

Celina Middle School

2018-2019

REQUIRED ATHLETIC FORMS

Grades 7-8



The following forms must be completed in their entirety and before trying out or practicing in any sport at Celina City Schools.

Ohio High School Athletic Association Official Season Start Dates

Sport	Coaching	Contest	Sport	Coaching	Contest
Baseball	02/18/19	03/23/19	Softball	02/18/19	03/23/19
Boys Basketball	11/02/18	11/29/18	Track & Field	03/04/19	03/23/19
Girls Basketball	10/26/18	11/23/18	Volleyball	08/01/18	08/18/18
Cross Country	08/01/18	08/20/18	Wrestling	11/09/18	11/30/18
Football	07/30/18	08/20/18			

Celina City Schools Athletic Department

Athletic Information Bulletin

Interscholastic Athletic Policy

Section 9.01 Purpose of the Interscholastic Athletic Program of the Celina City Schools.

- A. The athletic program of the Celina City Schools, in its entirety, intends to offer the students of the Celina City Schools the opportunity to develop their individual skills, abilities, and knowledge to the fullest possible extent in the various areas of athletic competition. It is intended to instill and encourage self-discipline, cooperation, and a positive competitive attitude within and among team members. It is intended to function with the interest and support of both participant and observer and of both the student body and the community in general.
- B. The opportunities provided by the athletic program will be available to students without regard to race, creed, color, sex, national origin, and socio-economic station in life.
- C. Federal and State regulations related to the availability of athletic opportunities will be adhered to in accordance with policies of the Celina City Schools Board of Education.

Student Athletic Conduct Code

Part I. Rights and Responsibilities

Students attend Celina City Schools under the direction of state law and with the full benefits of constitutional protection for their rights as citizens. They, therefore, can speak, act, or behave as young citizens within a large scope of options. This code is published in conformity with right to reasonable treatment from the coaches and advisors. The school in turn has the right to expect reasonable behavior from student athletes, managers, cheerleaders, statisticians, and trainers. The term athlete will cover the above five titles.

Part II. Rules

Rule 1 - All athletes must meet the eligibility requirements as determined by the Ohio High School Athletic Association and Celina City Schools Board of Education.

Rule 2 - An athlete shall not behave in such unsportsmanlike manner that could cause physical injury or damage to other athletes, other students, school personnel, or school property.

Rule 3 - An athlete shall not possess, handle, transmit, conceal, or use drugs, narcotics, tobacco, e cigarettes or alcoholic beverages/liquor. See Part IV Consequences.

Rule 4 - The athlete shall comply with directions of the coaches, advisor, athletic director, or principal during the sports season.

Rule 5 - All athletes shall ride the bus to and from athletic events unless otherwise specified procedures have been set up by the coach/advisor, athletic director, or principal.

Rule 6 - All athletes must have the following forms completed **prior to beginning practice**: 1) Preparticipation Physical Evaluation Form signed by the doctor, parent, and student; 2) signed Emergency Medical Form; 3) signed Parents' Consent Form; 4) signed Insurance Waiver Form; 5) signed Warning of Potential Injury Form; 6) signed Eligibility Checklist; 7) signed ImPACT form; 8) signed Sudden Cardiac Arrest Form. **Until these forms are submitted, individuals cannot participate.**

Rule 7 - The athlete shall not participate in any acts that violate the student conduct code (see school handbook) as set forth by the Celina City Schools Board of Education.

Rule 8 - The athlete shall not participate in any act, criminal or otherwise, that may violate civil law. School officials will work with the Juvenile Court system when situations arise.

Rule 9 - Sports Banquets: All student athletes are required to attend their specific sports banquet/assembly to receive any award unless prior approval is given by the coach or athletic director.

Rule 10 - School Attendance: A student must attend at least one-half of a school day to be eligible unless he/she is excused by the principal. Prior administrative approval must be received to arrive late the day following any extracurricular activity.

All head coaches have the right to make rules and regulations beyond these stated rules with the exception of Rule 3. Infractions of this rule are specified in Part IV of the Student Athletic Conduct Code. Student athletes who violate the Athletic Conduct Code or the rules and regulations established by the coach will be denied the privilege of participation. By signing this bulletin, all participants and their parents are aware of the rules/regulations and consequences of any infractions of these rules and regulations prior to participation.

Any student may be suspended from an athletic team practice and competition for a period of time, designated by the principal, for infraction of school rules and regulations or for any other unacceptable conduct in or out of school.

Part III. Athletic Training Rule Policy

Athletic rules are enforced in accordance with OHSAA season designations. Once a student has been a member of or tried out for an athletic team at Celina City Schools (7-12) he/she will be considered an athlete in season and must abide by all rules and regulations for the duration of that season. These rules are minimums for participation in athletics at Celina City Schools. Individual coaches, the Celina Athletic Department, or the Celina City Schools have the right to institute additional requirements/guidelines/rules/or penalties for athletic participants in season at their discretion. Violations in

the second half of a season are to be served in the next season of participation. Penalties prescribed as a percentage of the season will be based on the total number of contests for a typical regular season.

A violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses may result in a penalty as provided in the penalties section. Conviction of said act is not necessary to establish a violation of the Athletic Training Rule Policy, but will be determined through an independent school investigation.

Participation in athletic programs is NOT a right but a privilege that may be regulated. Therefore, all student athletes who participate in any athletic program(s) offered by Celina City Schools' Athletic Department will meet these regulations while in season.

Student athletes shall adhere to the approved dress code and physical appearance policies of the school and those additional written codes imposed by his/her particular sport. This dress code is to be such as to prohibit students from displaying obscenities, vulgarity or promotion of drug and alcohol usage, or bring embarrassment to coach, team or school

The program is in effect for grades 7-12 and all violations will run during their sports seasons through graduation or upon departure from Celina City Schools.

Part IV. Consequences for violations of Rule 3

First Offense

A student athlete found to be in violation of Rule 3, will result in denial of participation for no less than 20% of the scheduled contests and the student-athlete must complete the season. Also, he/she will be required to complete a period of not less than four (4) hours of substance abuse programming from Foundations or similar agency for evaluation and counseling. Parental attendance will be required as per the request of Foundations' personnel. Any fees assessed by the agency for this service will be the responsibility of the athlete.

FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCES WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FOR THE REMAINDER OF THE SEASON OR THE NEXT SEASON OF PARTICIPATION.

Second Offense

A second offense will result in denial of participation for no less than 50% of the scheduled contests and the student-athlete must complete the season. Also, he/she will be required to be assigned to Foundations or similar agency for evaluation and counseling. Any fees assessed by the agency for this service will be the responsibility of the athlete.

FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCES WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FROM ALL ATHLETIC PROGRAMS FOR A PERIOD OF NOT LESS THAN ONE YEAR.

Third Offense

A third offense will result in denial of participation in all athletic programs for a period of one (1) year, from the date of denial. Also he/she will be required to be assigned to Foundations or similar agency for evaluation and counseling. Any fees assessed by the agency for this service will be the responsibility of the athlete.

FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCES WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FROM ALL ATHLETIC PROGRAMS FOR THE REMAINDER OF HIS/HER HIGH SCHOOL CAREER.

Fourth Offense

A fourth offense will result in denial of participation from all athletic programs for the remainder of his/her high school career.

******Special Notice******

When a violation occurs, consequences of the violation must be completed prior to further participation in any program. Quitting a team, to avoid conduct code consequences, does not constitute fulfillment of the conduct code requirements. Consequences of the violation then must be served during the next season of participation.

Part V. Due Process Procedure

- 1) When an infraction occurs, the coach has the responsibility to discipline the student athlete.
- 2) The coach will meet with the student athlete being disciplined and present him/her with the charges. The student athlete will have an opportunity to explain his/her position.
- 3) If disciplinary action results in denial of participation, the student athlete will be informed in writing of the intended removal and the reasons for the proposed action. Denial of participation will begin twenty-four (24) hours from receipt of this notice. Copy of notice will be sent to the Superintendent.
- 4) The student athlete will be given the right to appeal the decision to an appeals board within twenty-four (24) hours of the official notice. This appeal hearing must be held within seventy-two (72) hours of the appeal request.
- 5) The appeals board will consist of the Celina City Schools Athletic Director, building Student Council Advisor, and a building faculty member.
- 6) The appeals board will be responsible to make a recommendation relative to the appeal to the building principal. During the appeal process the participant **WILL NOT BE PERMITTED** to participate in the activity.
- 7) The final authority to accept or deny the appeal will be the responsibility of the building principal.

Eligibility

Do not change your course schedule or drop a course without first consulting your school principal or athletic administrator to determine whether it will affect your eligibility.

Eligibility for each grading period is determined by grades received during their preceding grading period.

FINAL SEMESTER GRADES HAVE NO EFFECT ON ELIGIBILITY.

Students enrolled in Virtual or Home School programs MUST have their Eligibility Verification form (available in the High School Athletic Office) completed & submitted to the Athletic Dept. EVERY 9 weeks to determine eligibility. Failure to submit verification will result in the student being INELIGIBLE for sports.

A. Academics

- 1) A student enrolling in the seventh grade for the first time is fully eligible for the first grading period regardless of previous academic achievement.
- 2) All students in grades 7-12 must comply with all requirements set by the Ohio High School Athletic Association.
- 3) Students in grades 7-8 must receive passing grades in a minimum of **FIVE (5)** one-credit courses **OR THE EQUIVALENT**, which counts towards graduation, in the immediately preceding grading period.
- 4) All students in grades 7-8 who wish to participate in interscholastic athletics must pass five (5) courses in the preceding grading period.
- 5) All students must receive a GPA of 1.5 or higher in the immediately preceding grading period.
- 6) A student in grades 7-12 receiving two or more failing grades (F's) in the immediately preceding grading period will be ineligible for the grading period following those grades.

B. Miscellaneous

- 1) A high school student athlete must not have attained the age of 19 before August 1, and a middle school athlete must not have attained the age of 15 before August 1, to be eligible for the current school year.
- 2) A member of a school team may not participate in a contest as a member of a non-interscholastic team, or as an individual, in the same sport during the school's varsity season.
- 3) Dual participation in the same sports season for OHSAA sanctioned sports is not allowed at Celina City Schools.
- 4) If a student is denied participation in a sport for disciplinary reasons, he/she is ineligible to participate in any other sport during that same season.
- 5) Insurance: Celina City School District does not carry medical insurance for students involved in extra curricular activities. The student's parent/guardian bears the sole responsibility to pay for medical care, which may result from the student's participation in athletics.

Schedule Conflicts

Many students have multiple talents and interests they wish to develop or pursue through participation in District-sponsored activities and groups. Since the District's policy is to encourage such participation, the following guidelines have been established for dealing with potential schedule conflicts a student could experience when participating in more than one (1) activity.

A. Each staff member in charge of a credit course, co-curricular, or extra-curricular activity is to prepare a schedule for any practices, performances, or other after-school obligations involved in participation.

B. By the first day of an activity, students are to be made aware of the schedule of any practices and performances as well as other obligations. Each staff-member-in-charge is to determine which, if any, students will have conflicts with other activities in which they wish to participate.

C. If such conflicts exist, the staff-members-in-charge of the activities in conflict are to meet for the purpose of resolving the conflict. The emphasis should be on modifying the requirements so the student can participate in both activities.

