2026-27 Student-Athlete Handbook

Charlotte Middle School

Student & Parent Athletics Code of Conduct

Charlotte Middle School

2026-2027

The Board of Education, CPS Administration, and athletic/recreation staff of Charlotte Public Schools consider athletics/recreation to be an integral part of the school's curriculum of education that provides experiences that will aid in the physical, mental, emotional, and social development of young people.

Student-athletes represent Charlotte Public Schools at all times. Student-athletes serve as a role model for other students by conducting themselves in a manner that brings pride to themselves, their team, their school, and their community.

The primary goal of athletic competition is to teach student-athletes the necessary commitment of mental and physical discipline to be successful. Charlotte Middle School supports this endeavor. Student-athletes will learn how to set realistic goals for themselves and use them to develop their potential to the fullest capacity.

When students elect to participate in athletics, it is a privilege that involves voluntarily making a choice of self-discipline. One of the finest lessons to be learned in athletics is to physically take care of oneself in order to develop a healthy body, an alert mind, and strong character.

The following guidelines have been developed by the Charlotte Athletic/Recreation Department and approved by the Charlotte Board of Education. They are intended to help student-athletes make positive decisions concerning themselves and the Charlotte Public School district that they represent. The expectations and regulations outlined in this document are in place and will be enforced throughout our CMS athletics and Oriole Youth Recreation (OYR) athletics programs.

It is the responsibility of the student-athletes to stay within these guidelines along with the guidance set by parents and/or guardians.

The Charlotte Public Schools Athletic Department, in conjunction with the Charlotte Board of Education, reserves the right to hold those individuals associated with a team accountable for their actions according to this policy (i.e. student-athlete, manager, statistician personnel, etc.).

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CHARLOTTE PUBLIC SCHOOLS ATHLETIC EXPECTATIONS AND REGULATIONS
PROGRAM PHILOSOPHY

Participation in CMS and OYR athletics programs is a privilege that we are proud to offer our CMS student-athletes. It is imperative to understand that as important as participation in athletics may be, putting forth your best effort in the classroom is a necessary precursor to you, as a student, representing CMS through athletics. The following expectations and regulations are in place for all student-athletes participating in CMS and/or OYR athletics programs.

I. PREVIOUS SCHOOL SEMESTER RECORDS

In their previous school semester, the CMS student-athlete must have passed, or had a passing grade (D or higher) in, a minimum of 5 out of their 6 academic/elective classes (ELA, Math, Science, Social Studies, Elective #1, Elective #2), plus Enrichment, to be eligible for participation in athletics programs.

In their previous school semester, the CMS student-athlete must have been present in school for 80% of the school days. Special circumstances (i.e. absences due to medical reasons, etc.) will be taken into consideration, when necessary.

Special circumstances may warrant the ability for a student-athlete to agree to a conditional contract that would allow the student to participate in the athletics program of their choosing. This contract would be created and agreed upon by the student-athlete, coach, parents, athletics administration, and school administration.

II. CURRENT SCHOOL SEMESTER RECORDS

CMS student-athletes are, first and foremost, students before they are athletes. The expectations and requirements below have been installed to ensure that students are making the effort to be the best version of themselves both in the classroom and on the playing field.

<u>Grades</u>
The CMS student-athlete must be passing (D or higher) in all 6 of their classes, plus Enrichment, while participating on their athletic team.

If a student is not passing a class(es) or has a grade that is less than acceptable per the team's standards, one or more of the following will take place:

- The student-athlete will be placed on academic probation. They will use practice/game time to complete missing/make-up assignments, retake an assessment, etc.
- A conversation between the student, coach, parent, teacher, and/or administrator may be held to determine the next steps for the student-athlete to succeed both in school and athletics.
- Playing time in games, including starting roles, may be affected until grades show improvement.
- The ability to practice with the team may be affected until grades show improvement.

Failure to meet these requirements may result in the student-athlete being dismissed from the team.

Special circumstances may warrant the ability for a student-athlete to agree to a conditional contract that would allow the student to participate in the athletics program of their choosing. This contract would be created and agreed upon by the student-athlete, coach, parents, athletics administration, and/or school administration. If provisions of the contract are not met, the student-athlete may be dismissed from the team.

Attendance
The CMS student-athlete must be present in school for 80% of all school days during the current athletic season.

The student-athlete may be exempt from this expectation due to serious health or medical situations. This will be determined by the athletic administration and/or school administration.

