

Bigelow High School



Athletics Handbook

Forward/Introduction

The Athletic Department would like to take this opportunity to welcome all student athletes to East End School District (Bigelow High School). We wish you the best of luck in all your endeavors. This athletic handbook has been prepared with the goal of enabling athletes, coaches, and parents to have a more knowledgeable understanding of the athletic program at Bigelow High School.

In order to make a contribution to the function and purpose of Bigelow High School, the athletic program must have as primary objectives, the teaching of wholesome attitudes and disciplines. Athletics teach an appreciation for physical fitness, loyalty, personal sacrifice and teamwork. Working toward our primary objectives will bring multiple opportunities for success, including winning seasons, championships, individual honors and the personal satisfaction that you have given the very best of which you are capable.

While the importance of enforcement of all rules should be apparent, a firm and fair policy of enforcement is necessary to avoid misunderstanding and misapplication of regulations and rules. The Bigelow community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic department. It is our intent to preserve rules that reasonably pertain to the health, safety, and academic success of our student athletes and to the orderly conduct of sports. The overall welfare of the student and the athletic program is our major consideration.

Please understand that the Bigelow High School Athletic Department stands for your benefit and we sincerely hope that you confer with us if there is any question or misunderstanding concerning the Athletic Department.

Sincerely,

Craig Neumeier
Athletic Director

Physicals/Permission

All athletes must pass a physical examination and have signed and returned the permission form in the back of this handbook before being allowed to participate in the athletic programs of the East End School District. All physicals must have occurred within 12 months of the sport in which the athlete is participating.

General Appearance

In order to promote team pride, it is essential to be proud of one's self. This pride will show in your dress and in care of yourself and your equipment. In order to foster this pride, a neat, clean appearance is mandatory. Guidelines for a neat, clean appearance will be determined by the coaches.

Travel

All athletes must travel to and from athletic contests in transportation provided by the athletic department. If an athlete misses the bus, he/she will not be able to participate in the event for that particular night. An exception to this rule would only occur if a student athlete has a prior commitment to another school function in which he or she is participating. In this case prior approval must be given by the athletic director and the head coach.

Dropping/Transferring Sports

An athlete who is participating in a sport is not allowed to quit that sport while in season and take up another sport. If an athlete quits or is removed from the team, he/she may not start another sport until the conclusion of the sport he/she quit.

Eligibility

All eligibility issues are governed by the Arkansas Activities Association. If you have an issue about eligibility, you may visit their website www.ahsaa.org or contact the athletic director.

Sr. High Sports for 9th Grade Athletes

A 9th grade athlete may compete in sports on the high school level if one of the following criteria is met:

1. A particular sport is not offered at the Junior High level.
2. An athlete is too old to compete on the Junior High level.

3. The coaches feel the athlete will be an important part of a successful Sr. High team. *Coaches, administrators, and parents must all approve.*

Credit for Athletics

Athletes are not given credit towards graduation for athletics. Even though a letter grade will be on the athlete's report card, this grade is not computed towards a student/athletes GPA. Participation in athletics **does not** take the place of the physical education ½ credit that each student must have to graduate.

College Recruiting

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work thorough his/her coach. Inform your coach of such contact as soon as possible. The school counselors can give you information and also answer any questions you may have about college eligibility. You may also feel free to visit the NCAA website at www.ncaaclearinghouse.net

Off Season

The purpose of off-season is to prepare a student physically and mentally for participation in athletics. Therefore, it is in the student's best interest to have completed a conditioning program before participation in a sport. Required participation is left up to the discretion of the coach.

Cheerleading

All cheerleaders are required to participate in cheerleading year round. If a cheerleader quits cheer during the year or decides to only participate during some of the sports during the school year, that cheerleader will NOT be allowed to try out the following year.

Tobacco Use

As an athletic department, we strongly recommend that athletes refrain from using any form of tobacco or tobacco products. In the event that an athlete is caught or confesses to any tobacco related incident, the following guidelines will be followed.

1. First offense: Conditioning (at the head coaches discretion)
2. Second offense: Conditioning (at the head coaches discretion) and the athlete in question will miss the first half of the next scheduled athletic event.
3. Third offense: The student/athlete will be dismissed from the team for the remainder of the season in question.