D. If it is not possible to resolve the conflict without seriously undermining the integrity of the activity program, the following procedure is to be followed:

1. If one of the activities provides the student with credit and the other one doesn't, the student and his/her parents are to be made aware of the possible consequences of not enrolling in each activity and of not meeting the obligations for participation.
2. If both activities are credit activities, the student is to be advised to contact the principal or his/her counselor to work out a solution that does not penalize the student.
3. If one of the activities is an after-school, off-shoot of a credit activity but is not, itself, a credit activity, e.g., jazz band from concert band, the requirements for the credit activity may not be imposed as a condition for participating in the noncredit, after-school activity.

E. When the activity or program begins, the students are to be informed of the following:

1. If a student encounters a previously-unforeseen conflict during the semester or season, s/he should inform both staff members in charge as soon as possible in order to increase the likelihood that an accommodation can be worked out.
2. If, during the year, an ad-hoc situation develops which creates a conflict in schedule for a student, s/he should discuss the conflict with principal/counselor who, in turn, will work with the staff members in charge to try to reach an accommodation that is most advantageous to the student and least disadvantageous for the activities involved.
3. If a student is experiencing difficulty in deciding between activities, s/he should make contact with the principal/counselor to discuss the alternatives rather than discuss it with the staff members in charge.
4. Under no circumstances is the student to be intimidated while making a decision by threats of penalties or future consequences.

Parent/Coach Relationship

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

Communication you should expect from your child's coach.

- 1) Philosophy of the coach.
- 2) Expectations the coach has for your child as well as the rest of the team, etc.
- 3) Locations and times of all practices and contests.
- 4) Team requirements, i.e. fees, special equipment, off-season conditioning, etc.
- 5) Procedure should your child be injured during participation.
- 6) Discipline that results in the denial of participation.

Communication coaches expect from parents.

- 1) Concerns expressed directly to the coach.
- 2) Notification of any schedule conflicts well in advance.
- 3) Specific concern in regards to a coach's philosophy and/or expectations.

As your children become involved in the athletic programs at Celina City Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach may be appropriate.

Appropriate concerns to discuss with coaches.

- 1) The treatment of your child, mentally and physically.
- 2) Ways to help your child improve.
- 3) Concerns about your child's behavior.
- 4) How they are performing.

Issues not appropriate to discuss with coaches.

- 1) Playing time.
- 2) Team strategy.
- 3) Play calling.
- 4) Other student-athletes.

If you have a concern to discuss with a coach, you should:

- 1) Call to set up an appointment.
- 2) The Celina High School telephone number is 419-586-8300.
- 3) If the coach cannot be reached, call the Athletic Director at ext. 1504. He will set up the meeting for you.
- 4) Please DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- 1) Call and make an appointment with the Athletic Director to discuss the situation.
- 2) At this meeting the appropriate next step, if there is one, can be determined.

Since research indicates that a student involved in co-curricular activities has a greater chance for success in life, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this bulletin makes both your child's and your experience with the Celina Athletic Program less stressful and more enjoyable.

SPORTSMANSHIP EXPECTATIONS FOR SPECTATORS

EACH SPECTATOR is expected to:

- A. Remember that s/he is at a contest to support and yell for the team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- B. Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student—athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- C. Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- D. Learn the rules of the game, so that s/he may understand and appreciate why certain situations take place.
- E. Show respect for the opposing players, coaches, spectators, and support groups. Treat them as one would treat a guest in his/her own home.
- F. Refrain from taunting or making any kind of derogatory remarks to the opponents during the game, especially comments of ethnic, racial, or sexual nature.
- G. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- H. Recognize and show appreciation for an outstanding play by either team.
- I. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e. tailgating).
- J. Use only those cheers that support and uplift the teams involved.
- K. Recognize and compliment the efforts of school and league administrators in emphasizing the benefits of educational athletics and the role of good sportsmanship to that end.
- L. Be a positive behavior role model through his/her own actions and by censuring those close by whose behavior is unbecoming.

Any form of unacceptable behavior by any student is subject to discipline which may include removal from the event, suspension of participation in all athletic events for a season or school year, suspension from school, and/or referral to the police. Unacceptable behavior by non-student spectators may result in removal from the event, denial of admission to school athletic events for a season or school year, or referral to local authorities.

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can't recall events before or after hit or fall.*

Symptoms Reported by Athlete

- ◆ *Any headache or "pressure" in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not "feel right."*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.



<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

Resources

ODH Violence and Injury Prevention Program

<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations

www.nfhs.org

Brain Injury Association of America

www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>



Dear Parent/Guardian,

Celina High School is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

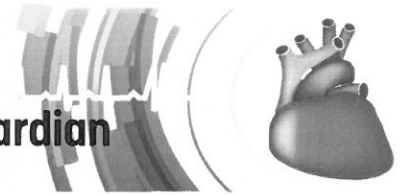
If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to a local doctor or, to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Celina High School administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me at 419-953-4034.

Sincerely,

Makayla Buehler
Athletic Trainer
Celina High School

Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
 - Chest pain/discomfort
 - Unexplained fainting/near fainting or dizziness
 - Unexplained tiredness, shortness of breath or difficulty breathing
 - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
 - ❖ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ❖ Link 2: Early CPR
 - Begin CPR immediately
 - ❖ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ❖ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

CELINA CITY SCHOOLS

Parents' Consent Form

We have read the Required Athletic Forms for athletes in grades 7-8 and have had the opportunity to review its contents with school administrators if we wished to do so. We understand the information contained within these bulletins and realize that we will be expected to fulfill our responsibilities in compliance with the rules set forth. We also authorize the release of information from the Mercer County Juvenile Court to the school principal during the time period these training rules are in effect.

Student Grade _____

Print Student Name _____

Student Signature _____

Parent/Guardian Signature _____

Parent/Guardian Signature _____

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

I have read the Ohio Department of Health's Concussion Information Sheet and understand that I have a responsibility to report my/my child's symptoms to coaches, administrators and healthcare provider.

I also understand that I/my child must have no symptoms before return to play can occur.

Athlete

Date

Athlete *Please Print Name*

Parent/Guardian

Date



WARNING OF POTENTIAL INJURY

Celina City Schools Athletics

Your involvement in interscholastic athletics at Celina City Schools is appreciated and we hope your experiences are pleasant and rewarding. Over 4 million students participate in interscholastic activities across the nation and while there are numerous benefits from this participation, you are assuming certain risks. In fact, it is nearly 100% certain that all who participate will experience some type of injury during the course of their athletic career. Although many of these injuries are short term, many of these injuries may be long term and could result in permanent disability. The risks are greater in contact activities where chances of injury to the head, neck, and spinal cord are greatest. As a result, rules and regulations are designed to protect all participants. Examples of these rules are:

1. Participants must wear the proper equipment.
2. Participants must be properly conditioned.
3. Proper sports techniques must be utilized.
4. Participants must exercise good judgment at all times.

With these thoughts in mind, we urge parents/guardians and students to think about the risks involved before participating in our interscholastic athletic program. In this regard, **please read and sign the form below. This form must be completed in its entirety before an athlete can practice or participate in an interscholastic activity.**

Acknowledgement of Warning By Student

I, _____, hereby acknowledge that I have been properly advised, cautioned, and warned by the proper administrative and coaching personnel of the Celina City Schools that by participating in athletics, I am exposing myself to the risk of serious injury, including but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in athletics. I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in athletics.

Acknowledgement of Warning By Parent/Guardian

We/I, the parents/guardians of _____, do hereby acknowledge that we/I have been fully advised, cautioned and warned by the proper administration and coaching personnel of the Celina City Schools that our/my child named above may suffer serious injury, including but not limited to sprains, fractures, brain damage, paralysis or even death by participating in athletics. Notwithstanding such warnings, and with full knowledge and understanding of the injury to our/my child named above which may result, we/I give our consent to our/my child to participate in athletics at Celina City Schools.

(Student Signature)

(Date Signed)

(Parent/Guardian Signature)

(Parent/Guardian Signature)

INSURANCE WAIVER FORM

Celina City Schools Athletics

Student Name: _____

Student Grade: _____

Parent/Guardian Names: _____

Insurance Company Name: _____

Policy Number: _____

Insurance Company Address: _____

Insurance Company Phone: _____

**Please
Check
One:**

_____ We, the undersigned, have adequate insurance to cover any injury in interscholastic games, practices and physical fitness for the above named student. We understand the financial responsibilities and waive all financial responsibility of the school for any accident or injury.

_____ We, the undersigned, do not carry adequate insurance to cover any injury in interscholastic games, practices and physical fitness but understand the financial responsibilities and waive all financial responsibility of the school for any incident or injury.

(Parent/Guardian Signature)

(Parent/Guardian Signature)

(Date Signed)

**All students participating in interscholastic sports must have the above waiver filled in and signed.
No student will be permitted to participate until this form is completed.**

EMERGENCY MEDICAL AUTHORIZATION

School: _____ Student Name: _____

Address: _____

Telephone: _____

Purpose - To enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured while under school authority, when parents or guardians cannot be reached.

Residential Parent or Guardian

Mother's Name: _____ Daytime Phone: _____

Father's Name: _____ Daytime Phone: _____

Other's Name: _____ Daytime Phone: _____

Name of Relative or Childcare Provider: _____ Relationship to Child: _____

Address: _____ Phone: _____

PART I OR II MUST BE COMPLETED

PART I – TO GRANT CONSENT

I hereby give consent for the following medical care providers and local hospital to be called:

Doctor: _____ Phone: _____

Dentist: _____ Phone: _____

Medical Specialist: _____ Phone: _____

Local Hospital: _____ Emergency Room Phone: _____

In the event reasonable attempts to contact me have been unsuccessful, I hereby give my consent for (1) the administration of any treatment deemed necessary by above-named doctor, or, in the event the designated preferred practitioner is not available, by another licensed physician or dentist; and (2) the transfer of the child to any hospital reasonably accessible.

This authorization does not cover major surgery unless the medical opinions of two (2) other licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery.

Facts concerning the child's medical history including allergies, medications being taken, and any physical impairments to which a physician should be alerted:

Date: _____ Signature of Parent/Guardian: _____

Address: _____

PART II – REFUSAL TO CONSENT

I do NOT give my consent for emergency medical treatment of my child. In the event of illness or injury requiring emergency treatment, I wish the school authorities to take the following action:

Date: _____ Signature of Parent/Guardian: _____

Address: _____

R.C. 3313.72

Supplemental Information (optional):

Student's Birthdate: _____ Grade: _____

Teacher/Homeroom: _____

Date of Last Tetanus: _____

Student resides with (circle all that apply) Mother Father Stepparent Guardian Other: _____

Additional Contact Information for those who have authority to make decisions in an emergency situation involving this student.

Mother: _____ Home#: _____ Work#: _____ Mobile#: _____

Father: _____ Home#: _____ Work#: _____ Mobile#: _____

Stepparent: _____ Home#: _____ Work#: _____ Mobile#: _____

Guardian: _____ Home#: _____ Work#: _____ Mobile#: _____

Alternate: _____ Home#: _____ Work#: _____ Mobile#: _____
(relative child car provider)



Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I **AGREE** to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete _____

Sport _____

Signature of Athlete

Date

Signature of Parent

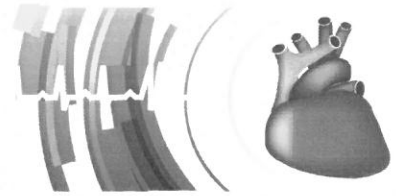
Date

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I wish for my athlete to **NOT PARTICIPATE** in the ImPACT Concussion Management Program.