Special circumstances may warrant the ability for a student-athlete to agree to a conditional contract that would allow the student to participate in the athletics program of their choosing. This contract would be created and agreed upon by the student-athlete, coach, parents, athletics administration, and/or school administration. If provisions of the contract are not met, the student-athlete may be dismissed from the team.

Behavior
The CMS student-athlete is expected to be a role model amongst their peers both in and out of the school building. Referrals from teachers/educators within the building may result in consequences that impact the student-athlete's ability to participate in their sport (these consequences would be in addition to CMS building level consequences). Referrals may be pulled from the CMS referral system, SWIS, in order to determine if further action is necessary.

Repeated behavioral infractions within the CMS school building may warrant the ability for a student-athlete to agree to a conditional contract that would allow the student to participate in the athletics program of their choosing. This contract would be created and agreed upon by the student-athlete, coach, parents, athletics administration, and/or school administration. If provisions of the contract are not met, the student-athlete may be dismissed from the team.

III. ENROLLMENT

Students must either be enrolled in a Charlotte Public School or reside in the community to be eligible to participate in our Charlotte Middle School athletics and/or Oriole Youth Program offerings.

If a student is homeschooled, per MHSAA standards, that student must participate in, and pass, two-thirds of a full class schedule. At CMS, this would require a student to participate in, and pass, four (4) class periods throughout the six (6) period school day.

IV. PHYSICAL EXAMINATION and PAPERWORK

CMS student-athletes (7th and 8th grade) must pass a current year (April 15-April 15) physical examination and have the form signed by an M.D., D.O., NP, or PA. The examination must be given on or after April 15 of the previous school year. The physical form (card) must be on file in the athletic director's office before they may practice or participate in any sport (per MHSAA rules). All paperwork must be turned in before the student-athlete may participate (consent forms are at the end of this document before the Appendix). Necessary paperwork includes:

- ☐ Physical
- ☐ Impact Testing (7th-12th grade only - every other year)
- ☐ Concussion Awareness
- ☐ Athletic Handbook signed and returned
- ☐ Consent for Athletic Trainer treatment

V. TRYOUTS

Student-athletes have a right to know the standards upon which participants are selected for a team. All student-athletes must have an opportunity to demonstrate their skill and ability before it is determined who is selected to the team.

GENERAL TEAM GUIDELINES PRACTICE AND CONTEST PARTICIPATION

VI. TEAM PLACEMENT AT A LEVEL OTHER THAN THE DESIGNATED AGE/GRADE LEVEL

Student-athletes will begin practice with their own age or grade level. After consultation with assistant coaches, the head coach will recommend any level change to the director for approval. If administrative approval is granted, the head coach will discuss the move with the player and parents of the player. If all parties agree that the move is in the overall best interest of the player, team, and program, then the move will be allowed to be made.

The physical, emotional, and social well-being of the athlete will be the main criteria used in this decision. The above criteria are designed for sports that have two or three levels of competition. Some sports, such as wrestling, tennis, golf, cross country, and track, do not by their nature fit the above criteria.

VII. ROSTER MOVEMENT

All students/athletes should be aware that roster movement (up or down) is a possibility during the sport season. Decisions will be made by the coaches and the athletic administration regarding any roster movement after meeting with the student-athlete and his/her parents.

VIII. PLAYING TIME

Participating on an athletic team is a privilege, not a right. The coach determines playing time based on the following; respect, attitude, self-discipline, coach ability, knowledge of the sport, athletic talent, etc.

IX. DROPPING OUT OF A SPORT

If there are extenuating circumstances that necessitate dropping a sport during the first half of the season, the student-athlete must consult the coach and explain the circumstances. Pending the circumstances, the student-athlete may be granted a release. This will be an athletic administration decision.

If a student-athlete drops a sport without consulting the coach, they will not be allowed to participate in another sport or in an off-season sport conditioning program during the same season unless receiving permission from both coaches and athletic administration.

Student-athletes must return and/or pay for all issued equipment to the athletic department before being released.

X. QUITTING A SPORT

Quitting is a habit that can be very easy to acquire. When a student-athlete decides to participate in a sport, and makes the team, the athletic department and coaches expect the student athlete to complete the season. If a student-athlete decides to quit a sport or is dismissed for disciplinary reasons during the last half of the season, that individual will miss twenty percent (20%) of the regularly scheduled contests of their next season of participation.

The student-athlete will not be permitted to try out for another sport unless all issued equipment is returned and/or paid for.

