

WOODWARD PUBLIC SCHOOLS
Sudden Cardiac Arrest, Concussion, Amateurism

The following three policies must be signed by students in, grades 7-12, each school year. This signature page will be filed in the student's permanent record file. (Copies of Sudden Cardiac Arrest, Concussion and Amateurism policies are online at www.woodwardps.net, on the High School web page, under athletics.) (Also in the student handbook)

SUDDEN CARDIAC ARREST ACKNOWLEDGEMENT (SB 239)

Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs

I have reviewed the Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms (SCA) and warning signs information material. This was jointly developed by the Oklahoma State Department of Health and the Oklahoma State Department of Education. I understand the symptoms and warning signs of SCA related to participation in athletic programs.

CONCUSSION AND HEAD INJURY ACKNOWLEDGEMENT (SB 1164)

In compliance with Oklahoma Statute Section 24-155 of Title 70, this acknowledgement form is to confirm that you have read and understand the CONCUSSION FACT SHEET provided to you by Woodward Public Schools related to potential concussion and head injuries occurring during participation in athletics. I, _____, as a student-athlete who

(PLEASE PRINT STUDENT ATHLETE'S NAME)

participates in Woodward Public Schools athletics and I, _____

(PLEASE PRINT PARENT/LEGAL GUARDIAN'S NAME)

as the parent/legal guardian, have read the information material provided to us by Woodward Public Schools related to concussions and head injuries occurring during participation in athletic programs and understand the content and warnings. Any student athlete removed from competition for symptoms of a concussion may not return to practice, competition (return to play) or school work (return to learn) until cleared by a licensed medical practitioner and a copy of a doctor's note is provided to the coach/sponsor.

Oklahoma statute: Section 822.1 of title 70 (HB 2615) ACKNOWLEDGEMENT

I have reviewed the information provided by Woodward Public Schools regarding maintaining amateur athletic status.

Each public and private high school in this state shall at the beginning of each sports season advise in writing each student who participates in any athletic program sponsored by the school of the provisions of this section and shall provide each student with information concerning the effect of receiving money or other things of value on the future eligibility of the student to participate in intercollegiate athletics. .

I also acknowledge that I have been provided with information regarding NCAA amateurism and understand the effect of receiving money or other things of value on the future eligibility of my child to participate in intercollegiate athletics.

We have read and understand the information given to us by WPS regarding the three policies above. Copies of Sudden Cardiac Arrest, Concussion and Amateurism policies are online at www.woodwardps.net, on the High School web page, under athletics.

Signature of Student-Athlete Print Student –Athlete's Name Date Grade level

Signature of Parent / Guardian Print Parent / Guardian's Name Date



Athletics

All Student Athletes in 5th-12th grades are required to complete the following forms EACH YEAR before they are allowed to participate.

Please read all of the information below, then print off and sign the last page and return to your student athlete's school office.

- * Sudden Cardiac Arrest Symptoms and Awareness
- * Concussion and Head Injury Awareness
- * Maintaining Amateur Athletic Status
- * Insurance waiver
- * Physical/ Medical Release (Cannot be prior to May 1st of current school year)

Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

While studies have shown sudden cardiac death among young athletes is very uncommon, SCA is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- a racing heart;
- dizziness; chest pains; or
- Extreme fatigue.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Can you screen for cardiac abnormalities?

The annual sports preparticipation physical examination includes a personal and family health history to screen for symptoms or warning signs of SCA.

An electrocardiogram (ECG) and echocardiogram (ECHO) are noninvasive and painless options. However, these procedures may be expensive and are not currently advised by the American Academy of Pediatrics and the American College of Cardiology unless the preparticipation examination reveals an indication for these tests.

Senate Bill 239 – The Chase Morris Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to address any sport sanctioned and offered in grades 7 through 12 by a school district in order to keep student-athletes safe while practicing or playing. The requirements of the act are:

- All student-athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may also hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, pediatric cardiologists and athletic trainers.
- In order to coach an athletic activity, coaches are required once each year to complete an approved SCA training course offered by a provider approved by the Oklahoma State Department of Health.

Removal from play/return to play

- Any student who collapses or faints without a concurrent head injury while participating in an athletic activity shall be removed by the coach from participation at that time.
- Any student who is removed or prevented from participating in an athletic activity shall not return to participation until the student is evaluated and cleared for return to participation in writing by a health care provider. Health care provider is defined as a person who is licensed, certified, or otherwise authorized by the laws of this state to practice a health care or healing arts profession or who administers health care in the ordinary course of business (such as a physician, physician assistant, advanced practice nurse, or cardiologist).