Signature of Parent

Date

Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

Parent/Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date



2018-19 Edition

Eligibility Guide for Participation In 7th-8th Grade Athletics

Published by the Ohio High School Athletic Association (revised 5-1-18)

Ohio High School Athletic Association 7th-8th Philosophy

The purpose of seventh and eighth grade education-based athletics is to provide rich and wholesome activities for as many students as possible who meet the eligibility standards that have been approved by OHSAA members schools. As a result, students will develop to the greatest degree talents and skills such as leadership, teamwork and discipline, which will enable them to become responsible citizens in our society while demonstrating good sporting conduct.

We believe in interscholastic athletics as an integral part of the total school program reflecting the needs of the school, the community and the student.

We believe the potential values to the student and coaches to be very essential. Competition under prescribed regulations and policies provides adolescents with the opportunity to develop ideas and habits of health, fair play, initiative, achievement, emotional control, good sporting conduct, social adaptability and good citizenship. Athletics foster team and school spirit and a sense of community.

We believe each coach should make every effort to provide an opportunity for participation for all eligible students involved in a sport. The students shall be taught the fundamental skills necessary for further growth and improvement in their respective sports. These skills are to be taught by an educated, trained and qualified coach. We believe that high quality skill development for students at the seventh and eighth grade level is of utmost importance.

OHSAA 7th-8th Grade Summary of Facts

- A student who turns 15 before August 1 of the school year in which he/she desires to participate is not eligible for seventh and eighth grade athletics (there are two limited exceptions to this regulation outlined in Bylaw 4-2-2).
- Before the student's first practice (or prior to the student's first participation should he/she join the team after the season has started), each student must have had a physical examination within the past year and an examination form signed by a medical examiner must be on file at your school.
- The minimum scholastic requirement for the OHSAA is students must have received passing grades in at least five classes during the immediately preceding grading period. Districts may establish criteria more stringent than the OHSAA.
- In matters of academic eligibility, please refer to your district administrator for more specific school academic policies.
- If a seventh and eighth grade student is ineligible, the district's policy will determine if he/she can practice but not

dress during middle school contests. The OHSAA does not stipulate practice regulations.

- There are no size and weight requirements for any seventh and eighth grade sport, with the exception of wrestling.
- Designated dates for the start and end of each 7th-8th grade school athletic season can be found in the General Sports Regulations of the *OHSAA Handbook*, which is posted at www.ohsaa.org.
- A seventh and eighth grade athlete cannot compete in contests, including scrimmages, with or against athletes in grades 9-12 during the school sports season. Sports Regulation 32.3 permits seventh and eighth grade students to practice with students in grades 9-12 **in limited sports and as long as there is no head-to-head competition.**
- Seventh and eighth grade students cannot participate with non-school teams or in non-school competition as an individual during the same sports season (example: non-school soccer during the school's soccer season).
- Seventh and eighth grade students can attend seventh and eighth grade or high school summer sports camps. School coaches can have 10 contact days with their school team from June 1 to July 31. See the *OHSAA Handbook* for coaching restrictions from August 1 to May 31.
- Between August 1 and May 31 and outside defined "no contact periods," school coaches may also provide individual instruction outside the season of play. There are restrictions for team sports and some individual sports, so review the OHSAA's Individual Skill Instruction regulations to ensure all standards are being followed.
- You may be declared ineligible if you are recruited by a person or group of persons to transfer to or enroll in a school for athletic purposes. This may include your transferring to a school at which one of your former school coaches has been hired. In addition, any attempt by you to recruit a prospective student-athlete to a school for athletic purposes is also prohibited. A violation may also affect the eligibility of the school team.
- The transfer bylaws apply to all students enrolled in grades 9-12. They do not apply to students enrolled in grades 7 and 8.
- A complete listing of information regarding interscholastic athletics can be found on-line at www.ohsaa.org. Parents are also encouraged to talk with their child's coaches and school and athletic administrators with questions regarding specific sports regulations.

7th-8th Grade Regulations Overview

The essential eligibility requirements in this publication are **only a summary** of some of the regulations affecting student eligibility. OHSAA eligibility requirements are published in the *OHSAA Handbook*, which can be found in the offices of your principal, your athletic administrator or on the OHSAA website (www.ohsaa.org). Your school district also has the authority to establish additional eligibility standards, including academic and codes of student or athletic conduct.

OHSAA Regulations On Scholarship

In order to maintain eligibility for grades 7 and 8, you must be currently enrolled in a member school or be participating in accordance with state law, and you must have received passing grades in a minimum of five (5) classes in the immediately preceding grading period.

- Summer school and other educational options may not be used to bring a student into compliance with scholarship bylaws, nor can they be used to compensate for lack of courses taken in the preceding grading period.
- Your semester or yearly grades have no effect on OHSAA eligibility (although they could, depending upon your school's official grading periods). OHSAA eligibility is dependent upon grades received in the immediately preceding grading period.
- In order to be eligible for the first grading period upon entrance into grade 9, you must have received passing grades in a minimum of five (5) classes in the immediately preceding grading period.

OHSAA Regulations On Semesters

After you complete the sixth grade and before entering ninth grade, you are permitted athletic eligibility for a period not to exceed four semesters taken in the order of attendance, whether you participate or not. This relates in concept to the eight-semester limit regulation that is in place for high school students and has one limited exception.

OHSAA Regulations On Age

A student who turns 15 before August 1 of the school year in which he/she desires to participate is not eligible for seventh and eighth grade athletics.

- There are limited exceptions to this regulation, so please arrange a meeting with your principal or athletic administrator to review these exceptions within Bylaw 4-2-2.

OHSAA Regulations On Residence

If your parent(s) or legal guardian live outside of Ohio, you are ineligible unless one of the exceptions to the residence bylaw is met. The exceptions for out-of-state residency are found within Bylaw 4-6.

OHSAA Regulations On Non-Enrolled Students

Legislation permits non-enrolled students (home educated, non-public, community school, STEM students) to have participation opportunities at the public school that the student would be entitled to attend under the tuition statute, i.e., the school located in the parents' residential district or attendance zone for multiple high school districts. There is an additional option for home-educated and non-public school students. If you are participating via this legislation, note that the language says you shall be given the "same opportunities" to participate – not greater opportunities – and that you must meet the same eligibility requirements as other students. In addition, once you

establish eligibility at a high school, a transfer to a different high school may mean you will lose eligibility for interscholastic athletics at your new school for a period of time.

For more information on participation opportunities for non-enrolled students, go to the Eligibility section of the OHSAA website (www.ohsaa.org).

OHSAA Regulations On Transfers

The transfer bylaw is not applicable for seventh and eighth grade students. However, after completing eighth grade and/or establishing ninth-grade eligibility, a transfer to a different high school will mean you may lose eligibility for interscholastic athletics at your new school for a period of time. For the specifics on the period of ineligibility, visit www.ohsaa.org.

- There are several exceptions to Bylaw 4-7-2. To determine if you qualify for an exception, you and your parents should arrange a meeting with your principal or athletic administrator.

OHSAA Regulations On Awards

You may receive awards valued at \$400 or less from any source as a result from participation in any sport in which you are an interscholastic athlete. You may never accept cash awards, however.

OHSAA Regulations On Amateurism

You will lose your amateur status in a sport and forfeit your eligibility if you:

- Compete for money or other compensation.
- Capitalize on your athletic fame by receiving money, merchandise or services.
- Sign a contract or make a commitment to play professional athletics.
- Receive services, merchandise or any form of financial assistance from a professional sports organization.
- Compete with a professional athletics team even if no pay is received.
- Enter into an agreement with a sports or marketing agent.

Expenses for travel, meals and lodging may be accepted provided they are available to all participants and they are not contingent upon your team's and/or your finish. A form is available at www.ohsaa.org to maintain amateur status and must be submitted to the OHSAA.

OHSAA Regulations On Recruiting

You may be declared ineligible if you are recruited by a person or group of persons to attend a middle school for athletic purposes.

After completing eighth grade, you may also be declared ineligible if you are recruited by a person or a group of persons to attend a high school for athletic purposes. This may include your transferring to a school where one of your former coaches has been hired.

OHSAA Regulations On Open Gyms/Facilities

School officials may designate open gyms/facilities, the sport to be played, the grade levels involved and may also limit participants to those from your school. You may participate in open gyms/facilities, but remember:

- No one from the respective school may be excluded from participating;
- No one shall be required to attend;
- No school officials may invite selected students or determine the teams;
- No school officials may transport students to or from either school or non-school facilities;
- No timing or written scoring may be kept, and
- No coaching or instruction may be provided.

The OHSAA may impose penalties against you, your school and/or your coach for violating these regulations.

OHSAA Regulations On False Information

If you compete under a name other than your own or provide false information in an attempt to establish athletic eligibility, you may immediately become ineligible for a period of time.

OHSAA Regulations On Instruction

There are restrictions on the instruction you can receive from school coaches outside of your season. Some of these regulations are also different for team sports vs. individual sports. Before receiving instruction outside the season from your school coaches, visit www.ohsaa.org, go to the General Sports Regulations and review the section on Instructional Programs to ensure all regulations are being followed. Some other key notes on these regulations:

- Besides during the season of your sport, school coaches may also provide team instruction for a maximum of 10 days between June 1 and July 31. This would include such activities as volleyball, field hockey, soccer, basketball, ice hockey, lacrosse, baseball or softball teams competing in tournaments or 'shootouts,' football teams participating in 7-on-7's, or coaches conducting or taking teams to instructional camps.
- Between August 1 and May 31 and outside defined "no contact periods," school coaches may also provide individual instruction outside the season of play. There are restrictions for team sports and some individual sports, so review the OHSAA's Individual Skill Instruction regulations to ensure all standards are being followed.
- Individual skill instruction from non-school coaches may be received in any sport by a squad member at any time in individual or group lessons *provided* that these individual skill instructions do not violate any Board of Education, school administrators' or coaches' policies.
- It is a violation if a coach suggests your participation in instructional programs is mandatory outside the school season.

OHSAA Regulations On Non-School Teams

If you compete on a non-school team or in non-school competition as an individual in the same sport during your school team's season (example: non-school soccer during the school's soccer season), you may lose eligibility. There are also certain restrictions regarding tryouts, practices and competitions with non-school teams before, during and after **your** school season. Before participating with a non-school team, visit OHSAA.org, go to the General Sports Regulations and review the sections on Non-Interscholastic Programs to ensure all regulations are being followed. Some other key notes on these regulations:

- A member of an interscholastic squad in a team sport (baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball) may not participate in an athletic contest, tryouts or any type of team or group training or practices on or with a non-school squad **in the same sport** during the school's interscholastic season once an individual becomes a member of a school team.
- In the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field and wrestling, however, you may practice and try out for a non-school team but may not compete in a contest during your school season.
- A member of an interscholastic squad in a team sport (baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball and volleyball) may try out, practice and compete on non-school teams before and after the school season from August 1 to May 31 (there are exceptions for baseball and softball) provided:
The OHSAA's '50 percent limitation' regulation is maintained, meaning the number of students from the same school team on the roster of the non-school team is limited to five (5) students in the sports of soccer, field hockey, ice hockey and lacrosse; four (4) students in the sports of baseball and softball; three (3) students in the sport of volleyball, and two (2) students in the sport of basketball. School football team members are prohibited from competing on non-school teams except from June 1 to July 31. All football activities during the June 1 to July 31 period must be non-contact and the only football equipment permitted are helmets and cleats.
- There is no limit on the number of students from the same school team that may participate on the same non-school team from June 1 to July 31.