XI. FINE ARTS AND ATHLETICS (POSSIBLE SCHEDULING CONFLICTS)

Although every effort is made in the coordination of the school schedule to accommodate student participation in both fine arts and athletics, occasional conflicts do occur. In these cases, it is important that the student and/or family communicate with the fine arts director AND the coach or athletic director to avoid misunderstanding. It is our goal never to have the student "caught in the middle" between adult activity leaders. The fine arts and athletic departments work together to resolve conflicts as soon as they occur. The details of each individual situation are taken into account, but the process to resolve these conflicts follows these general guidelines:

- Fine arts performances and athletic contests (games, matches, etc.) take precedence over athletic practices or fine arts rehearsals.
- In the event that an athletic contest and a fine arts performance are scheduled on the same day, but not exactly the same time, efforts are made to adjust student report times, warm-ups, and transportation arrangements. In many cases these compromises make it possible for the student to participate in both activities, particularly if parents are willing to be involved in transporting the student directly from one event to the other.
- In the event that the fine arts performance and athletic contest are scheduled at exactly the same time, the athletic director and band director make a joint decision (with administrative input if needed) concerning which activity the student is to attend. This is not a student decision, and is based on the relative importance of each activity and the potential contribution of the student as a member.
- If a fine arts rehearsal and athletic practice are at the same time or overlap, the fine arts and athletic team in question will split the amount of time that is in direct conflict. We are fortunate that our school has strong traditions of quality in both fine arts and athletics. It is important that we maintain an environment of mutual support, respect, and cooperation to ensure that both programs remain strong and continue to create great opportunities for students in years to come.

XII. UNIFORM AND EQUIPMENT POLICY

Student-athletes are responsible for any uniforms, equipment, etc., issued to them by the athletic/recreation department. Student-athletes are expected to keep all issued items clean and in good condition. They will be financially responsible for all items issued and will reimburse the athletic/recreation department for all items not returned within one week after the season. They will not be permitted to try out for another sport unless all items issued are returned and/or paid for. Student-athletes are to wear only athletic department approved equipment.

XIII. JEWELRY

Student athletes will follow the MHSAA rule for jewelry during contests. Coaches will direct athletes on proper rules for wearing jewelry.

XIV. DRESS CODE AND CURFEW

Student-athletes should wear appropriate attire on game day so as to represent our school and team properly (i.e. shirt, tie, slacks, dress, etc). Each coach may impose guidelines for a dress code at their discretion (with administrative approval). A reasonable evening curfew may be suggested for the benefit of each student-athlete. Proper rest is essential for a good performance.

XV. STUDENT-ATHLETE ATTENDANCE

Coaches will address the attendance policy with their athletes and are encouraged to check daily attendance reports.

A. DAY OF CONTEST - In order to participate in a contest, the student-athlete must be in attendance for the full school day unless an administrator grants an "excused" absence. Excused absences will be granted for medical appointments and legitimate emergencies only.
B. DAY FOLLOWING CONTEST - The student-athlete must be in attendance for the full school day following a contest in order to participate in the next contest of that sport season except when the administrator grants an "excused" absence.
C. SATURDAY CONTESTS - The student-athlete must be in attendance for the full school day prior to the contest in order to participate except when the administrator grants an "excused" absence.
D. DAILY PRACTICE - The student-athlete must be in attendance the full day in order to participate in a practice unless the administrator grants an "excused absence".
E. CONTINUOUS OR PATTERNED ABSENCES may lead to game suspension or possible dismissal from the team.

NOTE: Student-athletes may be officially excused from participation by an administrator only when the absence is due to a doctor's appointment with a doctor's verification, or because of significant or unusual circumstances. Notification by a parent is necessary by 1:00 p.m. on the day of the absence. Student-athletes should have their daily classroom work prepared for the day if they are scheduled to leave early for a contest. Each student-athlete is responsible to get the next day's assignment from their teacher and have it prepared for the class when they return.

XVI. INCLEMENT WEATHER DAYS

Practice

If school is canceled prior to the start of a school day because of inclement weather, all practices will be canceled. If weather should permit later in the day, the teams may have the possibility of practicing after receiving authorization from the athletic director, **per the superintendent**.

Contests

On inclement weather days the athletic director will be in communication with the school administration and there will be a decision made by 2:00 p.m. the day of the contest.

