



**WALLKILL CENTRAL  
SCHOOL DISTRICT**

**ATHLETIC HANDBOOK**

**INFORMATION PARENTS/ATHLETES MIGHT FIND BENEFICIAL:**

**Wallkill High School Athletic Director: Brian Masopust**

**Athletic Office Telephone Number: 895-7158**

**Athletic Office Fax Number: 895-9261**

**Wallkill Central School District Website:**

**<http://www.wallkillcsd.k12.ny.us>**

**The website contains all the athletic schedules under the Panther Sports bookmark. There is also a bookmark for directions to all the schools where Wallkill might play (Section IX Directions).**

**New York State Public High School Athletic Association Website:**

**[www.nysphsaa.org](http://www.nysphsaa.org)**

**This site provides information on state athletic programs including which teams received the Scholar/Athlete award each season.**

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# ATHLETIC HANDBOOK

## 1. INTRODUCTION

The athletic program at the Wallkill Central School District is founded on the principle that the playing field is indeed an extension of the classroom and the athletic experience contributes to the growth of mind and body. The cornerstones of Panther Pride were laid generations ago by some of the community's most respected student-athletes, many of whom continue to be involved in the athletic program as supportive parents/guardians, coaches and volunteers. While the names change from year to year, the principles they embodied remain the same – dedication and desire, cooperation and compassion, and the importance of working collectively toward a common goal. These are just some of the ideas that echo across the Wallkill playing fields and gymnasiums.

Our coaches care about the student-athletes and are very dedicated and committed. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our coaches serve as excellent, positive role models for student-athletes and we are proud of them and their achievements.

The establishment of this Athletic Handbook is a reflection of the school district's concern for the safety, well-being, and conduct of its student-athletes. The rules and regulations that are contained in this athletic handbook are in the student-athlete's best interests.

The creation of such rules necessarily carries the responsibility for enforcement. Such enforcement requires cooperation between the school and the home. Together we can work toward our mutual concerns of reducing the risks and possible penalties that could occur if the provisions of this handbook are not followed.

The Athletic Handbook must be read in conjunction with federal and state laws and with District, NYSPHSAA, Section IX, Mid-Hudson Athletic League (MHAL), Orange County Interscholastic Athletic Association (OCIAA) policies, rules and regulations.

## **2. PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS**

Participation in interscholastic athletics is an elective activity and therefore a privilege, not a right. Athletics should be a broadening experience in which harmony of mind and body functions is created through striving for physical and mental excellence. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possess a unique opportunity to teach positive life skills and values. Desire, dedication, self-discipline and responsibility need to be developed in order to ensure the commitment and personal sacrifice required by student-athletes. Making such a commitment helps nurture integrity, pride, leadership, loyalty, and overall character. The final outcome is carrying these values throughout their life.

It is the very nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a team's success. Guiding the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student-athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

## **3. CODE OF ETHICS**

**It is the duty of all concerned with school athletics:**

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To stress the values derived from playing the game fairly.
- To show respect to visiting teams and officials.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game.
- To encourage leadership and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote physical, mental, moral, social and emotional well-being of the individual players. **REMEMBER THAT AN ATHLETIC CONTEST IS ONLY A GAME.**
- To be a positive example for our school, teammates, opponents and our community.

#### 4. CONDUCT OF A STUDENT-ATHLETE

**THE CONDUCT OF** a student-athlete is closely observed in many areas of life; on the field, in the classroom and in the community. Take pride in yourself, your team and your school. You should always project a positive image. Winning or losing is not as important as your reaction to winning or losing. Your reaction is what people will remember – not the score. You should be modest in victory and steadfast in defeat.

**ON THE FIELD** – In the area of athletic competition a Wallkill student-athlete does not use profanity or illegal tactics, and learns fast that losing is a part of the game. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

The school is interested in each student-athlete as an individual, and the coaches will do all they can to help each achieve the highest level he or she is capable of achieving. However, each student-athlete must accept the responsibility that goes with being a member of a team. Our teams represent the Wallkill community. The following rules of conduct have been developed for all our modified, junior varsity, and varsity team members. The school realizes that in order for these rules to be adhered to, the student-athletes must believe in them and discipline themselves to abide by them. Parents/guardians are requested to do all they can to support the Code of Conduct and help their son or daughter live up to this code.