OHSAA Regulations/Guidance On Alcohol, Tobacco, Drugs and Steroids

The OHSAA does not permit the use of any form of alcohol, tobacco or illegal drugs at the site of any interscholastic contests. Besides the health risks involved, use of any of these items will result in you being disqualified from contests and likely facing additional school and legal penalties.

There are additional issues related to illicit drugs, such as anabolic steroids and some prescription drugs used with the goal of aiding performance. If you use anabolic steroids or other performance-enhancing drugs of which the OHSAA is aware, you are ineligible for interscholastic competition until medical evidence indicates that your system is free of these drugs.

Another prominent issue is the use of supplements. The increased availability of these items allows student-athletes access to a wide variety of products aggressively marketed in fitness and strength training magazines and websites. Often their marketing campaigns include promises, endorsed by faulty research claims, of extraordinary weight loss, explosive power or tremendous strength gains. It is important for coaches, athletic administrators and parents to educate themselves about what substances your student-athletes may be using and about the potential risks involved with uneducated supplement use.

www.ohsaa.org offers a wealth of information for parents, coaches and students about these topics and other issues.

OHSAA Regulations On Preparticipation Evaluations and Consent Forms

Before the student's first practice (or prior to the student's first participation should he/she join the team after the season has started), each student must have had a physical examination within the past year and an examination form signed by a medical examiner must be on file at your school. Ask your athletic administrator or licensed athletic trainer about the electronic preparticipation evaluation, the PrivIT Profile, that the OHSAA has launched.

- Physical examinations are valid for participation for 13 months from the date of the exam except for those that take place from May 1-June 1. Those exams are valid for one year plus through the end of the next school year's spring sports season.

In addition, no student will be eligible unless that student and his or her parents have signed the OHSAA Authorization Form, the OHSAA Eligibility & Authorization Statement, the Concussion Form and the Sudden Cardiac Arrest Form, all of which must be on file at your school.

OHSAA Regulations and Expectations On Concussion and Sudden Cardiac Arrest Management

It is everyone's responsibility to take the necessary precautions to reduce the likelihood of brain injuries and sudden cardiac arrest.

In Ohio, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion, such as loss of consciousness, headache, dizziness, confusion or balance problems, shall be immediately removed from the contest or practice and shall not return to play that same day. Thereafter, the student shall not return to

practice or competition until cleared with written authorization from a physician or health care provider approved by the local board in accordance with state law.

Sudden Cardiac Arrest (SCA) is the most common cause of death among student-athletes, and dizziness, loss of breath and a racing heart are often symptoms that are overlooked. In many cases, recognizing the signs of cardiac trouble means student-athletes can continue their athletic participation.

Each school is required to review both its concussion and sudden cardiac arrest management protocols with students and their parents; each student and his or her parents must review and sign both the Ohio Department of Health's "Concussion Information Sheet" and a "Sudden Cardiac Arrest Information Sheet" prior to participation, and parents and students are highly encouraged to review short video presentations on both concussions and sudden cardiac arrest. Check with your school administrators on where to find these videos.

OHSAA Regulations and Expectations On Sporting Behavior

The OHSAA's vision for positive sporting behavior is built on expectations. It calls on the school community — administrators, teachers, coaches, students, parents and fans — to strive for positive sporting behavior in everything they do by teaching the values of ethics, integrity, equity, fairness and respect.

As a student-athlete, you are expected to accept the responsibility and privilege of representing your school and community while participating in school sports. You are expected to:

- Treat opponents, coaches and officials with respect, and
- Ensure your actions do not incite fans or other participants or attempt to embarrass, ridicule or demean others.

The OHSAA has established a policy for students ejected for unsporting behavior or flagrant fouls. If you are ejected:

- You will be ineligible for all contests for the remainder of that day, and
- You will be ineligible for all contests at all levels in that sport until two regular season contests are played at the same level as the ejection (one contest in football).

If you are ejected a second time in a season, you are subject to additional, more stringent penalties, including a maximum penalty of suspension from play for the remainder of the season in that sport.

As a participant in school sports, you are expected to act with dignity, speak with courtesy and play with pride. In short, Respect The Game!

Interscholastic Athletics Why We Play The Games

For many of you, playing on your middle school and high school teams may be the last time you will participate in competitive athletics. As a participant, you should work hard, have fun and strive to be the best. But just as important, you should also strive to be the best students, teammates and members of your community in preparation for the next phase of your life as a responsible adult and productive citizen.

The purpose of interscholastic athletics is to enrich your middle school and high school experiences; promote citizenship and sportsmanship; instill a sense of pride in community; teach lifelong lessons of teamwork and self-discipline, and help you grow physically and emotionally. In short, interscholastic athletic programs are educational in nature and therefore complement a student's school experience.

Other sporting organizations promote free player movement, are primarily designed to promote athletic development of the individual, and provide a showcase for the athletic talents of those individuals. However, these organizations do not share the primary educational purposes of OHSAA member schools and therefore cannot provide the unique type of competition created by the OHSAA through our member schools.

Statistics show that students who participate in interscholastic athletics programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than the general student population. Statistics also show that only one percent of all high school participants will earn a Division I college athletic scholarship and approximately five percent will play collegiately in any division. Unlike major colleges and professional sports teams, interscholastic athletic programs do not exist to entertain spectators.

As your parents can attest, middle school and high school go by in a blur, but your memories of participating in school sports will stay with you for a lifetime. The OHSAA wants to make sure your time as an interscholastic athlete is meaningful and memorable.

The privilege of participating in educational athletics is one of the most exciting experiences of your life. You must earn the privilege to participate. Please maintain the proper perspective in this journey and remember why we play the games.

A Look At The Ohio High School Athletic Association

Participating in your school's interscholastic athletics program is not only a privilege, but also provides memorable experiences. The role of the OHSAA is to:

- Help ensure students are provided a positive environment for athletic participation;
- Ensure all rules, regulations and decisions are fair and equitable for all schools and participants;
- Ensure athletes play under safe conditions, and
- Ensure school sports programs remain a vital part of your educational experience.

Like the other 820 public and non-public high schools and approximately 800 7th and 8th grade schools, your school has volunteered to become a member of the OHSAA. Ohio is one of the top ranked states in the country in regards to participation with over 350,000 high school students competing in 26 sanctioned sports.

The OHSAA Executive Director and his staff are based in Columbus and their primary responsibilities are to:

- Interpret the rules and regulations for member schools;
- Conduct tournaments for high schools including sectionals, districts, regionals and state tournaments, and
- Serve as educators for officials, coaches, administrators and student-athletes and their parents.

To continue as a member of the OHSAA, each school's governing boards annually affirm that their schools will follow the OHSAA bylaws and regulations approved by the membership. Any changes to the bylaws must be approved by a majority vote of member school principals. The OHSAA Board of Directors has the authority to change general sports regulation, sport-by-sport regulations and tournament regulations based on recommendations from the Executive Director's staff.

The OHSAA does not charge schools any membership fees or tournament entry fees. Schools are provided rule-books, educational materials and other printed items along with catastrophe insurance coverage for all participants at a cost of approximately \$600,000 annually. Additionally, schools are reimbursed for many of their tournament expenses and in some sports have the opportunity to keep a portion of receipts from the sale of tournament tickets.

Other key programs and initiatives of the OHSAA include:

- Providing annual scholarships totaling over \$100,000 to students who excel in athletics and academics;
- Licensing, registering and training nearly 17,000 contest officials, and
- Ensuring coaches are certified to work with student-athletes through an on-going coach education program.

Ohio High School Athletic Association Eligibility Checklist

For 7th-8th Grade Students Enrolled and/or Participating at an OHSAA Member School (Updated 5/1/18)

Before you play, you must be eligible. Please review the following checklist with your parents. Unchecked boxes may mean you are NOT eligible. For questions, see your principal or athletic administrator.

- I am officially enrolled in an OHSAA member high school or participating in accordance with state law.
- I received passing grades in at least five subjects during the immediately preceding grading period.
- I have a biological and/or adoptive parent who lives in Ohio.
- I did not turn 15 before August 1 of the school year in which I desire to participate.
- I understand I am only permitted four semesters of eligibility whether I play or not once I have enrolled in grade seven and before entering grade 9.
- I have not received an award, equipment or prize valued at greater than \$400 per item per source.
- I am competing under my true name and have provided my school with my correct home address.
- I have not competed in a **mandatory** open gym/facility, conditioning or instructional program outside the school season.
- I have not been coached or provided instruction **by a school coach** in a team sport in which I participate other than during my sport season, during an instructional period approved by the OHSAA or for no more than 10 days between June 1 and July 31.
- I am not competing on a non-school team or in non-school competition as an individual **during my school team's season** in the same sport.
- I have not been recruited for athletic purposes to attend this school.
- I am not using anabolic steroids or other performance-enhancing drugs.
- I have had a physical examination within the past year and it is on file at my school.
- My parents and I attended a preseason meeting at my school which the OHSAA requires to be held no later than two weeks after the beginning of each sports season. We viewed a presentation prepared by the OHSAA to review key eligibility issues, healthy lifestyles and sporting behavior.
- My school also reviewed with my parents and me its concussion management protocol, we reviewed and signed the Ohio Department of Health's "Concussion Information Sheet" prior to participation, and we reviewed a short presentation on concussions available at no cost at nfhslern.com.
- My school also reviewed with my parents and me the Sudden Cardiac Arrest video, and we reviewed and have signed the Ohio Department of Health's "Sudden Cardiac Arrest Information Sheet" prior to participation and we reviewed a short presentation on Sudden Cardiac Arrest.
- My parents and I have signed the OHSAA Authorization Form and the OHSAA Eligibility and Authorization Statement, and they are on file at my school.

Student Printed Name

Parent/Guardian Printed Name

Student Signature

Parent/Guardian Signature

Student Date

Parent/Guardian Date

NOTE: This form has been provided as a service to the OHSAA membership for schools to utilize with student-athletes and their parents/guardians. Use of this form is at the sole discretion of each member school.

Celina High School

2018-2019

REQUIRED ATHLETIC FORMS

Grades 9-12



The following forms must be completed in their entirety and before trying out or practicing in any sport at Celina City Schools.