Absences

An athlete should consult his/her coach before missing practice. Missing practice or an event without contacting the coach prior will be considered "an unexcused absence." Excused absences are those absences where the coach has been notified prior to practice. Discipline procedures regarding excused absences are left up to the coach's discretion. However, "unexcused absences" will be dealt with uniformly within the athletic department. The guidelines for unexcused absences are listed below. They will start over when a new sporting season begins.

1. First unexcused absence: The athlete will miss the first half of the next scheduled event.
2. Second unexcused absence: The athlete will miss the next schedule game of that particular sport where the absences occurred.
3. Third unexcused absence: The student/athlete will be dismissed from that team for the remainder of that particular sport. The student/athlete will not be able to report to another sport until the sport that they were dismissed from is completed.

*****Unexcused absences will start being counted when each sport is 2 weeks prior to their first contest and they will continue to be counted until that particular sport is completed.**

Care of Equipment

1. Equipment should be turned in within one week following the end of the season.
2. An athlete is financially responsible for all equipment checked out to him/her. The cost of destroyed/lost equipment will be the replacement cost.
3. An athlete must treat school equipment as though it were his/her personal property. It should never be abused.
4. If an athlete is involved in the theft of school equipment, he/she could be dismissed from the team.
5. Any athlete not having paid all fines/charges will not be allowed to participate in athletics until all charges have been paid.

Athletes Responsibilities

Eligibility

It is required by the Arkansas Activities Association that all student athletes remain eligible in order to participate in athletics. If a student athlete fails to maintain eligibility at a semester marking period, that student athlete will be pulled from their athletic period and put in either an academic class or a study hall, if possible. If after the next nine weeks marking period, the student athlete has raised his or her grades to an eligible status, the athletic period will be reinstated.

Hazing

Hazing and harassment will not be tolerated in the athletic program. Student athletes are encouraged to report any such incidents to the head coach first. Any athlete who participates in a hazing activity may be subject to dismissal from the team. Any form of harassment or bullying will fall under the bullying policy of the school district and state law.

Multiple Sports

Each student is encouraged to participate in as many different sports as possible during each school year. The choice of sports should be left up to the individual and his/her parents.

General Conduct

The way in which Bigelow student athletes conduct themselves around the school and community is of great importance. They should be leaders and fellow students should be able to respect, and follow their example. Real leaders will accept responsibility, realizing that they influence many others in the school. Student athletes are expected to conduct himself/herself as a gentlemen/lady at all times in classrooms, hallways, assemblies, locker rooms, and during events in which they participate. Athletes shall show respect toward opponents, officials and spectators at all times. Foul language and disrespect will not be tolerated.

Social Media

Social media sites provide student athletes with the opportunity for communication and expression within the cyber community. However, they may also present them with the opportunity for personal expression that is detrimental to them, their particular athletic team, or the school. Any student athlete who posts on social media or the internet any pictures, video or dialogue that is deemed inappropriate will be subject to disciplinary action, up to and including dismissal. Additional consequences may be found within the Bigelow High School Student hand book.

Sportsmanship

Good sportsmanship is a primary objective during practice and contests. All athletes will treat others with dignity and respect. Regardless of the circumstances, each player shall conduct themselves accordingly. This shall include actions toward opposing teams, coaches, fans, and students.

Athletic Injuries

Arkansas schools are **NOT** required to buy insurance or pay student medical expenses associated with school injuries. The school makes available to parents and athletes the option of purchasing a supplemental insurance plan to cover their participation in school and in athletics. This plan will not provide 100% coverage for all medical expenses incurred. All of these plans will have limitations and benefits. Please read the description of allowable expenses of each plan before you decide which one to purchase.

For the benefit of all student athletes, the following procedures are designed to insure that injuries are reported and addressed appropriately and that no athlete returns from any injury without medical clearance.

- All injuries, large or small, should be reported to the coach in charge.
- All injuries requiring a doctor's care should be noted and doctor's release required before the athlete is allowed to play or practice.
- Injuries not requiring a doctor's care will be assessed by the coach or medical provider on duty in order to determine the athlete's ability to play or practice.
- All injuries that are to be covered by the school based policy should be reported to school officials so that necessary forms may be taken to the doctor on the athlete's first visit.

Reassignment

If any student/athlete is removed from an athletic period or team due to discipline, grades, conduct, etc, the head coach in charge will contact the parent or legal guardian explaining the decision that was made. If for any reason, the parent or legal guardian is not satisfied with the discussion, he/she may contact the athletic director for further clarification.