XVII. SAFETY AND INSURANCE CONSIDERATION FOR PARENT/GUARDIANS

It is important to ensure that adequate health and accident insurance are in place in order to protect against any unforeseen health or accident claims which may arise. It is the responsibility of the parent/guardian to purchase and maintain such coverage for the student-athlete. The school district does not provide insurance coverage for this purpose and does not intend to reimburse or pay for medical bills of student-athletes who sustain injuries while participating in school activities.

Parent/guardians are encouraged to review their personal insurance coverage with their agent to ensure adequate supplemental insurance coverage for accidents or injuries.

It is the responsibility of the school district to notify parents/guardians of the risk of serious bodily injury and/or accidental death inherent in athletic activities, particularly in contact sports such as football. The signing of the Student Athlete Code of Conduct by the parent/guardian will serve as acknowledgement of this communication and the granting of permission for the participation by the student-athlete.

XVIII. CONCUSSIONS

Concussions are a very serious injury. Coaches and parents are encouraged to review the concussion protocol provided by the MHSAA website. Information can be located in this Code of Conduct in Appendix A. Students in 7th-12th grade that participate in contact sports will take part in the IMPACT testing program (information in Appendix B).

MHSAA rules require written authorization from a physician (MD/DO/NP/PA) before an athlete may return to play after exhibiting concussion symptoms that caused that athlete to be removed for the duration of a contest.

PROGRAM CONCERNS

Charlotte Public Schools is very proud of its sound educational and athletic programs. As a result of our commitment to continually strengthen the quality of our programs, we invite comments from the public through the proper channels listed below.

When a person, such as a student, parent, coach, teacher or administrator, has a question or concern regarding an athletic situation, we have found the line of communication noted below to be very effective in resolving issues. The district requests that parents follow the 24 hour rule after competitions to discuss issues with coaches. This helps to have effective communication about situations that arise.

1. Start with the source. Talk directly with the coach, this should involve the student athlete in almost all situations, in private, face to face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment.
2. If necessary, talk next with the head coach of the sport.
3. If necessary, talk next with the athletic director.
4. If necessary, talk next with the principal.

All complaints MUST be heard at the lowest possible level BEFORE intervention by the higher authority can occur. This system has worked very well in the past. However, the next level of authority will always be willing to meet with a complainant if sub-level discussions do not accomplish their intended purpose.

Help the student-athlete learn to resolve his/her own differences. When a student successfully deals with difficult situations, he/she learns and grows. Of course, a parent always has the right to intervene on behalf of a child.

When stating your concern, be prepared with the facts as far as you understand or can ascertain them. Think through your expectations for the outcome resulting from voicing your concern. Be clear about what you hope will happen as a result of your meeting.

As you converse with the coach or other authority, repeat back what you hear him/her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen.

We always assume that all parties have the best interest of the students in mind when concerns are discussed. We will make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a concern.

CHARLOTTE PUBLIC SCHOOLS ATHLETIC CONDUCT GUIDELINES

Students who elect to participate in athletics are expected to conduct themselves in a manner that develops strong character, an alert mind, and a healthy body. Choosing to participate in athletics means student-athletes are subject to the Athletic Code of Conduct in and out of school throughout the calendar year**.** Any conduct that is serious and reflects negatively on the student-athlete, team, or school will result in disciplinary action determined by the coach and/or the athletic director.

All penalties for violation of this Code of Conduct shall be cumulative beginning with the student's participation in the freshman year. At the middle school level, penalties shall be cumulative from 7th to 8th grade.

XIX. UNSPORTSMANLIKE CONDUCT, DISQUALIFICATION, TECHNICAL FOULS

Unsportsmanlike conduct is governed by the MHSAA and states "...a student-athlete or coach will be removed from the present contest and shall miss the next scheduled day of competition." Depending on the severity of the unsportsmanlike conduct, the student-athlete from Charlotte could be declared ineligible for additional days of competition.

The athletic director will evaluate the severity of the unsportsmanlike conduct and determine the additional suspension while taking into account profanity, vulgar gestures, behavioral sportsmanship, etc. Disqualification and technical fouls are not what Charlotte athletics are all about. Should the disqualification or technical foul warrant further discipline, the student-athlete may receive a suspension from the team for a longer period of time. Unsportsmanlike conduct at Charlotte Middle School will not be tolerated and will be disciplined. Continual unsportsmanlike conduct will result in dismissal from a team. Unsportsmanlike conduct is not open for an appeal procedure.

