contests following the violation as determined by the school administration.

Concussion Management

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play [that day] until cleared by an appropriate health-care professional.

In response to North Dakota Legislation passed in 2011, the NDHSAA Board of Directors recommends the following procedures.

NDHSAA Registered Officials are required to review and know the signs and symptoms of a concussion. They are to immediately remove any athlete who displays the following signs or symptoms from the contest. Registered officials will receive concussion training through the on-line rule process.

Concussion symptoms may include the following, but are not limited to:

- Headache
- Fogginess
- Easily confused
- Slow thought
- Difficulty with memory
- Nausea
- Lack of energy, tiredness
- Dizziness, poor balance
- Blurred vision
- Light sensitivity
- Mood changes

An appropriate health care professional (AHCP) is empowered to determine whether an athlete has received a concussion. An AHCP is defined as a licensed, registered or certified health care provider whose scope of practice includes the recognition of concussion symptoms and signs.

If the event continues over multiple days, the designated event AHCP has ultimate authority regarding any return to play decision during the event.

If it is confirmed by the AHCP that the athlete was removed from competition but did not sustain a concussion, the athlete may practice and compete as per school policy.

Once a concussion has been diagnosed by an AHCP, only an AHCP can authorize a subsequent return to play. The clearance must be in writing and provided to student or parent who in turn must provide to the school. The clearance may not be on the same date on which the athlete was removed from play. The school administration shall notify the coach when an athlete has permission to return to play.