Ohio High School Athletic Association Official Season Start Dates

Sport	Coaching	Contest	Sport	Coaching	Contest
Baseball	02/18/2019	03/23/2019	Girls Soccer	08/01/2018	08/17/2018
Boys Basketball	11/02/2018	11/29/2018	Softball	02/18/2019	03/23/2019
Girls Basketball	10/26/2018	11/23/2018	Swim/Dive	10/26/2018	11/26/2018
Cross Country	08/01/2018	08/20/2018	Boys Tennis	03/04/2019	03/22/2019
Football	07/30/2018	08/20/2018	Girls Tennis	08/01/2018	08/10/2018
Boys Golf	08/01/2018	08/06/2018	Track & Field	03/04/2019	03/23/2019
Girls Golf	08/01/2018	08/06/2018	Volleyball	08/01/2018	08/18/2018
Boys Soccer	08/01/2018	08/17/2018	Wrestling	11/09/2018	11/30/2018
Boys Bowling	11/02/2018	11/16/2018	Girls Bowling	11/02/2018	11/16/2018

Celina City Schools Athletic Department

Athletic Information Bulletin

Interscholastic Athletic Policy

Section 9.01 Purpose of the Interscholastic Athletic Program of the Celina City Schools.

- A. The athletic program of the Celina City Schools, in its entirety, intends to offer the students of the Celina City Schools the opportunity to develop their individual skills, abilities, and knowledge to the fullest possible extent in the various areas of athletic competition. It is intended to instill and encourage self-discipline, cooperation, and a positive competitive attitude within and among team members. It is intended to function with the interest and support of both participant and observer and of both the student body and the community in general.
- B. The opportunities provided by the athletic program will be available to students without regard to race, creed, color, sex, national origin, and socio-economic station in life.
- C. Federal and State regulations related to the availability of athletic opportunities will be adhered to in accordance with policies of the Celina City Schools Board of Education.

Student Athletic Conduct Code

Part I. Rights and Responsibilities

Students attend Celina City Schools under the direction of state law and with the full benefits of constitutional protection for their rights as citizens. They, therefore, can speak, act, or behave as young citizens within a large scope of options. This code is published in conformity with right to reasonable treatment from the coaches and advisors. The school in turn has the right to expect reasonable behavior from student athletes, managers, cheerleaders, statisticians, and trainers. The term athlete will cover the above five titles.

Part II. Rules

Rule 1 - All athletes must meet the eligibility requirements as determined by the Ohio High School Athletic Association and Celina City Schools Board of Education.

Rule 2 - An athlete shall not behave in such unsportsmanlike manner that could cause physical injury or damage to other athletes, other students, school personnel, or school property.

Rule 3 - An athlete shall not possess, handle, transmit, conceal, or use drugs, narcotics, tobacco, e cigarettes or alcoholic beverages/liquor. See Part IV Consequences.

Rule 4 - The athlete shall comply with directions of the coaches, advisor, athletic director, or principal during the sports season.

Rule 5 - All athletes shall ride the bus to and from athletic events unless otherwise specified procedures have been set up by the coach/advisor, athletic director, or principal.

Rule 6 - All athletes must have the following forms completed **prior to beginning practice**: 1) Preparticipation Physical Evaluation Form signed by the doctor, parent, and student; 2) signed Emergency Medical Form; 3) signed Parents' Consent Form; 4) signed Insurance Waiver Form; 5) signed Warning of Potential Injury Form; 6) signed Eligibility Checklist; 7) signed IMPACT form; 8) signed Sudden Cardiac Arrest Form. **Until these forms are submitted, individuals cannot participate.**

Rule 7 - The athlete shall not participate in any acts that violate the student conduct code (see school handbook) as set forth by the Celina City Schools Board of Education.

Rule 8 - The athlete shall not participate in any act, criminal or otherwise, that may violate civil law. School officials will work with the Juvenile Court system when situations arise.

Rule 9 - Sports Banquets: All student athletes are required to attend their specific sports banquet/assembly to receive any award unless prior approval is given by the coach or athletic director.

Rule 10 - School Attendance: A student must attend at least one-half of a school day to be eligible unless he/she is excused by the principal. Prior administrative approval must be received to arrive late the day following any extracurricular activity.

Rule 11 – Student athletes' GPAs will be monitored twice a month. When an athlete is in season and his/her GPA falls below a 2.0, the athlete will be required to attend academic study tables.

All head coaches have the right to make rules and regulations beyond these stated rules with the exception of Rule #3. Infractions of this rule are specified in Part IV of the Student Athletic Conduct Code. Student athletes who violate the Athletic Conduct Code or the rules and regulations established by the coach will be denied the privilege of participation. By signing this bulletin, all participants and their parents are aware of the rules/regulations and consequences of any infractions of these rules and regulations prior to participation.

Any student may be suspended from an athletic team practice and competition for a period of time, designated by the principal, for infraction of school rules and regulations or for any other unacceptable conduct in or out of school.

Part III. Athletic Training Rule Policy

Athletic rules are enforced in accordance with OHSAA season designations. Once a student has been a member of or tried out for an athletic team at Celina City Schools (7-12) he/she will be considered an athlete in season and must abide by all rules and regulations for the duration of that season. These rules are minimums for participation in athletics at Celina City Schools. Individual coaches, the Celina Athletic Department, or the Celina City

Schools have the right to institute additional requirements/guidelines/rules/or penalties for athletic participants in season at their discretion. Violations in the second half of a season are to be served in the next season of participation. Penalties prescribed as a percentage of the season will be based on the total number of contests for a typical regular season.

A violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses may result in a penalty as provided in the penalties section. Conviction of said act is not necessary to establish a violation of the Athletic Training Rule Policy, but will be determined through an independent school investigation.

Participation in athletic programs is NOT a right but a privilege that may be regulated. Therefore, all student athletes who participate in any athletic program(s) offered by Celina City School's Athletic Department will meet these regulations while in season.

Student athletes shall adhere to the approved dress code and physical appearance policies of the school and those additional written codes imposed by his/her particular sport. This dress code is to be such as to prohibit students from displaying obscenities, vulgarity or promotion of drug and alcohol usage, or bring embarrassment to coach, team or school.

The program is in effect for grades 7-12 and all violations will run during their sports seasons through graduation or upon departure from Celina City Schools.

Part IV. Consequences for violations of Rule 3

First Offense

A student athlete found to be in violation of Rule 3, will result in denial of participation for no less than 20% of the scheduled contests and the student-athlete must complete the season. Also, he/she will be required to complete a period of not less than four (4) hours of substance abuse programming from Foundations or similar agency for evaluation and counseling. Parental attendance will be required as per the request of Foundations' personnel. Any fees assessed by the agency for this service will be the responsibility of the athlete.

FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCE WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FOR THE REMAINDER OF THE SEASON OR THE NEXT SEASON OF PARTICIPATION.

Second Offense

A second offense will result in denial of participation for no less than 50% of the scheduled contests and the student-athlete must complete the season. Also, he/she will be required to be assigned to Foundations or similar agency for evaluation and counseling. Any fees assessed by the agency for this service will be the responsibility of the athlete.

FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCES WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FROM ALL ATHLETIC PROGRAMS FOR A PERIOD OF NOT LESS THAN ONE (1) YEAR.

Third Offense

A third offense will result in denial of participation in all athletic programs for a period of one (1) year, from the date of denial. Also, he/she will be required to be assigned to Foundations or similar agency for evaluation and counseling. Any fees assessed by the agency for this service will be the responsibility of the athlete.

FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCES WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FROM ALL ATHLETIC PROGRAMS FOR THE REMAINDER OF HIS/HER HIGH SCHOOL CAREER.

Fourth Offense

A fourth offense will result in denial of participation from all athletic programs for the remainder of his/her high school career.

******Special Notice******

When a violation occurs, consequences of the violation must be completed prior to further participation in any program. Quitting a team, to avoid conduct code consequences, does not constitute fulfillment of the conduct code requirements. Consequences of the violation then must be served during the next season of participation.

Part V. Due Process Procedure

- 1) When an infraction occurs, the coach has the responsibility to discipline the student athlete.
- 2) The coach will meet with the student athlete being disciplined and present him/her with the charges. The student athlete will have an opportunity to explain his/her position.
- 3) If disciplinary action results in denial of participation, the student athlete will be informed in writing of the intended removal and the reasons for the proposed action. Denial of participation will begin twenty-four (24) hours from receipt of this notice. Copy of notice will be sent to the Superintendent.
- 4) The student athlete will be given the right to appeal the decision to an appeals board within twenty-four (24) hours of the official notice. This appeal hearing must be held within seventy-two (72) hours of the appeal request.
- 5) The appeals board will consist of the Celina City Schools Athletic Director, building Student Council Advisor, and a building faculty member.
- 6) The appeals board will be responsible to make a recommendation relative to the appeal to the building principal. During the appeal process the participant **WILL NOT BE PERMITTED** to participate in the activity.
- 7) The final authority to accept or deny the appeal will be the responsibility of the building principal.

Eligibility

Do not change your course schedule or drop a course without first consulting your school principal or athletic administrator to determine whether it will affect your eligibility.

Eligibility for each grading period is determined by grades received during their preceding grading period.

FINAL SEMESTER GRADES HAVE NO EFFECT ON ELIGIBILITY

A. Academics

- 1) Students in grades 9-12 must receive passing grades in a minimum of **FIVE (5)** one-credit courses **OR THE EQUIVALENT**, which counts toward graduation, in the immediately preceding grading period.
- 2) A student enrolling in the seventh grade for the first time is fully eligible for the first grading period regardless of previous academic achievement.
- 3) All students in grades 7-12 must comply with all requirements set by the Ohio High School Athletic Association.
- 4) **Students enrolled in College Credit Plus, Virtual, or Home-School programs MUST have their Eligibility Verification form (available in the Athletic Office) completed & submitted to the Athletic Dept. EVERY 9 weeks to determine eligibility. Failure to submit verification will result in the student being INELIGIBLE for sports.**
- 5) All students in grades 7-8 who wish to participate in interscholastic athletics must pass five (5) courses in the preceding grading period.
- 6) All students must receive a GPA of 1.5 or higher on a 4.0 grading scale in the immediately preceding grading period.
- 7) A student in grades 7-12 receiving two or more failing grades (F's) in the immediately preceding grading period will be ineligible for the grading period following those grades.
- 8) Individual student-athlete grades will be monitored/checked twice per month (on the 10th & 25th). Any student-athlete that is below a 2.00 grade point average for that grading period will be required to attend academic study tables.
- 9) Both head coach and student athletes will be notified by the Athletic Office, in a timely manner, of the dates and times that the athlete is required to attend study tables along with any consequences from failure to attend.
- 10) The following consequences will be cumulative per season and apply from failure to attend study tables:
 - a) Only an EXCUSED absence from school or a doctor's note will excuse a student-athlete from academic study tables.
 - b) The first time a student-athlete fails to attend study tables, they will be issued a warning.
 - c) The second unexcused absence will result in being denied participation in a scheduled practice.
 - d) The third unexcused absence will result in being denied participation in one-half of the next scheduled contest.
 - e) A fourth unexcused absence will result in being denied participation for the entirety of the next scheduled contest.
 - f) Consequences for additional unexcused absences shall be determined by the Principal/Assistant Principal and Athletic Director.

B. Miscellaneous

- 1) A high school student athlete must not have attained the age of 19 before August 1, and a middle school athlete must not have attained the age of 15 before August 1, to be eligible for the current school year.
- 2) A member of a school team may not participate in a contest as a member of a non-interscholastic team, or as an individual, in the same sport during the school's varsity season.
- 3) Dual participation in the same sports season for OHSAA sanctioned sports is not allowed at Celina City Schools.
- 4) If a student is denied participation in a sport for disciplinary reasons, he/she is ineligible to participate in any other sport during that same season.
- 5) Insurance: Celina City School District does not carry medical insurance for students involved in extra curricular activities. The student's parent/guardian bears the sole responsibility to pay for medical care, which may result from the student's participation in athletics.
- 6) Due process guidelines for extracurricular and co-curricular activities as set forth in the student handbook are applicable to students who are facing ineligibility under this policy.

