

# Quakertown Community High School Athletic Handbook



\_\_\_\_\_  
**STUDENT-ATHLETE'S FULL NAME**  
(Please Print)

\_\_\_\_\_  
**GRADE**

Please check each sport the student-athlete plans to participate in within the appropriate **sport season**.

## FALL

- \_\_\_\_\_ Cheerleading
- \_\_\_\_\_ Cross Country
- \_\_\_\_\_ Field Hockey
- \_\_\_\_\_ Football
- \_\_\_\_\_ Golf
- \_\_\_\_\_ Soccer (Boys)
- \_\_\_\_\_ Soccer (Girls)
- \_\_\_\_\_ Tennis (Girls)
- \_\_\_\_\_ Volleyball (Girls)

## WINTER

- \_\_\_\_\_ Cheerleading
- \_\_\_\_\_ Basketball (Boys)
- \_\_\_\_\_ Basketball (Girls)
- \_\_\_\_\_ Indoor Track
- \_\_\_\_\_ Swimming
- \_\_\_\_\_ Wrestling

## SPRING

- \_\_\_\_\_ Lacrosse (Boys)
- \_\_\_\_\_ Baseball
- \_\_\_\_\_ Softball
- \_\_\_\_\_ Track and Field
- \_\_\_\_\_ Tennis (Boys)
- \_\_\_\_\_ Volleyball (Boys)
- \_\_\_\_\_ Lacrosse (Girls)

**My student athlete and I have read the Quakertown Community School District Handbook and we understand and agree to follow the policies, procedures, and programs therein.**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_/\_\_\_\_/\_\_\_\_  
**Date**

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

\_\_\_\_/\_\_\_\_/\_\_\_\_  
**Date**

PLEASE REMOVE, SIGN AND RETURN THIS SHEET TO THE ATHLETIC OFFICE. THIS SHEET **MUST** BE SIGNED AND RETURNED EACH SCHOOL YEAR BEFORE AN ATHLETE CAN PARTICIPATE

## Quakertown Community High School PIAA Athlete Eligibility Form



Name \_\_\_\_\_ Male / Female  
                     LAST (PRINT)                    FIRST (PRINT)                    MIDDLE                    (circle)

School \_\_\_\_\_ Sport \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age of Student on Last Birthday: \_\_\_\_\_ Grade: \_\_\_\_\_

Place of Birth: \_\_\_\_\_  
   CITY (Not Hospital)  STATE

Address: \_\_\_\_\_  
                                 STREET  CITY  STATE        ZIP

Current Residence is located within the boundaries of the \_\_\_\_\_ School District

\* Summary of Student's School(s) attended and Sport participation in each Season:  
*(Check the grade even if you did not complete the entire season)*

GRADE	SCHOOL YEAR	SCHOOL ATTENDED	List Sport Participation in Each Season		
			FALL	WINTER	SPRING

How many semesters have you completed in each grade? (2 semesters equals 1 full year)  
 7th \_\_\_\_\_ 8th \_\_\_\_\_ 9th \_\_\_\_\_ 10th \_\_\_\_\_ 11th \_\_\_\_\_ 12th \_\_\_\_\_

Have you repeated any grade 7th – 12th?    \_\_\_ Yes    \_\_\_ No

Have all of your High School semesters (9-12) been in the same High School?    \_\_\_ Yes    \_\_\_ No

If no, where did you attend? \_\_\_\_\_

Were you absent 15 or more school days (total) during the previous semester?    \_\_\_ Yes    \_\_\_ No

By signing below, we certify that the above information is accurate.

\_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_\_  
 Student Signature                                  Parent Signature                                  Date

*\*If you have any questions about the information that was requested, please check with the Athletic Department. PLEASE COMPLETE, SIGN AND RETURN THIS SHEET TO THE ATHLETIC OFFICE. THIS SHEET **MUST** BE RETURNED BEFORE AN ATHLETE CAN PARTICIPATE.*

# Quakertown Community High School



## Concussion Policy Acknowledgment

By signing below, you acknowledge you have read and understand the previous information and Quakertown Community High School policies regarding concussions.