CONCUSSION/HEAD INJURY FACT SHEET STUDENT-ATHLETES**WHAT IS A CONCUSSION?**

- A concussion is a brain injury
- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practice or games in any sport
- Can happen even if you have not been knocked out
- Can be serious even if you have just been “dinged”

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Tell your coaches or parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion.

Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Follow your coach’s rules for safety and the rules of the sport.

Practice good sportsmanship.

Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards----**IN ORDER FOR EQUIPMENT TO PROTECT YOU**, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.)

FOR MORE INFORMATION VISIT:

www.edc.gov/TraumaticBraininjury/

www.oata.net

www.ossaa.com

www.nfhslearn.com

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!

CONCUSSION/HEAD INJURY FACT SHEET PARENTS/GUARDIANS**WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

Headache or “pressure” in head
 Nausea or vomiting
 Balance problems or dizziness
 Sensitivity to light
 Sensitivity to noise
 Feeling sluggish, hazy, foggy or groggy
 Concentration or memory problems
 Confusion
 Does not “feel right”

WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

Appears dazed or stunned
 Is confused about assignment or position
 Forgets an instruction
 Is unsure of game, score or opponent
 Moves clumsily
 Answers questions slowly
 Loses consciousness (even briefly)
 Shows behavior or personality changes
 Cannot recall events prior to hit or fall
 Cannot recall events after hit or fall

HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?

Ensure they follow their coach’s rules for safety and the rules of the sport.

Make sure they use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards—**IN ORDER FOR EQUIPMENT TO PROTECT YOU, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.**)

Learn the signs and symptoms of a concussion.

FOR MORE INFORMATION VISIT:

- www.cdc.gov/TraumaticBraininjury/
- www.oata.net
- www.ossaa.com
- www.nfhslearn.com

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!

*****MAINTAINING AMATEUR ATHLETIC STATUS*****
Information Sheet

Oklahoma Statute Section 822.1 of Title 70 (HB 2615) requires all public and private high schools in the state, at the beginning of each sports season, to advise in writing each student who participates in any athletic program sponsored by the school of the provisions within the Bill. Schools must also provide each student with information concerning the effect of receiving money or other things of value on the future eligibility of the student to participate in intercollegiate athletics.

Oklahoma Secondary Schools Activities Association - Rule 5

RULE 5 - AMATEURISM AND AWARDS (DOES NOT APPLY TO NON-ATHLETICS)

Section 1.

a. This Association endorses the general principle of amateur athletics that prompts an individual to participate in physical activity solely for personal pleasure and satisfaction and for physical, mental, social and moral benefits derived from the activity.

b. In order that students may retain their amateur standings and be eligible to participate in high school, college, national, and international amateur athletics, it shall be the duty of the principal to instruct the students as to how they may avoid jeopardizing their eligibility. **A student should be advised not to use his or her knowledge or skill of athletics or reputation as an athlete for financial gain. A student should be advised not to participate in physical activities with professionals or where professionalism is practiced--that is, where individuals are being compensated directly or indirectly for their participation; or where teams or their sponsors are compensated or reimbursed on a win or lose basis; RULES 2016-2017 13 OSSAA or where cash or merchandise prizes other than medals or trophies are offered, given, or paid to individuals or to teams. A prize is any article that is to be given as an inducement to participate or an article competed for.**

c. The exceptions and provisos given in the remaining sections of this rule are to apply only to eligibility for participation as a representative of a member school of this Association.

Section 2.

a. A student is not eligible to participate in interscholastic contests in any sport in which he/she has used his/her knowledge or skill for financial gain. An athlete forfeits amateur status in a sport by:

(1) Competing for money or other monetary compensation (allowable travel, meals and lodging expenses may be acceptable.)

(2) Receiving any award or prize of monetary value which has not been approved by his/her state association.

(3) Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships given by institutions of higher learning are specifically exempted).

(4) Signing a professional playing contract in that sport.

b. Accepting a nominal, standard fee or salary for instruction, supervising or officiating in an organized youth sports program or recreation, playground, or camp activities shall not jeopardize amateur status. "Organized youth sports program" includes both school and non-school programs. Compensation for giving private lessons is permissible if approved by the state association.

c. A student athlete who loses amateur status may apply to his/her state high school association for reinstatement in the interscholastic program after a waiting period to be determined by that state association. d. Only awards of no intrinsic value and approved by his/her state high school association may be accepted by a school student-athlete as a result of participation in school or non-school competition in a sport recognized by that state association.

Section 3.

