

# CONCUSSION

## INFORMATION FOR *STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS*

**What is a concussion?** A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

**How do I know if I have a concussion?** There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

*Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)*

**What should I do if I think I have a concussion?** If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

**When should I be particularly concerned?** If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

**What are some of the problems that may affect me after a concussion?** You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

**How do I know when it's ok to return to physical activity and my sport after a concussion?** After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

***You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.***

*This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.*

## Student-Athlete & Parent/Legal Custodian Concussion Statement

*\*If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.*

Student-Athlete Name: \_\_\_\_\_

*This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.*

Parent/Legal Custodian Name(s): \_\_\_\_\_

- We have read the *Student-Athlete & Parent/Legal Custodian Concussion Information Sheet*.  
If true, please check box.

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal Custodian

\_\_\_\_\_  
Date

# CRAVEN COUNTY SCHOOLS PARENT/COACH COMMUNICATION

**Parent-Coach Relationship:** Parenting and coaching are both extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child is involved in our program, you have the right to understand what expectations are placed on him/her. This begins with clear communication from the coach of the sports.

## **Appropriate Communication between Parents and Coaches:**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your child becomes involved in athletic programs at middle school, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

## **Appropriate Concerns to Discuss with Coaches:**

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you had hoped. Coaches are professionals. They make decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can be discussed with your child's coach. The three items listed below should be left to the discretion of the coach.

1. Playing time, positioning, and event entry.
2. Team strategies, game tactics, play calling.
3. Any discussion about other student-athletes.

## **Conferences**

There are situations that may require a conference between the coach and the player or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position. When a conference is necessary, the following procedures should be used to help solve any concerns:

1. Student-Coach- open-door policy for all coaches
2. Parent - Coach - done by appointment

If you have a concern to discuss with a coach, the procedure you should follow is:

1. Call the coach to schedule an appointment.
2. If the coach cannot be reached, call the school athletic director; he/she will set a meeting time for you.
3. 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 coach. Meetings of this nature usually do not promote positive resolutions.

## **The Next Step**

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

1. Call and schedule an appointment with the school athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined, if necessary.

## **Transportation**

Student athletes who travel with a team to an away athletic event must return to the school with the team. The only exception to this policy is when both the coach and parent/guardian agree that it is beneficial for the talented athlete to ride home with the parent/guardian. Student athletes are not to ride home from athletic events with any other person.

## **CRAVEN COUNTY SCHOOLS ATHLETIC CODE OF CONDUCT**

Participation in any extracurricular activity is an important part of the high school or middle school educational experience. Primary goals of these activities are to teach students character and self discipline skills which will enable them to develop to their highest potential academically, as well as athletically. Student athletes, who serve as role models for younger students, are held to a higher standard for their actions. Each student, parent, and coach shall understand the obligations of being part of the athletic program, the established consequences of violating the Code of Conduct, and that participation is a privilege and not a right.

### **Commitment Agreement**

Each student, parent, and coach participating in an extracurricular activity shall sign the Craven County Athletic Code of Conduct.

### **Consequences for violating the Code of Conduct will be as follows:**

These consequences will be in addition to any consequences imposed by the school.

Any student charged with a crime classified as a felony under North Carolina or Federal law shall be suspended from participation until such charges are adjudicated. Once charges are adjudicated, if the student is not convicted of the charges, the superintendent will review the evidence regarding the incident, the student's discipline record, grades, and conduct to determine if the student will be eligible to participate.

Any student convicted of a crime classified as a felony under North Carolina or Federal law or is an adjudicated delinquent for an offense that would be a felony if committed by an adult is not eligible to participate in the North Carolina High School Athletic Association Sports Program. Such ineligibility shall be immediate and shall prohibit participation in the NCHSAA sports program from the date of conviction or adjudication through the end of the student's high school career. Appellate or other post-conviction review of the conviction or adjudication of delinquency does not affect the student's immediate ineligibility.

If any student is charged or convicted of a lesser crime, the superintendent will review the evidence regarding the incident, the student's discipline record, grades, and conduct to determine if the student will be eligible to participate.

### **IN-SCHOOL AND OUT-OF SCHOOL SUSPENSION**

1. If a participating student is assigned to in-school suspension, he/she will not be allowed to practice or participate in a game/activity on the day of suspension. Suspension will be carried out regardless of the game/activity days or events.
2. If a student is given out-of-school suspension for any reason, he/she will be subject to the following additional consequences:
  - i. **FIRST OFFENSE:** A student athlete will not be allowed to practice or play during the suspension period. If there is not a game during the suspension period, the student will not be permitted to play in the next game following the suspension period.
  - ii. **SECOND OFFENSE:** The student will be removed from athletics for the remainder of that season.
  - iii. **REPEATED OFFENSES:** If a student continues to be suspended from school for consistent disciplinary infractions, the principal may remove that student from athletics for the remainder of that student's school career.