***THIS FORM MUST BE SIGNED AND RETURNED.***

\_\_\_\_\_  
Sport

\_\_\_\_\_  
GRADE

\_\_\_\_\_  
Please PRINT Student/Athlete Name

\_\_\_\_\_  
Student Athlete Signature      DATE

\_\_\_\_\_  
Please PRINT Parent/Guardian Name

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

# Quakertown Community High School Athletics

## Key Facts to Remember

- Athletes must have a PIAA physical completed and turned into the Athletic Trainer in order to practice/compete (page 11).
- If an athlete is unexcused late after 8:40AM they may not practice or compete. (page 10).
- PIAA requires that athletes must be passing 4.0 full credits or its equivalent (page 11).
- QCSD requires athletes to submit grade checks to the AD for any grade below a “C”. (page 12).
- Any athlete that is seen by a physician for any reason is required to have documentation stating medical clearance/limitations (page 11).
- All athletes must abide by the Athlete Code of Conduct (page 12-16).
- Hazing is unacceptable in any form (page 16)
- All athletes must travel to and from off campus contests in transportation provided by the school district unless approved by the Athletic Director
- Senior High dismissal time for away contests is 15 minutes before bus departure time. Additional time will be granted for freshman by the Athletic Director (page 17).
- Athletes are responsible for returning ALL issued uniforms/equipment (page 17).
- All Athletes will be ImPACT tested and follow QCHS Concussion Protocol (page 19-22).

A more detailed description of the previously listed points can be found in the Quakertown Community School District Athletic Handbook along with other important information.

# **QUAKERTOWN COMMUNITY SCHOOL DISTRICT STUDENT- ATHLETE POLICY HANDBOOK**



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*This Handbook is intended for your personal use as a student athlete to assist you in understanding the purpose of QCSD interscholastic athletic program. Last Modified 7/22/2019*

Please Note underlined areas are changes, updates or additions to the athlete handbook.

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## A Letter from the Athletic Director

Dear Parents and Student Athletes,

Here at Quakertown Community High School, we believe in exceptional participation at every level. Our extensive athletics program form an integral part of each student's education. Just as the growing mind needs training, exercise, and discipline, so does the growing body. Experienced coaches and first-rate facilities are available to ensure that every student who chooses to participate can explore his or her physical potential to the fullest. Our faculty and staff encourage student participation, sportsmanship, and teamwork.

As part of the Pennsylvania Interscholastic Athletic Association, any student participating in Quakertown Community High School's athletic program must adhere to PIAA eligibility rules. If the athlete fails to comply with these rules, he or she will lose their privilege to participate in interscholastic athletics. This handbook is intended to explain the parameters of the program's rules and regulations.

The information stated in this handbook highlights and summarizes eligibility requirements that the student-athlete must meet in order to participate in Quakertown Community High School athletics. Unless otherwise indicated, each requirement applies to students in grades 7 through 12. By reviewing and signing the *Student-Athlete Handbook* and *PIAA Eligibility Forms*, you are agreeing to adhere to the specified rules and regulations of being a student athlete.

A detailed view of the PIAA eligibility rules and regulations may be viewed on the PIAA Website at [www.piaa.org](http://www.piaa.org), or can be obtained from the Principal and/or Athletic Director of Quakertown Community High School.

Sincerely,

Sylvia Kalazs  
Coordinator of Student Activities and Athletics  
Quakertown Community High School

## Introduction and PIAA Eligibility Rules

A student who participates in interscholastic athletics at any school that is a member of the Pennsylvania Interscholastic Athletic Association, Inc. ("PIAA") must adhere to PIAA eligibility rules. If you fail to comply with these rules, you will lose your eligibility to participate in interscholastic athletics. If you participate while ineligible, you, your school and/or Team will be penalized. It is, therefore, important for you to be aware of the applicable eligibility provisions.

The QCSD School Board recognizes the value of a program of interscholastic athletics as an integral part of the total school experience for all students of the district as well as to the community. The program fosters the growth of school loyalty within the student body as a whole and stimulates community interest.

For purposes of this policy, the program of interscholastic athletics shall include all activities relating to competitive sport contests, games, events or sport exhibitions involving individual students or teams of students within QCSD. These events can occur between separate schools within the district or with any schools outside of the district. The **PIAA By-Laws** pertaining to age, awards, attendance, health, transfers and residence, participation, representation, curriculum, and seasonal rules can be reviewed in the information below.

### **Age**

To be eligible to participate in grades 10 through 12, you must **not** have reached your 19th birthday by June 30 immediately preceding the school year. Where participation is limited to grades 7 and 8, you may **not** have reached your 15th birthday by June 30 immediately preceding the school year. Where participation is limited to grades 7 through 9, you may **not** have reached your 16th birthday by June 30 immediately preceding the school year.

### **Attendance**

In order to be able to participate in athletics, you must be regularly enrolled in **and** in full-time attendance within QCSD (this includes home-schooling only if previously approved by the district). Cyber School students should consult with the Principal and Athletic Director to determine their eligibility.

**ABSENCES:** If you were absent or suspended from your regular class, you **cannot** participate or compete on that day. Field trips and similar school-related functions are not considered an absence. On any given day you must be in attendance by 8:30 AM to be eligible to participate in practice or any athletic event held on that day.