Facilities Usage:

1. Practice:
 - Gym -- The use of the gym is relegated to the Bigelow High School teams only for practice purposes. No outside groups or individuals may use the gym without prior approval by the athletic director, superintendent and the school board.
 - Football Field – The game field will not be available for any team other than the Bigelow High School teams unless prior approval has been given by the athletic director, superintendent and school board.

2. Games:
 - Gym – The gym will be available for Ball Association games as long as set requirements are met.
 - Football Field – The game field will be available for Ball Association games as long as set requirements are met.
3. Individual Use:
 - No athlete of Bigelow High School will be allowed to use any of the approved facilities unless a certified coach from Bigelow High School is present while the workout is taking place.

Overnight Trips:

It may be deemed necessary by the athletic department that an overnight trip is necessary due to circumstances that may arise. If it is found that our student athletes will be put in an unfair situation due to travel that may inhibit their ability to perform at a high level during the event, the athletic director, principal, and superintendent will meet to discuss and plan the overnight stay. If it is decided that the team will return home and not stay the night, each student athlete will be required to meet the guidelines set forth in this handbook in order to participate in the next game or event.

Banner Policy:

In order to preserve our history in athletics at Bigelow High School, our banner policy for athletics is as follows: We will order banners that are sport specific and update those banners once a team has met the requirements that each banner possesses. If a team is either the state champion or state runner up in any sport, that team will get their own individual banner.

Sportsmanship and Fan Expectations:

We have high expectations for not only our student athletes but our fans when it comes to sportsmanship and behavior at sporting events, both at home and on the road. The following expectations are recommendations by the Arkansas Activities Association. Failure to meet these expectations could prohibit an individual from attending events on the campus of Bigelow High School.

1. Positive encouragement and support of own team without being rude, negative or derogatory to opponents.
2. Do not wear extreme or unusual clothing to the game.
3. No full face painting is permitted. Partial face painting is permitted such as small markings on the cheeks.
4. No derogatory or suggestive slogans on apparel.
5. No bare chests are permitted; shirts must be worn.
6. Do not throw trash on the playing field or throw objects at other spectators.
7. No negative, demeaning, or obscene yells before, during, or after the contest.

8. Do not turn one's back or hold up newspapers while teams are being introduced or when teams, cheerleaders, or dance teams are performing.
9. Avoid criticism of game officials and sideline coaching.
10. Stay off the playing area, before, during and after games.
11. Take part in cheers with the cheerleaders.
12. Show respect for public property and equipment.

Communication Guide

We are very pleased that your child has chosen to participate in the athletic program at East End School District. The goal of the athletic department is to provide our student athletes with the best environment so that their sport experiences may be as rewarding as possible. We believe that this goal may not be realized without appropriate lines of communication available to all parties involved. This "Communication Guide" has been developed to help coaches, parents, administrators, and student-athletes communicate more effectively.

Communication you should expect from Coach

- Philosophy of the coach
- Expectations the coach may have for your student-athlete and the team
- Times and locations of all practices and contests and any changes in that schedule as far in advance as possible
- Team requirements, for example, fees, special equipment, eligibility, attendance, out of season conditioning, etc.
- Procedure that will be followed should your child become injured during participation (practice or contest)
- Athletic rules and procedures or any additional rules that may affect your child's participation
- Disposition of lost/outstanding equipment at the end of the season

Communication the Coach expects from Parents and Athletes

- Concerns expressed directly to the coach **FIRST**
- Notification of scheduling conflicts well in advance of the conflict
- Special needs of the student-athlete, for example, physical limitations that may not be obvious to the coach

Appropriate concerns to discuss with the Coach

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

As your child becomes involved in the various athletic programs of East End School District, it is our hope that he/she will experience some of the most rewarding moments of his/her life. It is important to understand that things may not always go as your child wishes. At these times, discussion with the coach may be desirable (in fact, encouraged) to clear up the issues and avoid any misunderstanding.

Concerns NOT appropriate to discuss with a Coach

- Playing time/position assignment for your child
- Team Strategy/play calling
- Matters concerning other student-athletes

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. It is imperative that certain matters be left to the discretion of the coach.