This Athletic Discipline Code will be administered by the Athletic Director and building principal. Parent/guardian notification will take place as soon as possible, and a conference will follow if requested.

##### A. TEAM STANDARDS

###### INFRACTION/REASON

1. Late for practice
2. Late for game
3. Absent from practice
4. Absent from game

###### PENALTY/POLICY

Coach's discretion. Subject to review by Athletic Director.

1<sup>st</sup> offense: Coach's discretion.  
2<sup>nd</sup> offense: Ineligible for that game.  
3<sup>rd</sup> offense: Permanent suspension.

Coach's discretion. Subject to review by Athletic Director.

Permanent suspension pending investigation of Athletic Director and coaches concerned.

5. Quitting a sport after start of that season  
Withdrawal from all athletics for that sport season unless written permission is given from the coach whose sport the student-athlete quit to participate in another sport within that same season. All awards are forfeited (see also "Suspension from a Sport").
6. Excused from physical education class  
A student-athlete who has been excused from physical education for medical reasons may not practice or participate in a contest on the day he/she is excused.  
A medical release from the physician issuing the excuse is required before reinstatement in practice sessions.
7. Absent or tardy on the day of the game/practice  
A student-athlete who is absent or tardy on the day of a game/practice will not be allowed to participate in that days athletic practice or game unless they have an excused note from a parent/guardian. If a pattern is detected it will be subject to the decision of the Athletic Director as to whether the student-athlete can participate.
8. Suspension from classes or detention  
If a student-athlete is suspended per disciplinary steps 2-6 of the Student Code of Conduct, he/she will not be allowed to practice or play during the suspension. He/she will not be able to play a minimum of one (1) contest either during the suspension period or immediately following said period.
9. Care of uniform and equipment  
Each team member shall assume full responsibility for the uniform and equipment issued to him/her. The student-athlete is financially responsible for any damaged or lost items.

## 10. Unauthorized equipment

Any student-athlete in possession of unauthorized athletic equipment from Wallkill or any other school may be suspended from the team for the remainder of that season. The item will be confiscated and judgment reserved pending an investigation by the coach and the Athletic Director.

## 11. Transportation

A player must travel to and from the game under the direct supervision of the coach/advisor.

It is the responsibility of the school to transport all participants to the event and back to the school.

The only exception to this policy is:

1. The parent/guardian completes at the beginning of each sport season a request form to transport the student-athlete home after each away contest.
2. If the request form is approved by the Athletic Director, the parent/guardian must sign out the student-athlete with the coach at the end of each contest.
3. In case of an emergency, when prior approval was not granted, the student-athlete may be released to a parent/guardian at the discretion of the coach.

A player who travels home from an away contest inconsistent with this policy will be suspended for one (1) game.



## 12. End of season

The season officially ends for each student-athlete upon the return to the coach, at a specified time, all equipment issued to him/her for that particular sport. Until the above requirement is met, the student-athlete is subject to all eligibility rules and regulations of that sport. Failure to comply with these requirements will result in the denial of all athletic awards and credit for participation. It will disqualify a student-athlete from participation in all sports until the end of season requirements are met.

### B. TRAINING RULES

#### 1. Alcohol & Drug Violations

Medical research clearly substantiates that the use of alcohol and illegal drugs produce harmful effects. You cannot compromise athletics with substance abuse. Student-athletes who experiment with such substances jeopardize team morale, team reputation and team success and do physical harm to themselves. Students have to decide if they want to be athletes. If they do wish to be an athlete, they must make the commitment in order to be a competitor. A big part of this decision means refraining from the use of alcohol, drugs and steroids.

Possession/Consumption (including being under the influence of) and/or distribution, other than prescribed by a physician for personal use, any controlled drug and/or intoxicant, at any time during that sports season whether during school, at a school activity, on school property, or at locations off school property is prohibited.

#### 1<sup>st</sup> Offense:

- Loss of leadership position – Team Captain.
- The student-athlete will be suspended from participation for a four (4) week period\*.
- The student-athlete must attend all games during the period of probation period as a non-participant.
- The student-athlete must practice independently to maintain standing – this schedule will be determined by the coach.

#### \*The Four Week Suspension Period Will be Reduced to Two (2) Weeks if:

- The student-athlete voluntarily attends one meeting with the school social worker during the first two (2) weeks of suspension (appropriate documentation required).