XX. VIOLATIONS OF TEAM EXPECTATIONS

Charlotte student-athletes are expected to follow team expectations. When a coach decides to remove a student-athlete from practice or contest for what he/she considers to be inappropriate behavior, misconduct, etc., that is considered the coach's discretion, and is not subject to appeal (i.e. disrespectful of team members, coaches, athletic support staff, officials, continual team disruption, continual profanity, leaving practice without permission, tardiness, absenteeism, etc.). Violations of Team expectations may result in or up to sitting out of practice, loss of playing time, or being dismissed from the team.

XXI. SCHOOL SUSPENSION

Any form of school suspension reflects negatively on the student-athlete, team, and school. Serious or repeated infractions may be dealt with more severely as deemed appropriate by the athletic director.

A student-athlete that is suspended from school is not able to attend his/her regular classes or participate in extracurricular activities during the dates of the suspension. There is a loss of all social privileges.

Consequences for substance abuse, alcohol, drugs and tobacco carry over season to season and year-to-year (i.e. if a student violates this policy in the winter of one school year, and does not participate in a sport until the following school year, he/she would still serve the 20% suspension at that time).

Substance abuse offenses can occur during school or outside-of-school activities (i.e. if the police notify the school that a student has received a MIP, that student would have an alcohol/substance abuse offense).

CONSEQUENCES FOR USE OF ALCOHOL AND SUBSTANCE ABUSE DISCIPLINE INFRACTIONS

VIOLATION #1 - ALCOHOL OR ALCOHOLIC BEVERAGES

Use, possession, concealment, distribution, sales or being under the influence. NOTE: Malt beverages labeled as "non alcoholic" may contain alcohol. (Ex: Sharps, O'Doul's, etc)

1st Offense - Consequences

- Student must complete substance abuse evaluation and 20% suspension from the contest. May practice.

2nd Offense - Consequences

- Student is recommended for board expulsion by middle school administration, and loses his/her right to participate in athletics. If the student is not expelled, he/she loses their right to participate in athletics for the remainder of their middle school career.

VIOLATION #2 - ILLEGAL DRUGS

Use, possession, concealment, distribution, sale or being under the influence. Illegal drugs, including but not limited to those substances defined as "controlled substances" pursuant to federal and/or state statute. Steroids, human growth hormones, or other performance enhancing drugs, substances purported to be illegal, abusive or performance enhancing, (Ex: "look-alike" drugs.)

1st Offense - Consequences

- A student must complete substance abuse evaluation and 20% suspension from the contest. May practice.

2nd Offense - Consequences

- Student is recommended for board expulsion by middle school administration, and loses his/her right to participate in athletics. If the student is not expelled, he/she loses their right to participate in athletics for the remainder of their middle school career.

VIOLATION #3 - TOBACCO & TOBACCO PRODUCTS

Tobacco and tobacco products in any form, including vaping, Juling, or any other inhalation or ingestion via pill form. Carrying or possession of paraphernalia will also result in a violation (cigarette, pipe, chew, etc.),

1st Offense - Consequences

- Suspension from competition for 20% of contests. May practice.

2nd Offense - Consequences

- Suspension from 50% of contests.

3rd Offense - Consequences

- Loss of eligibility for one (1) full season of competition.

SELF-DISCLOSURE

Any student-athlete who, by him/her self or together with his/her parent or legal guardian, voluntarily discloses a violation of the substance abuse policy (not including tobacco) under this Code of Conduct prior to any reports, charges, or complaints may be referred to the student assistance program and/or may be referred to the substance abuse examination program. The student athlete can be required to follow the assessment recommendation. Also, the student-athlete will not be given a consequence, but it will count as one violation toward the Athletic Code of Conduct.

This self-disclosure policy will only be available to student-athletes once during their career.

GROSS MISCONDUCT

Gross misconduct is defined, but is not limited to stealing extortion, vandalism, sexual harassment, fighting, harassment, or intimidation. Students are suspended from school for such violations and therefore may not practice or participate in any Charlotte Public Schools activity. Student-athletes may be additionally disciplined by their coach or the athletic director up to and including dismissal from the team for GROSS MISCONDUCT. Violations of GROSS MISCONDUCT at any time fall under this Code of Conduct.

All other violations of the Charlotte Middle School student handbook may lead to additional discipline for any CMS student-athlete. Please remember that by choosing to participate in athletics you are also choosing to represent CMS in a quality manner. Being disruptive in class, using profane language, cheating in class, or engaging in any other negative behavior is not what is expected of a student-athlete. Athletes engaging in such behavior may expect that their coach and/or Athletic Director will bring violations to their attention and may, if appropriate, discipline a student-athlete beyond what is called for in the CMS student handbook.