Procedure to follow if you have a concern to discuss with a Coach

There are situations that may require a conference between the coach and a parent. Such a meeting is encouraged when necessary. It is important that both parties have a clear understanding of the other person's position. Each should be willing to listen. The following procedure should be followed to help promote a resolution to the issue:

- Contact the coach the day after a contest to set up an appointment (see a list of school phone numbers on the back). Please, do not approach the coach with concerns before, during or after a ball game.
- If the coach cannot be reached after a reasonable period of time, call the Athletic Director. An appointment with the coach will be arranged for you.
- **Important.** Please do not attempt to confront a coach before, during or after a contest or practice session. These can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution and, in fact, often cause more harm than good.

The Next Step

What can the parents do if the meeting with the coach does not provide a satisfactory resolution? Although total agreement may not always be reached, most often such a meeting does afford the opportunity for productive discussion and better understanding. If the parent desires further communication, please call the Athletic Director to discuss the situation. The appropriate next step will be determined.

Chain of Command

The following procedures should be followed in reporting a complaint:

1. Contact the coach who had direct supervision of the athlete at the time. If satisfactory resolution of the complaint is not made, then,
2. Contact the head coach of the sport in which the athlete was participating. If satisfactory resolution of the complaint is not made, then,
3. Contact the Athletic Director of the East End School District. If satisfactory resolution of the complaint is not made, then,
4. Contact the Building Level Principal of the School. If satisfactory resolution of the complaint is not made, then,
5. Contact the Superintendent of the East End School District.

We hope that the information provided in this “Communication Guide” will help you and your child have a rewarding and enjoyable athletic experience.

Important Phone Numbers and Contacts of the East End School District

- High School Fieldhouse – 759-3237
- High School Gym -- 759-2000
- Athletic Director – 759-2602
- High School Principal – 759-2602
- Superintendent – 759-2808

Heat Illness and Concussion Training:

ACT 1214 mandates that all coaches receive training in heat related illness, concussion recognition and treatment, and MRSA (staph infection) every three years. Additionally, it is required that such information be passed on to the parents of our student athletes. As you know, playing sports always has a risk when it comes to injuries. However, some of these more serious conditions can be avoided with the proper education and recognition of early symptoms. The following documentation is to help you, the parent, and your student athlete recognize early symptoms of these potential fatal injuries so that we can all keep your child as healthy and safe as possible. We want your child to play hard while also insuring that their safety is our #1 priority.

Dehydration Information and Prevention

Did you know?

- 75% of the body is made up of water.
- 92% of blood is made of water.
- Water carries nutrients and oxygen to all the cells in your body.
- Water helps turn food into energy.
- Water regulates your body temperature.
- You have a 10% decrease in your mental performance when you feel thirsty.
- If you are dehydrated you are more likely to have trouble concentrating.
- If you are well hydrated, exercise feels easier and more enjoyable.

So drink more water!

How much do I need to drink?

You should take your weight and divide it by two.

So if you weigh 100 lbs. you should drink 50 oz. of water a day. Even if you weigh less than 100 lbs., though, you should always drink at least 50 oz. of water each day. And if you weigh more, you should drink even more!

When do I need to drink?

You should drink water and other, healthy liquids all throughout the day, especially when you are sweating or playing sports.

What should I drink?

Water. Sports drinks are also great if you have actually been working out or playing sports. Soft drinks are not a healthy choice for hydration. They will actually make you dehydrate faster. Milk and juice are a great part of your diet, but they contain calories which you may need to keep an eye on for maintaining a healthy weight.

What's the big deal?

Dehydration is a common problem for many young athletes playing in heat. These conditions are not only dangerous, but are also fatal in some cases. You can die from these illnesses. Don't take it lightly. It's not cool to see how long you can practice without drinking water. It's deadly.

Three Degrees of Heat Illness:

The three types of heat illness are Heat Cramps, Heat Exhaustion and the most serious and deadly form: Heat Stroke. All three of these types of dehydration are dangerous, and that is why it is so important to know the warning signs.

Warning Signs!

Dehydration is a very common problem, and young athletes can experience consequences of dehydration even if they are as little as 2% dehydrated. Here are some warning signs:

- Noticeable Thirst
- Muscle Cramps
- Weakness
- Decreased Performance
- Nausea
- Headache
- Fatigue
- Lightheaded or Dizzy
- Difficulty Paying Attention

Then what?