- The student-athlete writes a reflection essay that addresses the violation as well as the health consequences associated with alcohol/drug use during the first two (2) weeks of suspension.

*\*\*Student-athlete and parent/guardian will meet with Review Board for multiple violations (intoxication, possession, distribution, violation of School Code of Conduct and Athletic Handbook) to determine if additional sanctions are necessary\*\**

**2<sup>nd</sup> Offense:**

- The student-athlete will be removed from all athletic teams for 90 school days.

*\*\*Student-athlete and parent/guardian will meet with Review Board for multiple violations (intoxication, possession, distribution, violation of School Code of Conduct and Athletic Handbook) to determine if additional sanctions are necessary\*\**

**3<sup>rd</sup> Offense:**

- The student-athlete will be suspended from participation in all sports for at least one (1) year.

*\*\*Student-athlete and parent/guardian will meet with Review Board for multiple violations (intoxication, possession, distribution, violation of School Code of Conduct and Athletic Handbook) to determine if additional sanctions are necessary\*\**

*The review board shall consist of the Principal, Athletic Director, School Social Worker and two coaches.*

**2. Tobacco Use**

Possession or use of tobacco, electronic cigarettes, rolling papers, personal vaporizers, e-liquids and any electronic nicotine device or paraphernalia associated with these products, lighters, matches, etc., is prohibited.

**1<sup>st</sup> Offense:**

- Loss of leadership position – Team Captain.
- The student-athlete will be suspended from participation for a one (1) week period.

**2<sup>nd</sup> Offense:**

- The student-athlete will be suspended from participation for a two (2) week period.

**3<sup>rd</sup> Offense:**

- Review board will meet to decide if student-athlete is permitted to continue on athletic team.

*The review board shall consist of the Principal, Athletic Director, School Social Worker and two coaches.*

### 3. Hazing Policy

“Hazing” is not permitted under any circumstances. “Hazing” is defined as any act committed against someone who would like to join or become a member of, or maintain membership in, any organization (including an interscholastic athletic team or club) that is humiliating, intimidating or demeaning, or endangers the emotional, mental, or physical health and safety of the person. Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities. Hazing creates an environment/climate in which dignity and respect are absent.

If an act is determined as being a hazing incident, the following athletic consequences take effect:

#### 1<sup>st</sup> Offense:

- Suspension from team for one (1) week and mandatory two (2) game suspension. Meeting with Athletic Director, Principal, and student-athlete’s parents/guardians. (May be removed from team at discretion of Principal and Athletic Director).

#### 2<sup>nd</sup> Offense:

- The student-athlete will be suspended from participation in all sports for at least one (1) year.

**These offenses apply for any season and carry over from season to season. An offense will be determined by School Administration, DASA Coordinator and the Athletic Director.**

**Please also refer to Policies #7623, #7624 and #7625 for further information regarding Harassment, Discrimination and Dignity for All Students Act (DASA).**

### 4. Social Media

As an organization with a commitment to quality of education and the safety of our students, as well as the preservation of our outstanding reputation as a school, the standards for appropriate online communication are equally as high. It is important that student-athletes recognize the power of public media domains and the potentially negative image that they can portray about other student-athletes, coaches, the athletic program and the school district. While we respect the right of student-athletes to utilize the variety of social media options available (Facebook, Twitter, blogs, etc.), we ask that the following guidelines be met by our student-athletes at all times:

- Refrain from posting material, including pictures, that is threatening, harassing, illegal, obscene, defamatory, slanderous, promoting illegal activities or hostility towards any individual or entity (including opponents, competitors, coaches, etc.).

- Be aware that college recruiters or future employers are starting to access information placed online on social networking sites. The information you post is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.

Any inappropriate activity that is in violation of the above guidelines, including first time offenses, is subject to investigation by the school district as well as civil authorities and can be disciplined under the Code of Conduct.

#### **5. Infractions of Rules of Good Citizenship**

Student-athletes must represent their school on and off the field and maintain a high behavioral standard. To be a team member is a privilege; it makes you visible and your actions may be noticed more than other students. This visibility comes with accountability for your actions and not escaping accountability. Student-athletes may be suspended or dismissed for citizenship reasons, including but not limited to – disorderly conduct at athletic events or practice, profanity, tardiness, truancy, insubordination, fighting, and other conduct that violates the student code of conduct applicable to all students. Decisions regarding dismissal from a team or suspension from more than one contest will be made by the coach in collaboration with the Athletic Director. Notwithstanding, the Athletic Director/Building Principal reserves the right to dismiss a student-athlete from a team or suspend from more than one contest.