Any student who shall appear on a bout or card for wrestling, if on the same card or bout a professional appeared, or who participated in any athletic contest where cash or merchandise is offered, given or paid to his/her team or individual members of his/her team, shall be ineligible for interscholastic contests in the sport in which he/she participated or appeared until such time as it has been proved to the satisfaction of the Board that he/she did not receive cash or merchandise prizes or gifts because of such participation. If a student has appeared in a wrestling match where a professional appeared or has received a merchandise prize or gift, and refrains from further violations of the rules of the Association and forfeits one year's eligibility, he/she may be reinstated by the Board of Directors. A student will not be made ineligible should the manager of the team accept gate receipts provided division of receipts does not depend upon the results of the contest and provided such receipts are used to defray team expenses such as playing equipment, care of injuries, team transportation, hotel and meals while playing away from home, and that no member of the team is given or paid an allowance for individual expenses or is compensated at any time for his/her services as a player on this team during the season. This rule does prohibit a student entering a contest where cash or merchandise prizes that are offered, given or paid to his/her team or individual members of his/her team. War savings stamps and bonds are classed as cash or merchandise prizes that are offered, given or paid to his/her team or individual members of his/her team. This does not prohibit prizes such as a loving cup, medal or similar trophy.

Section 4.

- a. Other than trophies, medals or plaques, no awards or prizes of any nature shall be given to or accepted by students in recognition of participation, attainment or honor because of participation in interscholastic athletics except those given by the school, the Association, a conference, the sponsors of an approved meet or tournament, and to outstanding senior athletes upon approval by the principal. This does not prohibit donations to the sponsors of the meet or tournament or the school for the purpose of purchasing such awards.
- b. Medals and trophies may be offered as prizes in conferences or other athletic events involving competition among several schools or intramural competition within the school, and arrangements for such prizes must be made in advance by the organization sponsoring the event so that all may have the same opportunity of qualifying as the winner of the prize.
- c. Courtesies extended to teams in recognition of their participation, attainment or honor given because of their participating in interscholastic athletics, such as banquets, entertainments and trips, may be accepted by the team with the approval of the principal.
- d. Any member of the Association which violated this rule shall be liable for suspension from the Association for one year. Any individual player violating the provisions of this rule shall be ineligible for one year.
- e. "Award", as used in this rule, means any article emblematic of an honor or attainment which was not offered as an inducement for participation or as an article to be competed for which competition is held. "Prize," as used in this rule, means anything competed for or offered as an inducement for participation. 2016-2017 RULES OSSAA 14
- f. Members of the team and other school groups are not to raise funds through benefits such as dances, shows, donations, sale of refreshments, etc., to be used in the purchase of awards or prizes other than those specified in this rule. Any individual, organization, or group utilizing students in activities to raise funds will be considered a school group.
- g. A general award open to the outstanding boy or girl athlete may be made each school year and it is suggested that scholarship, sportsmanship, leadership, character and team play be considered in making the award.
- h. Students may receive one award per year such as a ring or jacket through the school. Any additional awards from nonattached school individuals or groups must be approved by the principal.

Intercollegiate Amateurism

Amateur competition is a bedrock principle of college athletics and the NCAA. Maintaining amateurism is crucial to preserving an academic environment in which acquiring a quality education is the first priority. In the collegiate model of sports, the young men and women competing on the field or court are student's first, athletes second.

The NCAA membership has adopted amateurism rules to ensure the students' priority remains on obtaining a quality educational experience and that all of student-athletes are competing equitably.

All incoming student-athletes must be certified as amateurs. With global recruiting becoming more common, determining the amateur status of prospective student-athletes can be challenging. All student-athletes, including international students, are required to adhere to NCAA amateurism requirements to remain eligible for intercollegiate competition.

In general, amateurism requirements do not allow:

- * Contracts with professional teams
- * Salary for participating in athletics
- * Prize money above actual and necessary expenses
- * Play with professionals
- * Tryouts, practice or competition with a professional team.
- * Benefits from an agent or prospective agent
- * Agreement to be represented by an agent
- * Delayed initial full-time collegiate enrollment to participate in organized sports competition.

INSURANCE WAIVER

The school does not carry insurance for students. Parents/Guardians are responsible for their student's insurance or the cost of treatment for injuries. THE SCHOOL DISTRICT IS NOT RESPONSIBLE FOR ANY INJURY OR COST ASSOCIATED WITH THE INJURY.

If you would like information on student insurance, ask one of the coaches for a school insurance pamphlet. If you choose to take that insurance, it is a contract between you and the insurance company. The school has no part in the insurance.

WAIVER: We have adequate insurance coverage for our daughter/son. We understand that the school is not responsible for any injury that might occur while participating. If we choose to take the additional insurance, we understand that the school has no part in the insurance.

Student Name Grade Level

Parent Signature Date