If you experience any of the previous symptoms, you need to take the following action:

1. Rest in a cool place
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow lots of time to rehydrate.

Heat Exhaustion

Symptoms of heat exhaustion include dizziness and fatigue, chills and rapid pulse.

If you experience these symptoms, immediately:

1. Rest in a cool place.
2. Drink a sports drink.
3. Lie down with legs elevated to promote circulation
4. You should begin to feel better soon. If not, you may have heat stroke.

Heat Stroke

Heat Stroke is a medical emergency! If not treated fast and well, it can result in death!

Symptoms include:

Very High Body Temperature

Altered central nervous system function (confusion or unconsciousness)

Healthy athletes collapse during intense exercise in the heat

Cool--Out Heat Stroke

Immediate cool-down procedure is very important if someone seems to be suffering Heat Stroke. Quickly get the person into an ice bath to get temperature down as quickly as possible. Put ice packs all over the body, take a cool shower, and use wet towels to spray water. Remember that Heat exhaustion gets better, but heat stroke gets worse. So take a Heat Stroke victim to the hospital or call an ambulance as soon as possible.

CAREFUL!

Don't give a heat stroke victim water or any other liquids to drink, because it commonly causes nausea and vomiting. Cool the body.

Now that you know the facts, what can you do about it??

Know your Sweat Rate

Athletes need to know how much they sweat and how much to drink to replace it:

Weigh in before and after practice and competition.

Keep track of how much fluid you drink during workout.

Combine the amount of weight lost with the loss of fluid consumed to know how much to drink to stay hydrated.

Check your urine

Yeah, yeah, we know it is gross.

But if your urine is colored dark yellow like apple juice, you probably aren't staying hydrated. It should be clear or light yellow – such as lemonade to know that you are drinking enough fluids.

Hydrate, hydrate, hydrate

- You should always drink before, during and after practice.
- BEFORE gives you a head start.
- DURING gives you the energy to keep going.
- AFTER helps replace the lost fluids and electrolytes.

Know WHAT to drink

Water is always a good choice, but research has shown that sports drinks such as Gatorade, are best while working out. This is because sports drinks contain electrolytes, flavor to encourage you to drink and carbohydrates to send energy to your muscles. Avoid fruit juice, carbonated drinks, caffeine and energy drinks before or after activity.

Speak Up!

If you are feeling ill or need to rest, **TELL YOUR COACH!!**

Do not let these symptoms go by without saying something about it! Don't worry your coach won't think less of you and your teammates will respect you protecting yourself. It is nothing short of dangerous and stupid to be quiet when you aren't feeling well. So speak up!

Heat Illness Prevention

There are a lot of factors that can cause heat illness, but here are some simple tips to keep you safe.

1. Acclimation – an athlete needs two weeks to get acclimated to work-out routines. Drink lots of liquids, stay hydrated and take some time to get used to the sport you will be participating in.
2. Proper Rest – Parents and coaches should encourage breaks in shaded areas, practice during cooler times of the day, such as the evening or early morning practices must be modified based on the conditions of weather and time of year.
3. Dress Code – Wear light-colored and lightweight clothing that does not constrict your body.

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

**National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)**

Introduction

A concussion is type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

The understanding of sports-related concussion has evolved dramatically in recent years. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in short or long-term changes in brain function, or in some cases, death.

What is a concussion?

You’ve probably heard the terms “ding” and “bell-ringer.” These terms were once used to refer to minor head injuries and thought to be a normal part of sports. There is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. A concussion is caused by a bump, blow, or jolt to the head or body. Basically, any force that is transmitted to the head causes the brain to literally bounce around or twist within the skull, potentially resulting in a concussion.

It used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 10% of players actually lose consciousness with a concussion.

What exactly happens to the brain during a concussion is not entirely understood. It appears to be a very complex injury affecting both the structure and function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers.

Common sports injuries such as torn ligaments and broken bones are structural injuries that can be seen on MRIs or x-rays, or detected during an examination. A concussion, however, is primarily an injury that interferes with how the brain works. While there is damage to brain cells,

the damage is at a microscopic level and cannot be seen on MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been seriously injured.

Recognition and Management

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

Symptoms reported by athletes:

- Headache
- Nausea
- Balance Problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, you must be aware of the signs, symptoms and behaviors of a possible concussion, and if you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

Signs observed by parents, friends, teachers or coaches:

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

When in doubt, sit them out!!

When you suspect that a player has a concussion, follow the “Heads Up” Action Plan.