## **RAVEN COUNTY SCHOOLS ATHLETIC CODE OF CONDUCT**

Interscholastic athletic competition should demonstrate a high standard of ethics and sportsmanship and promote the development of good character. Excellent sportsmanship is achieved when participants are committed to pursuing victory according to the following traits: Academic Excellence, Trustworthiness, Respect, Responsibility, Caring, Fairness, Citizenship, Perseverance, Courage, and Self-Discipline.

Academic Excellence – achieving academic success in all classes

Trustworthiness – having the inner strength to be fair and courteous during athletic events.

Respect – showing high regard for coaches, officials, opponents, fans, administrators, self, team, and the school you are representing.

Responsibility – showing reliability and consistency in words and conduct, and being accountable for your actions.

Caring – being considerate, courteous, generous in spirit to the opposing team.

Fairness – treating others as you like to be treated. Recognizing the uniqueness and value of each individual.

Citizenship – setting priorities in accordance with team, county, state and national rules and demonstrating law-abiding behavior and volunteerism.

Perseverance – being persistent in pursuit of worthy objectives in spite of opposition.

Courage – having the determination to do the right thing even when others don't.

Self-discipline – refraining from inappropriate behaviors and maintaining self-control at all times.

# GROVER C. FIELDS MIDDLE SCHOOL ATHLETIC DEPARTMENT POLICIES

In order to try-out and remain on an athletic team at Grover C. Fields Middle School an athlete must follow these policies.

## STATE REQUIREMENTS

1. A completed physical form must be turned in before an athlete can try-out or practice.
2. The physical form must be current and signed by a doctor. A physical is good for one calendar year.
3. The athlete cannot be 15 years old on or before October 16 of that school year.
4. The athlete must have proof of accident insurance or school insurance.

## PRACTICE/GAME ATTENDANCE

1. **If the athlete is in school, he/she must attend practice.**
2. You are excused from practice/game if you have to check out of school before the dismissal time or by prior knowledge of coach by parent via personal contact (NO LETTER ACCEPTED) at least 2 days prior to the day of absence. This may affect the playing status of said player.
3. If you are injured or sick and you come to school, you are expected to be at practice/game.
4. To practice or play in a game you must be in school at least one-half of the day.
5. **For the safety of your child and the consideration of others, please have transportation arranged to pick up your child immediately at the end of practice/game.**
6. **FAILURE TO FOLLOW THESE RULES WILL BE AUTOMATIC DISMISSAL FROM THE TEAM.**

## GRADES

1. Grades are checked each nine weeks. In order to remain eligible, an athlete must pass all subjects.

## CONDUCT AT SCHOOL

1. Two out of school suspensions will result in immediate dismissal from the team.
2. Assignment to ALC will mean that the athlete is not eligible to participate in games or practices during that time. Athletes will have to attend practice.

## UNIFORMS AND EQUIPMENT

1. Uniforms and equipment are the sole responsibility of the individual athlete.
2. The athlete will be charged for any lost or stolen uniform or equipment.
3. Uniforms/equipment are to be returned to the coach only.
4. Please follow the directions on washing/drying labels when cleaning uniforms.

These rules and regulations are designed to benefit the student/athlete, parents, teachers, and coaches. Please review these rules with your child and sign the form. If we can be any help to you please notify us at 514-6438.

Respectfully,  
Grover C. Fields Middle School Athletic Department

I have read and understand the rules and regulations. I give my permission to my son/daughter to participate in athletics at Grover C. Fields Middle School.

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

I have read and understand the rules and regulations. I will abide by them.

Athlete's Signature \_\_\_\_\_

## Coach's Pledge

As a coach, I acknowledge that I am a role model. I know that the principles of good sportsmanship are integrity, fairness, and respect. While teaching the skills of the game, I must also teach student athletes how to win and lose graciously, that sports are meant to be educational and fun, and that academic success is essential. I know the behavior expectations of me by this school and school system. I hereby accept my responsibility to be a model of ethical behavior, integrity, and good citizenship.

I agree to follow and abide by Craven County School's policy and regulation regarding the Athletic Code of Conduct. I have been provided with and read a fact sheet regarding concussions according to the Gfeller-Waller Concussion Awareness Act G.S. 115C-12(23).

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Coach Signature

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Date

## Student Athlete's Pledge

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school and school system. I hereby accept the responsibility and privilege of representing this school and community as a student athlete which includes being academically successful in all areas.

I have read and understand Craven County School's policy and regulation for the Athletic Code of Conduct. I have been provided with and read a fact sheet regarding concussions according to the Gfeller-Waller Concussion Awareness Act G.S. 115C-12(23).

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Student Athlete Signature

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Date

## Parent's Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom requiring that students achieve both academic and athletic success. I must show respect for all players, coaches, spectators, and support groups. I will only participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school and school system. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete. I have read, understand, and agree to abide by the guidelines entitled **Parent Coach Communication**.

I have read and understand Craven County School's policy and regulation for the Athletic Code of Conduct. I have been provided with and read a fact sheet regarding concussions according to the Gfeller-Waller Concussion Awareness Act G.S. 115C-12(23).

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Parent(s) Signature

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Date