Schedule Conflicts

Many students have multiple talents and interests they wish to develop or pursue through participation in District-sponsored activities and groups. Since the District's policy is to encourage such participation, the following guidelines have been established for dealing with potential schedule conflicts a student could experience when participating in more than one (1) activity.

A. Each staff member in charge of a credit course, co-curricular, or extra-curricular activity is to prepare a schedule for any practices, performances, or other after-school obligations involved in participation.

B. By the first day of an activity, students are to be made aware of the schedule of any practices and performances as well as other obligations. Each staff-member-in-charge is to determine which, if any, students will have conflicts with other activities in which they wish to participate.

C. If such conflicts exist, the staff-members-in-charge of the activities in conflict are to meet for the purpose of resolving the conflict. The emphasis should be on modifying the requirements so the student can participate in both activities.

D. If it is not possible to resolve the conflict without seriously undermining the integrity of the activity program, the following procedure is to be followed:

1. If one of the activities provides the student with credit and the other one doesn't, the student and his/her parents are to be made aware of the possible consequences of not enrolling in each activity and of not meeting the obligations for participation.
2. If both activities are credit activities, the student is to be advised to contact the principal or his/her counselor to work out a solution that does not penalize the student.
3. If one of the activities is an after-school, off-shoot of a credit activity but is not, itself, a credit activity, e.g., jazz band from concert band, the requirements for the credit activity may not be imposed as a condition for participating in the noncredit, after-school activity.

E. When the activity or program begins, the students are to be informed of the following:

1. If a student encounters a previously-unforeseen conflict during the semester or season, s/he should inform both staff members in charge as soon as possible in order to increase the likelihood that an accommodation can be worked out.
2. If, during the year, an ad-hoc situation develops which creates a conflict in schedule for a student, s/he should discuss the conflict with principal/counselor who, in turn, will work with the staff members in charge to try to reach an accommodation that is most advantageous to the student and least disadvantageous for the activities involved.
3. If a student is experiencing difficulty in deciding between activities, s/he should make contact with the principal/counselor to discuss the alternatives rather than discuss it with the staff members in charge.
4. Under no circumstances is the student to be intimidated while making a decision by threats of penalties or future consequences.

Parent/Coach Relationship

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

Communication you should expect from your child's coach.

- 1) Philosophy of the coach.
- 2) Expectations the coach has for your child as well as the rest of the team, etc.
- 3) Locations and times of all practices and contests.
- 4) Team requirements, i.e. fees, special equipment, off-season conditioning, etc.
- 5) Procedure should your child be injured during participation.
- 6) Discipline that results in the denial of participation.

Communication coaches expect from parents.

- 1) Concerns expressed directly to the coach.
- 2) Notification of any schedule conflicts well in advance.
- 3) Specific concern in regards to a coach's philosophy and/or expectations.

As your children become involved in the athletic programs at Celina City Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach may be appropriate.

Appropriate concerns to discuss with coaches.

- 1) The treatment of your child, mentally and physically.
- 2) Ways to help your child improve.
- 3) Concerns about your child's behavior.
- 4) How they are performing.

Issues not appropriate to discuss with coaches.

- 1) Playing time.
- 2) Team strategy.
- 3) Play calling.
- 4) Other student-athletes.

If you have a concern to discuss with a coach, you should:

- 1) Call to set up an appointment.
- 2) The Celina High School telephone number is 419-586-8300.
- 3) If the coach cannot be reached, call the Athletic Director at ext. 1504. He will set up the meeting for you.
- 4) Please DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- 1) Call and make an appointment with the Athletic Director to discuss the situation.
- 2) At this meeting the appropriate next step, if there is one, can be determined.

Since research indicates that a student involved in co-curricular activities has a greater chance for success in life, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this bulletin makes both your child's and your experience with the Celina Athletic Program less stressful and more enjoyable.

SPORTSMANSHIP EXPECTATIONS FOR SPECTATORS

EACH SPECTATOR is expected to:

- A. Remember that s/he is at a contest to support and yell for the team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- B. Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student—athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- C. Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- D. Learn the rules of the game, so that s/he may understand and appreciate why certain situations take place.
- E. Show respect for the opposing players, coaches, spectators, and support groups. Treat them as one would treat a guest in his/her own home.
- F. Refrain from taunting or making any kind of derogatory remarks to the opponents during the game, especially comments of ethnic, racial, or sexual nature.
- G. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- H. Recognize and show appreciation for an outstanding play by either team.
- I. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e. tailgating).
- J. Use only those cheers that support and uplift the teams involved.
- K. Recognize and compliment the efforts of school and league administrators in emphasizing the benefits of educational athletics and the role of good sportsmanship to that end.
- L. Be a positive behavior role model through his/her own actions and by censuring those close by whose behavior is unbecoming.

Any form of unacceptable behavior by any student is subject to discipline which may include removal from the event, suspension of participation in all athletic events for a season or school year, suspension from school, and/or referral to the police. Unacceptable behavior by non-student spectators may result in removal from the event, denial of admission to school athletic events for a season or school year, or referral to local authorities.

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can’t recall events before or after hit or fall.*

Symptoms Reported by Athlete

- ◆ *Any headache or “pressure” in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not “feel right.”*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

Resources

ODH Violence and Injury Prevention Program
<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention
<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>



Dear Parent/Guardian,

Celina High School is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

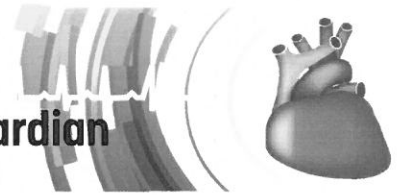
If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to a local doctor or, to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Celina High School administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me at 419-953-4034.

Sincerely,

Makayla Buehler
Athletic Trainer
Celina High School

Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
 - Chest pain/discomfort
 - Unexplained fainting/near fainting or dizziness
 - Unexplained tiredness, shortness of breath or difficulty breathing
 - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
 - ❖ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ❖ Link 2: Early CPR
 - Begin CPR immediately
 - ❖ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ❖ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

CELINA CITY SCHOOLS

Parents' Consent Form

We have read the Required Athletic Forms for athletes in grades 9-12 and have had the opportunity to review its contents with school administrators if we wished to do so. We understand the information contained within these bulletins and realize that we will be expected to fulfill our responsibilities in compliance with the rules set forth. We also authorize the release of information from the Mercer County Juvenile Court to the school principal during the time period these training rules are in effect.

Student Grade _____

Print Student Name _____

Student Signature _____

Parent/Guardian Signature _____

Parent/Guardian Signature _____

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

I have read the Ohio Department of Health's Concussion Information Sheet and understand that I have a responsibility to report my/my child's symptoms to coaches, administrators and healthcare provider.

I also understand that I/my child must have no symptoms before return to play can occur.

Athlete

Date

Athlete *Please Print Name*

Parent/Guardian

Date



WARNING OF POTENTIAL INJURY

Celina City Schools Athletics

Your involvement in interscholastic athletics at Celina City Schools is appreciated and we hope your experiences are pleasant and rewarding. Over 4 million students participate in interscholastic activities across the nation and while there are numerous benefits from this participation, you are assuming certain risks. In fact, it is nearly 100% certain that all who participate will experience some type of injury during the course of their athletic career. Although many of these injuries are short term, many of these injuries may be long term and could result in permanent disability. The risks are greater in contact activities where chances of injury to the head, neck, and spinal cord are greatest. As a result, rules and regulations are designed to protect all participants. Examples of these rules are:

1. Participants must wear the proper equipment.
2. Participants must be properly conditioned.
3. Proper sports techniques must be utilized.
4. Participants must exercise good judgment at all times.

With these thoughts in mind, we urge parents/guardians and students to think about the risks involved before participating in our interscholastic athletic program. In this regard, **please read and sign the form below. This form must be completed in its entirety before an athlete can practice or participate in an interscholastic activity.**

Acknowledgement of Warning By Student

I, _____, hereby acknowledge that I have been properly advised, cautioned, and warned by the proper administrative and coaching personnel of the Celina City Schools that by participating in athletics, I am exposing myself to the risk of serious injury, including but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in athletics. I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in athletics.

Acknowledgement of Warning By Parent/Guardian

We/I, the parents/guardians of _____, do hereby acknowledge that we/I have been fully advised, cautioned and warned by the proper administration and coaching personnel of the Celina City Schools that our/my child named above may suffer serious injury, including but not limited to sprains, fractures, brain damage, paralysis or even death by participating in athletics. Notwithstanding such warnings, and with full knowledge and understanding of the injury to our/my child named above which may result, we/I give our consent to our/my child to participate in athletics at Celina City Schools.

(Student Signature)

(Date Signed)

(Parent/Guardian Signature)

(Parent/Guardian Signature)

INSURANCE WAIVER FORM

Celina City Schools Athletics

Student Name: _____

Student Grade: _____

Parent/Guardian Names: _____

Insurance Company Name: _____

Policy Number: _____

Insurance Company Address: _____

Insurance Company Phone: _____

**Please
Check
One:**

_____ We, the undersigned, have adequate insurance to cover any injury in interscholastic games, practices and physical fitness for the above named student. We understand the financial responsibilities and waive all financial responsibility of the school for any accident or injury.

_____ We, the undersigned, do not carry adequate insurance to cover any injury in interscholastic games, practices and physical fitness but understand the financial responsibilities and waive all financial responsibility of the school for any incident or injury.

(Parent/Guardian Signature)

(Parent/Guardian Signature)

(Date Signed)

**All students participating in interscholastic sports must have the above waiver filled in and signed.
No student will be permitted to participate until this form is completed.**

EMERGENCY MEDICAL AUTHORIZATION

School: _____ Student Name: _____

Address: _____

Telephone: _____

Purpose - To enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured while under school authority, when parents or guardians cannot be reached.

Residential Parent or Guardian

Mother's Name: _____ Daytime Phone: _____

Father's Name: _____ Daytime Phone: _____

Other's Name: _____ Daytime Phone: _____

Name of Relative or Childcare Provider: _____ Relationship to Child: _____

Address: _____ Phone: _____

PART I OR II MUST BE COMPLETED

PART I – TO GRANT CONSENT

I hereby give consent for the following medical care providers and local hospital to be called:

Doctor: _____ Phone: _____

Dentist: _____ Phone: _____

Medical Specialist: _____ Phone: _____

Local Hospital: _____ Emergency Room Phone: _____

In the event reasonable attempts to contact me have been unsuccessful, I hereby give my consent for (1) the administration of any treatment deemed necessary by above-named doctor, or, in the event the designated preferred practitioner is not available, by another licensed physician or dentist; and (2) the transfer of the child to any hospital reasonably accessible.

This authorization does not cover major surgery unless the medical opinions of two (2) other licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery.