APPEAL PROCEDURE

At the time that a disciplinary consequence is being assigned for inappropriate student behavior, the parent or student-athlete may disagree and wish to appeal to the next level of administrative authority. This should be initiated in writing within 24 hours after the parents and student-athlete are contacted. For minor violations (i.e. classroom level consequences, detentions, etc.) of the student handbook, appeals will be made to the appropriate coach and may involve the athletic director, if necessary. For major violations (i.e. suspensions, etc.) of the student handbook, appeals made may include the appropriate coach, athletic director, and/or building principal. If necessary, more serious major violations (i.e. suspension of 5+ days) may include superintendent involvement.

ATHLETIC CODE OF CONDUCT CONTRACT
CHARLOTTE PUBLIC SCHOOL AND RECREATION DEPT

CMS STUDENT and PARENT,

Please sign the form below and return to the Athletic Office before the first day of practice.

OUR SIGNATURES BELOW INDICATE THAT WE HAVE READ AND UNDERSTAND THIS ATHLETIC CODE OF CONDUCT AS IT PERTAINS TO CHARLOTTE MIDDLE SCHOOL (CMS) AND ORIOLE YOUTH RECREATION (OYR) ATHLETIC PROGRAMS

_____ _____
Student Athlete's Name (please print) Grade

_____ _____
Student Athlete's Signature Date

_____ _____
Parent/Guardian's Signature Date

_____ _____
Parent/Guardian's Signature Date

I understand that the <u>required athletic fee is DUE prior to the first game</u>.

CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

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

_____ _____
Participant Name Printed Date

_____ _____
Participant Name Signature Date

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18.

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

_____ _____
Parent or Guardian Name Printed Date

_____ _____
Parent or Guardian Name Signature Date

ImPACT Concussion Testing

Results from the Athlete's baseline test will be shared with Primary Care Physician and/or SEH ImPACT Certified Physician for possible future care.

Physician Name: _____ Phone Number: _____

I agree to participate in ImPACT testing.

Printed Name of Athlete: _____

Signature of Athlete: _____ Date: _____

If athlete is under the age of 18:

Parent Printed Name: _____

Signature of Parent: _____ Date: _____

If the Athlete displays concussion-like symptoms, it will be highly recommended for them to perform a post- concussion ImPACT test, taken at AL!VE within 72 hours of injury, to determine a safe return to play.

Any follow-up or post testing is at the cost of the student athlete. It is the responsibility of the parent/guardian to maintain adequate health and/or accident insurance to ensure proper care of their student athlete(s). Further- more, parents/guardians and student athletes are hereby notified that the risk of serious bodily injury and/or acci- dental death is inherent in athletic activities, particularly in contact sports.

As the parent/guardian, I understand that the ImPACT Concussion base line test is mandatory for all contact sports (Football, Soccer, Wrestling, Basketball, Volleyball, Baseball, Softball, and Competitive Cheer) and that failure to participate in this testing will result in your student athlete's inability to participate. I further under- stand that this ImPACT Concussion base line test will be provided at no cost to the student athlete

Appendix A:

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: MichiganDepartment of Community Health. CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms
Headache Pressure in the Head Nausea/Vomiting Dizziness
Balance Problems Double Vision Blurry Vision Sensitive to Light
Sensitive to Noise Sluggishness Haziness Fogginess Grogginess Poor Concentration Memory Problems
Confusion “Feeling Down”
Not “Feeling Right” Feeling Irritable Slow Reaction Time Sleep Problems

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

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

IF YOU SUSPECT A CONCUSSION:

1. SEEK MEDICAL ATTENTION RIGHT AWAY – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, in- cluding sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.

2. KEEP YOUR STUDENT OUT OF PLAY – Concussions take time to heal. Don’t let the student return to play the day of injury and until a heath care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.

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

SIGNS OBSERVED BY PARENTS:

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

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

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

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

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concus- sion can last for months or longer. To learn more, go to www.cdc.gov/concussion.

CMS _____ – Grade Sheet

Student Name: _____ Sport/Team: _____

Due to **CMS Main Office** by ***insert date here***

Players ARE NOT excused to leave class to ask teachers to complete grade sheets

PERIOD #/ SUBJECT	TEACHER NAME	GRADE	COMMENTS	TEACHER INITIALS
Enrichment				
1				
2				
3				
4				
5				
6				