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health care professional.
3. Inform the athlete’s parents or guardians about the possible concussion and give them information on concussions.
4. Keep the athlete out of play the day of the injury and until an appropriate health care professional says he or she is symptom free and gives the okay to return.

The signs, symptoms and behaviors of a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours. An athlete should be observed following a suspected concussion and should never be left alone.

Athletes must know that they should never try to “tough out” a suspected concussion. Teammates, parents and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery to athletes who do play despite having concussion signs or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

Cognitive Rest

A concussion can interfere with school work, sleep and social interactions. Many athletes who have a concussion will have difficulty in school with short and long-term memory, concentration and organization. These problems typically last no longer than a week or two, but for some of these difficulties may last for months. It is best to lessen the student’s class load early on after the injury. Most students with concussions recover fully. However, returning to sports and other regular activities too quickly can prolong the recovery process.

The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Students with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of a concussion. As the symptoms lessen, increased use of computers, phone, video games, etc, may be allowed.

Return to Play

After suffering a concussion, **no athlete should return to play or practice on that same day.** Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Newer studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion **and is cleared to return to activity by a health-care professional**, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress on step each day. The return to activity program schedule may proceed as below following medical clearance:

- Day 1 – Light aerobic exercise: 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.
- Day 2 – Moderate aerobic exercise: 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
- Day 3 – Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
- Day 4 – Full contact practice or training.
- Day 5 – Full game play.

If symptoms of a concussion re-occur, or if concussion signs and/or behaviors are observed at any time during the return to activity program, the athlete must discontinue all activity and be re-evaluated by their health care provider.

Concussions in the Classroom

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. In many cases, it is best to lessen the student's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or longer, if necessary. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

What to do in an Emergency

Although rare, there are some situations where you will need to call 11 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
2. If an athlete exhibits any of the following: decreasing level of consciousness, looks very drowsy or cannot be awakened, if there is difficulty getting his or her attention, irregularity in breathing, severe or worsening headaches, persistent vomiting, or any seizures.

**Bigelow High School
101 E Panther Drive
Bigelow, AR 72016**

To Whom It May Concern:

Subject: INSURANCE FOR PANTHER ATHLETICS

Students who wish to participate in athletics for East End School District may purchase supplemental insurance through the school. There are different plans an individual may purchase. The brochures concerning these plans are available upon request.

Prior to participation in Panther Athletics, proof of insurance coverage must be provided, or a waiver to of insurance must be completed.

Please complete the following and return to a member of the Bigelow coaching staff.

Name of Student Athlete _____

_____ I have insurance which will cover my child

A. Insurance Company _____

B. Policy Holder _____

C. Policy/Group Number _____

****Please provide the above information**

_____ I do not have insurance but will purchase a supplemental plan.

_____ I do not have insurance and do not wish to purchase a supplemental plan. I understand that I am liable for medical costs incurred for my child while participating in athletics at East End School District.

Parent/Legal Guardian Signature

Date

****Emergency Contact Name and Number** _____

East End School District Athletic Department

Athletic Consent Form

- I hereby give my consent for my child to compete in interscholastic sports and related practice sessions and to go with the team/coach on trips.
- I acknowledge that even with proper coach's supervision, use of equipment and observance of all team and athletic department rules, injuries are still possible. I understand that East End School District and its employees are NOT to be held liable if an accident occurs. I also give my consent for treatment at the best medical facility available.
- I agree to be responsible for the return in good condition of any athletic equipment issued to your student-athlete. I agree to pay any expense to replace or repair equipment.
- I also consent to the policy for the East End School District regarding chemical screen testing for participants in the East End School District athletic programs as well as cheerleading and band. I agree to abide by, and comply with, this policy as a condition to my child's participation in interscholastic activities listed above.
- I have read the Communication Guide, as it pertains to the Athletic Handbook of the East End School District.
- I have received documentation (education) on the signs and symptoms of concussions and heat related illness. I also know that I should contact the head coach if my child develops any of the signs and symptoms that have been identified.
- I have read the East End School District's Athletic Handbook and do hereby agree to comply and follow the guidelines set forth in order to become a Bigelow athlete.

Student/Athlete's Printed Name

Student/Athlete's Signature

Parent or Legal Guardian's Signature

*****This form must be returned to the Coach before an athlete may take part in any athletic event.**