Facts concerning the child's medical history including allergies, medications being taken, and any physical impairments to which a physician should be alerted:

Date: _____ Signature of Parent/Guardian: _____

Address: _____

PART II – REFUSAL TO CONSENT

I do NOT give my consent for emergency medical treatment of my child. In the event of illness or injury requiring emergency treatment, I wish the school authorities to take the following action:

Date: _____ Signature of Parent/Guardian: _____

Address: _____

R.C. 3313.72

Supplemental Information (optional):

Student's Birthdate: _____ Grade: _____

Teacher/Homeroom: _____

Date of Last Tetanus: _____

Student resides with (circle all that apply) Mother Father Stepparent Guardian Other: _____

Additional Contact Information for those who have authority to make decisions in an emergency situation involving this student.

Mother: _____ Home#: _____ Work#: _____ Mobile#: _____

Father: _____ Home#: _____ Work#: _____ Mobile#: _____

Stepparent: _____ Home#: _____ Work#: _____ Mobile#: _____

Guardian: _____ Home#: _____ Work#: _____ Mobile#: _____

Alternate: _____ Home#: _____ Work#: _____ Mobile#: _____
(relative child car provider)



Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I **AGREE** to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete _____

Sport _____

Signature of Athlete

Date

Signature of Parent

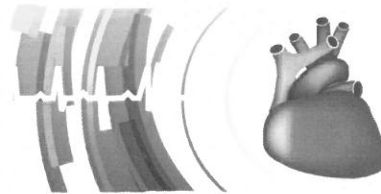
Date

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I wish for my athlete to **NOT PARTICIPATE** in the ImPACT Concussion Management Program.

Signature of Parent

Date

Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

Parent/Guardian Signature

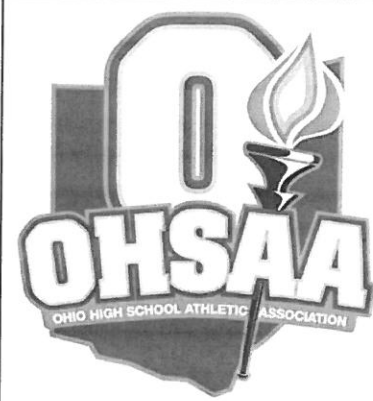
Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date



2018-19 Edition

Eligibility Guide For Participation In High School Athletics

Published by the Ohio High School Athletic Association (revised 5/1/18)

Ohio High School Athletic Association Overview

Participating in your school's interscholastic athletics program will provide some of your most memorable and enjoyable moments ever. Since your school is a member of the Ohio High School Athletic Association, there are standards that must be met in order to be eligible to compete.

The essential eligibility requirements in this publication are **only a summary** of some of the regulations affecting student eligibility. OHSAA eligibility requirements are published in the *OHSAA Handbook*, which can be found in the offices of your principal, your athletic administrator and on the OHSAA website (www.ohsaa.org). Your school district also has the authority to establish additional eligibility standards, including academic and codes of student or athletic conduct.

Any questions you have concerning the OHSAA standards or your athletic eligibility should be reviewed with your school principal or athletic administrator. **You should also meet with these administrators EVERY TIME before you change your course schedule or drop a course.** If you are a transfer student, you must ensure that you and your school administrators have submitted all forms, if applicable, to the OHSAA Office in Columbus.

The bylaws and regulations, including the eligibility standards, of the OHSAA are annually adopted by each member school as a required condition of membership within the Association. You are urged, as a student-athlete, to review these standards carefully since you are responsible for compliance with these standards.

Best wishes as you learn the valuable lessons that come with your participation in interscholastic athletics!

Student-athletes and parents have the opportunity to ask school administrators questions on OHSAA and school eligibility requirements, the school's Athletic Code of Conduct policy and other issues during preseason meetings that the OHSAA requires schools to hold no later than two weeks after the beginning of each sports season. Meetings should include showing a presentation prepared by the OHSAA that reviews key student eligibility issues, healthy lifestyles, sporting behavior, concussion management and sudden cardiac arrest.

OHSAA Regulations On Scholarship

In order to be eligible for the first grading period upon entrance into grade 9, you must have received passing grades in a minimum of five (5) of the classes for which you received grades in the immediately preceding grading period.

In order to maintain eligibility for grades 9-12, you must have received passing grades in a minimum of five (5) one credit courses, or the equivalent, in the immediately preceding grading period. In addition:

- Summer school, College Credit Plus and other educational options (e.g. work permitted after the conclusion of the grading period) may not be used to bring a student into compliance with scholarship bylaws, nor can they be used to compensate for lack of courses taken in the preceding grading period.
- Your semester or yearly grades have no effect on OHSAA eligibility (although they could, depending upon your school's official grading periods). OHSAA eligibility is dependent upon grades received in the immediately preceding grading period.
- Those taking postsecondary school courses, including College Credit Plus, must comply with OHSAA scholarship regulations.
- The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the immediately preceding grading period become effective. **Note:** Check with your principal or athletic administrator for the exact date that eligibility will be determined.

OHSAA Regulations On Semesters

After establishing ninth-grade eligibility, you are permitted only eight (8) semesters of athletic eligibility.

- The semesters are taken in order of attendance once ninth-grade eligibility has been established.
- Semesters are counted toward eligibility whether you participate in interscholastic athletics or not.
- There are exceptions to this regulation, so please arrange a meeting with your principal or athletic administrator to review these exceptions.

OHSAA Regulations On

Age

When a high school student (grades 9-12) turns 20 years of age, he/she becomes ineligible for interscholastic athletics.

- There is an exception to this bylaw, so please arrange a meeting with your principal or athletic administrator to review this exception within Bylaw 4-2-1.

OHSAA Regulations On

Residence

If your parent(s) or legal guardian live outside of Ohio, you are ineligible unless one of the exceptions to the residence bylaw is met. These exceptions to the out-of-state residency bylaws are found within Bylaw 4-6.

OHSAA Regulations On

Non-Enrolled Students

Legislation permits non-enrolled students (home educated, non-public, community school, STEM students) to have participation opportunities at the public high school that the student would be entitled to attend under the tuition statute, i.e., the school located in the parents' residential district or attendance zone for multiple high school districts. There is an additional option for home-educated and non-public school students. If you are participating via this legislation, note that the language says you shall be given the "same opportunities" to participate – not greater opportunities – and that you must meet the same eligibility requirements as other students. In addition, once you establish eligibility at a high school, a transfer to a different high school means you may lose eligibility for interscholastic athletics for a period of time at your new school.

For more information on participation opportunities for non-enrolled students, go to the Eligibility section of the OHSAA website (www.ohsaa.org).

OHSAA Regulations On

Transfers

Once your eligibility is established at a high school, a transfer to a different high school may mean you will lose eligibility for interscholastic athletics for a period of time at your new school. For the specifics on the period of ineligibility, visit www.ohsaa.org.

- If you are new to this school as a transfer student, all required paperwork must be submitted to the OHSAA by your school administrator, and, depending on your situation, the state office may have to grant approval for eligibility. Immediate eligibility insofar as transfer is concerned will be granted only if one of the exceptions to the OHSAA transfer regulation has been met or if you have not participated in the sport within 12 months immediately preceding your transfer.
- To determine if you qualify for an exception or you have other questions on these regulations, arrange a meeting with your principal or athletic administrator. If questions remain, ask them to contact the OHSAA.

OHSAA Regulations On

Awards

You may receive awards valued at \$400 or less from any source as a result from participation in any sport in which you are an interscholastic athlete. You may never accept cash awards, however.

OHSAA Regulations On

Amateurism

You will lose your amateur status in a sport and forfeit your eligibility if you:

- Compete for money or other compensation.
- Capitalize on your athletic fame by receiving money, merchandise or services.
- Sign a contract or make a commitment to play professional athletics.
- Receive services, merchandise or any form of financial assistance from a professional sports organization.
- Compete with a professional athletics team even if no pay is received.
- Enter into an agreement with a sports or marketing agent.

Expenses for travel, meals and lodging may be accepted provided they are available to all participants and they are not contingent upon your team's and/or your finish. A form is available at www.ohsaa.org to maintain amateur status and must be submitted to the OHSAA.

OHSAA Regulations On

Recruiting

You may be declared ineligible if you are recruited by a person or group of persons to transfer to or enroll in a high school for athletic purposes. This may include your transferring to a school at which one of your former school coaches has been hired. In addition, any attempt by you to recruit a prospective student-athlete for athletic purposes is also prohibited. A violation may also affect the eligibility of the school team.

OHSAA Regulations On

Open Gyms/Facilities

School officials may designate open gyms/facilities, the sport to be played, the grade levels involved and may also limit participants to those from your school. You may participate in open gyms/facilities, but remember:

- No one from the respective school may be excluded from participating;
- No one shall be required to attend;
- No school officials may invite selected students or determine the teams;
- No school officials may transport students to or from either school or non-school facilities;
- No timing or written scoring may be kept, and
- No coaching or instruction may be provided.

The OHSAA may impose penalties against you, your school and/or your coach for violating these regulations.

OHSAA Regulations On False Information

If you compete under a name other than your own or provide false information in an attempt to establish athletic eligibility, you may immediately become ineligible.

OHSAA Regulations On Instruction

There are restrictions on the instruction you can receive from school coaches outside of your season. Some of these regulations are also different for team sports vs. individual sports. Before receiving instruction outside the season from your school coaches, visit www.ohsaa.org, go to the General Sports Regulations and review the section on Individual Skill Instruction to ensure all regulations are being followed. Some other key notes on these regulations:

- Besides during the season of your sport, school coaches may also provide team instruction for a maximum of 10 days between June 1 and July 31. This would include such activities as volleyball, field hockey, soccer, basketball, ice hockey, lacrosse, baseball or softball teams competing in tournaments or 'shootouts;' football teams participating in 7-on-7's, or coaches conducting or taking teams to instructional camps.
- Between August 1 and May 31 and outside defined "no contact periods," school coaches may also provide individual instruction outside the season of play. There are restrictions for team sports and some individual sports, so review the OHSAA's Individual Skill Instruction regulations to ensure all standards are being followed.
- Individual skill instruction from non-school coaches may be received in any sport by a squad member at any time in individual or group lessons *provided* that this instruction does not violate any Board of Education, school administrators' or coaches' policies.
- It is a violation if a coach suggests your participation in instructional programs outside the school season is mandatory.

OHSAA Regulations On Non-School Teams

If you compete on a non-school team or in non-school competition as an individual in the same sport during your school team's season (example: non-school soccer during the school's soccer season), you may lose eligibility. There are also certain restrictions regarding tryouts, practices and competitions with non-school teams before, during and after your school season. Before participating with a non-school team, visit www.ohsaa.org, go to the General Sports Regulations and review the sections on Non-School Programs/Teams to ensure all regulations are being followed. Some other key notes on these regulations:

- A member of an interscholastic squad in a team sport (baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball) may not partici-

pate in an athletic contest, tryouts or any type of team or group training or practices on or with a non-school squad in the same sport during the school's interscholastic season once you become a member of the school team.

This would include college teams and/or college tryouts.

- In the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field and wrestling, however, you may practice and try out for a non-school team but **may not compete in a contest during your school season.**
- A member of an interscholastic squad in a team sport (baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball and volleyball) may try out, practice and compete on non-school teams before and after the school season from August 1 to May 31 (there are exceptions for baseball and softball) provided:

The OHSAA's '50 percent limitation' regulation is maintained, meaning the number of students from the same school team on the roster of the non-school team is limited to five (5) students in the sports of soccer, field hockey, ice hockey and lacrosse; four (4) students in the sports of baseball and softball; three (3) students in the sport of volleyball, and two (2) students in the sport of basketball. ***School football team members are prohibited from competing on non-school teams except from June 1 to July 31. All football activities during the June 1 to July 31 period must be non-contact and the only football equipment permitted are helmets and cleats.***

Note: Seniors are exempt from these limitations after the conclusion of their sport season.