#### **6. Suspension from a Sport**

If a student-athlete who has been suspended from one (1) sport desires to participate in a sport in any subsequent season, he/she must arrange a meeting between the Athletic Director, the two (2) coaches involved and himself/herself. He/she must have proven that he/she is deserving of reinstatement back into the athletic program. This is also applicable for a student-athlete who quits a sport after the start of that season.

#### **7. Appeal Procedure**

The student-athlete and/or parent/guardian have the right to appeal penalties imposed under the Training Rules to the Building Principal and Athletic Director. Appeals must be made in writing within three (3) school days of assignment of a penalty for a Training Rules violation. A response to the appeal will be provided within three (3) school days after receipt of the letter by the Athletic Director/Building Principal. During the appeal period a student is not eligible to practice or compete.

*The Discipline Code is intended to be read and interpreted in a manner that is consistent with the District-Wide Code of Conduct (Policy No. 7400). To the extent any terms or provisions contained herein conflict with the District-Wide Code of Conduct, the District-Wide Code of Conduct shall govern.*

## **5. SPECTATOR GUIDELINES**

The Athletic Office promotes the belief that spectators will not be allowed to interfere with the enjoyment of the student-athletes' participation, other spectators, or with the performance of employees and officials supervising any athletic event. Spectators, just as the student-athlete participants, are expected to display mature behavior and sportsmanship. Failure of spectators to do so is disruptive and embarrassing to student-athletes, the athletic department, and the entire Wallkill community.

To protect the rights of student-athletes to participate without fear of interference and to allow officials and support staff to perform their duties without interference the following provisions shall be in effect:

- a) Abusive, verbal, or physical conduct of spectators directed at participants, officials, support staff, or other spectators involved in such activity will not be tolerated.
- b) Verbal or physical conduct of spectators that interferes with the performance of athletes, students, officials, or support staff involved in such activity will not be tolerated.
- c) The use of vulgar, obscene, or demeaning expressions at other spectators, athletes, students, officials or support staff participating in such activities will not be tolerated.

If a spectator at an athletic event becomes physically abusive, verbally abusive, uses vulgarity, obscene or demeaning language, or in any way impedes the performance of an activity, the spectator will be removed from the event by security personnel, school officials, or by the individual in charge of the event and may risk being banned from future contests as determined by the Athletic Director. Removal of a Wallkill student-athlete watching another competition may jeopardize that individual's standing with their own athletic team.

## **6. PARENT/GUARDIAN AND COACH COMMUNICATION**

Parents/Guardians of Wallkill student-athletes play a significant role in the growth of our student-athletes. As your children become involved in the Wallkill Interscholastic Athletic Program, they will experience some of the most rewarding moments in 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 is encouraged.

The first step should always be to encourage your son/daughter to communicate with their coach. There are situations that may require a conference between the coach and the parent/guardian. These are to be encouraged. It is important that both parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

**Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent/guardian and the coach. Meetings of this nature do not promote resolution.**

**Procedure to follow to discuss a concern with a coach:**

1. Call to set up an appointment with the head coach.
2. Wallkill High School Athletic Office: 895-7158

**The next step:**

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

1. Call and set up an appointment with the Athletic Director. The parent/guardian, coach, and the Athletic Director will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.

## **7. ATHLETIC ACADEMIC ELIGIBILITY**

**POLICY STATEMENT:** The Wallkill Central School District Board of Education, and all athletic coaches of the District (Middle School/High School), recognize the first priority of the student-athlete's education experience is academic excellence. All student-athletes must recognize that participation in interscholastic athletics for the Wallkill Central School District is an honor and privilege earned by maintaining academic and discipline standards. Failure to maintain the minimum standards listed below will result in the following actions:

1. In order to be eligible to participate in athletics, a student-athlete is required to be taking at least four (4) subjects, one of which must be physical education (per NYSPHSAA Handbook). However, a student-athlete may opt-out for physical education class, for that specific sport season, if he/she successfully meets the requirements of the New York State Physical Fitness Test.
2. A total grade point average of less than 70% for all credit bearing courses scheduled during each of the five-week marking periods under consideration will result in:
  - a) The Athletic Director and coach will first review the Teacher Evaluation/Grade Average Report or the Report Card to verify the status of the student-athlete, consider extenuating circumstances (which will be presented to and must be approved by the building principal), and outline with the student-athlete a planned effort for improvement.
  - b) Suspension from playing in any games/scrimmages for two (2) weeks.