- There is no limit on the number of students from the same school team that may participate on the same non-school team from June 1 to July 31.
- Check the OHSAA Sport-by-Sport Regulations (available at www.ohsaa.org) for the date you must cease participation on non-school teams in order to be eligible for OHSAA tournament competition along with penalties for non-compliance with this date.

OHSAA Regulations/Guidance On Alcohol, Tobacco, Drugs and Steroids

The OHSAA does not permit the use of any form of alcohol, tobacco or illegal drugs at the site of any interscholastic contests. Besides the health risks involved, use of any of these items will result in you being disqualified from contests and likely facing additional school and legal penalties. There are additional issues related to illicit drugs, such as anabolic steroids and some prescription drugs used with the goal of aiding performance. If you use anabolic steroids or other performance-enhancing drugs of which the OHSAA is aware, you are ineligible for interscholastic competition until medical evidence indicates that your system is free of these drugs.

Another prominent issue is the use of supplements. The increased availability of these items allows student-athletes access to a wide variety of products aggressively marketed in fitness and strength training magazines and websites. Often their marketing campaigns include promises, endorsed by faulty research claims, of extraordinary weight loss, explosive power or tremendous strength gains. It is important for coaches, athletic administrators and parents to educate themselves about what substances student-athletes may be using and about the potential risks involved with uneducated supplement use.

The OHSAA website, www.ohsaa.org, offers a wealth of information for parents, coaches and students about these topics and other healthy lifestyles/sports medicine issues.

OHSAA Regulations On Preparticipation Evaluations and Consent Forms

Before the student's first practice (or prior to the student's first participation should he/she join the team after the season has started), each student must have had a physical examination within the past year and an examination form signed by a medical examiner must be on file at your school. Ask your athletic administrator or licensed athletic trainer about the electronic preparticipation evaluation, the PrivIT Profile, that the OHSAA has launched.

- Physical examinations are valid for participation for 13 months from the date of the exam except for those that take place from May 1-June 1. Those exams are valid for one year plus through the end of the next school year's spring sports season.

In addition, no student will be eligible unless that student and his or her parents have signed the OHSAA Authorization Form, the OHSAA Eligibility & Authorization Statement, the Concussion Form and the Sudden Cardiac Arrest Form, all of which must be on file at your school.

OHSAA Regulations and Expectations On Concussion and Sudden Cardiac Arrest Management

It is everyone's responsibility to take the necessary precautions to reduce the likelihood of brain injuries and sudden cardiac arrest.

In Ohio, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion, such as loss of consciousness, headache, dizziness, confusion or balance problems, shall be immediately removed from the contest or practice and shall not return to play that same day. Thereafter, the student shall not return to practice or competition until cleared with written authorization from a physician or health care provider approved by the local board in accordance with state law.

Sudden Cardiac Arrest (SCA) is the most common

cause of death among student-athletes, and dizziness, loss of breath and a racing heart are often symptoms that are overlooked. In many cases, recognizing the signs of cardiac trouble means student-athletes can continue their athletic participation.

Each school is required to review both its concussion and sudden cardiac arrest management protocols with students and their parents; each student and his or her parent(s) must review and sign both the Ohio Department of Health's "Concussion Information Sheet" and a "Sudden Cardiac Arrest Information Sheet" prior to participation, and parents and students are highly encouraged to review short video presentations on both concussions and sudden cardiac arrest. Check with your school administrators on where to find these videos.

OHSAA Regulations and Expectations On Sporting Behavior

The OHSAA's vision for positive sporting behavior is built on expectations. It calls on the school community — administrators, teachers, coaches, students, parents and fans — to strive for positive sporting behavior in everything they do by teaching the values of ethics, integrity, equity, fairness and respect.

As a student-athlete, you are expected to accept the responsibility and privilege of representing your school and community while participating in school sports. You are expected to:

- Treat opponents, coaches and officials with respect, and
- Ensure your actions do not incite fans or other participants or attempt to embarrass, ridicule or demean others.

The OHSAA has established a policy for students ejected for unsporting behavior or flagrant fouls. If you are ejected:

- You will be ineligible for all contests for the remainder of that day, and
- You will be ineligible for all contests at all levels in that sport until two regular season/tournament contests are played at the same level as the ejection (one contest in football).

If you are ejected a second time in a season, you are subject to additional, more stringent penalties, including a maximum penalty of suspension from play for the remainder of the season in that sport.

As a participant in school sports, you are expected to act with dignity, speak with courtesy and play with pride. In short, Respect The Game!

Note: The complete OHSAA ejection policy for unsporting behavior can be found in the *OHSAA Handbook* and is posted at www.ohsaa.org.

Interscholastic Athletics Why We Play The Games

For many of you, playing on your school teams may be the last time you will participate in competitive athletics. As a participant, you should work hard, have fun and strive to be the best. But just as important, you should also strive to be the best students, teammates and members of your community in preparation for the next phase of your life as a responsible adult and productive citizen.

The purpose of interscholastic athletics is to enrich your middle school and high school experiences; promote citizenship and sportsmanship; instill a sense of pride in community; teach lifelong lessons of teamwork and self-discipline, and help you grow physically and emotionally. In short, interscholastic athletic programs are educational in nature and therefore complement a student's school experience.

Other sporting organizations promote free player movement, are primarily designed to promote athletic development of the individual, and provide a showcase for the athletic talents of those individuals. However, these organizations do not share the primary educational purposes of OHSAA member schools and therefore cannot provide the unique type of competition created by the OHSAA through our member schools.

Statistics show that students who participate in interscholastic athletics programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than the general student population. Statistics also show that only one percent of all high school participants will earn a Division I college athletic scholarship and approximately five percent will play collegiately in any division. Unlike major colleges and professional sports teams, interscholastic athletic programs do not exist to entertain spectators.

As your parents can attest, middle school and high school go by in a blur, but your memories of participating in school sports will stay with you for a lifetime. The OHSAA wants to make sure your time as an interscholastic athlete is meaningful and memorable.

The privilege of participating in educational athletics is one of the most exciting experiences of your life. You must earn the privilege to participate. Please maintain the proper perspective in this journey and remember why we play the games.

A Look At The Ohio High School Athletic Association

Participating in your school's interscholastic athletics program is not only a privilege, but also provides memorable experiences. The role of the OHSAA is to:

- Help ensure students are provided a positive environment for athletic participation;
- Ensure all rules, regulations and decisions are fair and equitable for all schools and participants;
- Ensure athletes play under safe conditions, and
- Ensure school sports programs remain a vital part of your educational experience.

Like the other 820 public and non-public high schools and approximately 800 7th and 8th grade schools, your school has volunteered to become a member of the OHSAA. Ohio is one of the top ranked states in the country in regards to participation with over 350,000 high school students competing in 26 sanctioned sports.

The OHSAA Executive Director and his staff are based in Columbus and their primary responsibilities are to:

- Interpret the rules and regulations for member schools;
- Conduct tournaments for high schools including sectionals, districts, regionals and state tournaments, and
- Serve as educators for officials, coaches, administrators and student-athletes and their parents.

To continue as a member of the OHSAA, each school's governing boards annually affirm that their schools will follow the OHSAA bylaws and regulations approved by the membership. Any changes to the bylaws must be approved by a majority vote of member school principals. The OHSAA Board of Directors has the authority to change general sports regulation, sport-by-sport regulations and tournament regulations based on recommendations from the Executive Director's staff.

The OHSAA does not charge schools any membership fees or tournament entry fees. Schools are provided rule-books, educational materials and other printed items along with catastrophe insurance coverage for all participants at a cost of approximately \$600,000 annually. Additionally, schools are reimbursed for many of their tournament expenses and in some sports have the opportunity to keep a portion of receipts from the sale of tournament tickets.

Other key programs and initiatives of the OHSAA include:

- Providing annual scholarships totaling over \$100,000 to students who excel in athletics and academics;
- Licensing, registering and training nearly 17,000 contest officials, and
- Ensuring coaches are certified to work with student-athletes through an on-going coach education program.

Ohio High School Athletic Association

Eligibility Checklist

For High School Students Enrolled and/or Participating at an OHSAA Member School (Updated 5/1/18)

Before you play, you must be eligible. Please review the following checklist with your parents. Unchecked boxes may mean you are NOT eligible. For questions, see your principal or athletic administrator.

- I am officially enrolled in an OHSAA member high school or participating in accordance with state law.
- I am enrolled in at least five one credit courses or the equivalent, each of which counts toward graduation.
- I received passing grades in at least five one credit courses or the equivalent, each of which count toward graduation, during the immediately preceding grading period.
- I have a biological and/or adoptive parent who lives in Ohio.
- I have not changed schools without a corresponding move by my parents or legal guardian or by qualifying for one of the exceptions to the OHSAA transfer regulation.
- If I have changed schools (transferred), I have followed up with my new school to ensure that all proper forms (if applicable) have been submitted to the OHSAA Office.
- I understand I am permitted only eight semesters of eligibility taken in order of attendance, whether I play or not, once I have become eligible for athletics at grade 9.
- I understand I will become ineligible once I turn 20 years old.
- I have not received an award, equipment or prize in a sport in which I compete interscholastically valued at greater than \$400 per item per source.
- I am competing under my true name and have provided my school with my correct home address.
- I have not competed in a **mandatory** open gym/facility, conditioning or instructional program outside the school season.
- I have not been coached or provided instruction **by a school coach** in a team sport in which I participate other than during my sport season, during an instructional period approved by the OHSAA or for no more than 10 days between June 1 and July 31.
- I am not competing on a non-school team or in non-school competition as an individual **during my school team's season** in the same sport.
- I have not been recruited for athletic purposes to attend this school.
- I am not using anabolic steroids or other performance-enhancing drugs.
- I have had a physical examination within the past year and it is on file at my school.
- My parents and I attended a preseason meeting at my school which the OHSAA requires to be held no later than two weeks after the beginning of each sports season. We viewed a presentation prepared by the OHSAA to review key eligibility issues, healthy lifestyles and sporting behavior.
- My school also reviewed with my parents and me its concussion management protocol, we reviewed and signed the Ohio Department of Health's "Concussion Information Sheet" prior to participation and we reviewed a short presentation on concussions available at no cost at www.nfhslearn.com.
- My school also reviewed with my parents and me the Sudden Cardiac Arrest video, and we reviewed and have signed the Ohio Department of Health's "Sudden Cardiac Arrest Information Sheet" prior to participation and we reviewed a short presentation on Sudden Cardiac Arrest.
- My parents and I have signed the OHSAA Authorization Form and the OHSAA Eligibility and Authorization Statement, and they are on file at my school.

Student Printed Name _____

Parent/Guardian Printed Name _____

Student Signature _____

Parent/Guardian Signature _____

Student Date _____

Parent/Guardian Date _____

NOTE: This form has been provided as a service to the OHSAA membership for schools to utilize with student-athletes and their parents/guardians. Use of this form is at the sole discretion of each member school.