3. At the end of the suspension period, a second informal hearing will be held involving the same parties and:
  - a) The student-athlete must produce a new Teacher Evaluation/Grade Average Report or Report Card that lists the current average for each credit bearing course scheduled.
  - b) If the Report indicates a total grade average of 70% or higher, the student-athlete may be reinstated to full status on the team.
  - c) A continuation of a grade average of less than 70% will result in a continuation of the suspension until the next five week evaluation period when steps "2a" and "2b" will be repeated.
4. A total grade average of less than 70% for all credit bearing subjects scheduled during the entire year as indicated in the final marking period of June will result in suspension from participating in a fall sport unless summer school is attended and the total grade average is brought up to 70% or greater.
5. A student-athlete who is on suspension and then drops a failing course will have his/her case reviewed by the Athletic Director and is not automatically dropped from suspension.
6. The building principal will have final review authority to determine practice and playing eligibility.
7. No student-athlete will be released from suspension without documented proof of a 70% or greater total grade average for credit bearing courses scheduled during any five week period.

## **8. TWO SPORT ELIGIBILITY**

A student-athlete who chooses to participate in two (2) or more sports in the same season must obtain a two-sport declaration form from the coach and declare his/her primary sport (sport of choice). This policy was formed to eliminate conflicts when the two (2) sports are scheduled to play at the same time or on the same day. This form, when signed by the student-athlete and his/her parent/guardian, must be turned in to the Athletic Director. Student-athletes must be aware that they must meet all of the required practices of both sports to become eligible.

## **9. CONCUSSION MANAGEMENT POLICY**

Concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity. Please refer to Concussion Management Policy #7605 and the Athletic Department website for the District's Concussion Management protocol. Also, please see **APPENDIX: CONCUSSION FACT SHEET FOR PARENTS** in this handbook.

## AGREEMENT

**PARTICIPATION ON A WALLKILL ATHLETIC TEAM** is a privilege not a right. Standards of behavior and expectations are high for each student-athlete and parent/guardian. Please remember that as a member of a sport team, you represent Wallkill. For this reason, each student-athlete will be required to sign the athletic handbook agreement indicating the student-athlete's personal commitment. This signature will recognize the student-athlete's responsibility to the team and their willingness to set a positive example, adhere to basic concepts of good citizenship and follow proper training practices.

I have read the Wallkill Central School District Athletic Handbook and fully understand the content within the handbook. I hereby pledge to follow the intent of this handbook.

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

I have read and agree to the Wallkill Central School District Athletic Handbook. I will support the Athletic Department by emphasizing to my son/daughter that they adhere to the handbook and I support/understand the penalties that come with non-compliance.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Sport

\_\_\_\_\_  
Season



# Wallkill Central School District

## Office of Athletics

Wallkill Senior High School, 90 Robinson Drive, PO Box 310, Wallkill, NY 12589

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Brian Masopust  
Director of Athletics

(845) 895-7158  
(845) 895-9261(Fax)

I hereby request permission to transport my son/daughter \_\_\_\_\_  
home in my vehicle after any away athletic contest that I may be in attendance for.

I understand that this releases the Wallkill Central School District of all responsibilities concerning  
his/her transportation during this time. This release is only valid for the interscholastic sport  
\_\_\_\_\_ during the \_\_\_\_\_ school year.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Print Parent/Guardian Name

\_\_\_\_\_  
Telephone Number(s)

\_\_\_\_\_  
Date

### **\*PLEASE NOTE**

**The student-athlete is not to leave until the parent/guardian signs out the student-athlete with the coach acknowledging that they are taking their son/daughter home.**

# CONCUSSION FACT SHEET FOR PARENTS



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

### SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



## DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY**  
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**  
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**  
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

## HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

## HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



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TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).