A student who has been absent from school during a semester for a total of **twenty (20) or more days** shall not be eligible to participate in any athletic contest until he/she has been in attendance for a total of sixty (60) school days following the twentieth (20th) day of absence. The only exception to this rule is if there is a consecutive absence of five or more school days due to confining illness (doctor certified for all days), death in the family so defined in Section 1154 of the Public School Code of 1949, as amended, court subpoena, quarantine, or to attend a religious activity/function which requires its members to attend. Such absence may be waived from the application of this rule of the District Committee.

NOTE: Attendance at summer school does not count toward the sixty days required.

## **Health Physicals and Clearances**

All students electing to participate in a Quakertown Community High School's athletic program must present a PIAA form signed by a parent or guardian and physician examination. An athlete **may not** practice unless the physical exam form has been approved by the athletic trainer and is on file.

To be eligible, an Authorized Medical Examiner must certify, on the PIAA CIPPE form, as to your physical fitness to participate. A CIPPE may be performed no earlier than June 1st; and regardless of period of participation within the school year, the physical clearance remains effective only until the following May 31st.

If you have had a physical done with your family physician, a copy of the physical must be on file with the school in order to participate. Re-certifications are also available with the school nurse if the student-athlete currently has a physical on file.

*The physical form can be found on the Quakertown High School's website.  
Senior High School-Athletics-Forms*

Athletes must provide documentation after seeing a physician for any reason, stating limitations or release from medical care.

## **Academic Eligibility**

To be eligible for participation a student must pursue a curriculum defined and approved by the Principal. As a minimum requirement, the student must be passing at least (4) full credit subjects or its equivalent within a marking period. Eligibility shall be cumulative from the beginning of a grading period, be reported on a weekly basis, and shall be filed with the Principal as well as the Athletic Director.

In cases where a student's cumulative work from the beginning of the grading period does not as of any Friday meet the standards, the student shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday.

In cases where a student's work in any preceding grading period does not meet the standards, said student shall be ineligible to participate in interscholastic athletics for **at least fifteen (15) school days** of the next grading period beginning on the first day report cards are issued.

Athletes who do not have a "C" or better in their classes will be required to do a weekly grade check and submit it to the Athletic Director.

## **Period of Participation**

A student cannot represent his or her school (per PIAA regulations) in interscholastic athletics if he or she has:

1. been in attendance more than eight semesters beyond the eighth grade
2. played four seasons beyond the eighth grade in any one form of interscholastic athletics
3. completed the work of grades 9, 10, 11, and 12 inclusively

## **Athlete Code of Conduct**

Participating in activities and P.I. A. A. athletics is a privilege, which requires maturity and responsibility. Participants are representatives of the student body as well as the school. Therefore, participants are expected to represent themselves, QCSD, their team, parents, and the community favorably at all times. Each student is expected to comply with school policies enumerated in their Student Handbook. In addition, each advisor or coach may develop and enforce additional policies relating to their activity or sport. It should be clear that a student's participation in activities and sports is dependent on positive behavior in all phases of school and community life.

The advisor or coach has the responsibility to monitor and supervise team activity behavior. **Tardiness to or cutting practice, unsportsmanlike conduct, and disrespect** shown to advisors, coaches and /or district employees are examples of misconduct that are to be dealt with by the coach or advisor. Any student, who intentionally or habitually violates school policies and regulations while he or she is a representative member of a school activity, organization, or athletic team, may be referred to the principal for disciplinary action. It should be understood that any participant whose behavior is considered unacceptable will not be allowed to represent the school in any activity presented before the public. The length of the performance suspension will be determined by the coach and principal. The nature of the infraction will determine the degree of discipline.

The following details itemize each component of the student athlete **Code of Conduct** for better understanding of expectations and responsibilities of a student athlete.

### **1. EJECTION FROM AN ATHLETIC CONTEST**

A coach or student-athlete removed from a contest for unsportsmanlike conduct (this includes pre and/or post game unsportsmanlike conduct) will receive a mandatory minimum one game suspension. The suspension will be applied to the next game. This rule is to be in effect for LEAGUE, NON-LEAGUE, and POST SEASON PLAY.

## **2. MISCONDUCT**

Misconduct includes any inappropriate behavior while the student-athlete is involved in an activity or athletic program (this includes practice, meetings, games and travel). Insubordination, impudence, insolence, or other examples of defiance directed toward coaches, officials, bus drivers, chaperons, or any other authority figures are examples of misconduct. Intentional damage or loss of school equipment by an athlete will result in paying for its replacement. Such behavior will **not be tolerated**.

Specific consequences will not be listed considering the variety of circumstances, severity of infraction, and student reaction to being corrected. Coaches will handle individual instances in a manner that is best suited for the situation. Students should however note that appropriate responses by advisors, coaches, Athletic Director, or Principal can range anywhere from a verbal reprimand to suspension or even dismissal from a team.

## **3. DRUG AND ALCOHOL VIOLATIONS**

**ANY Drug and/or Alcohol violation will not be tolerated within any Quakertown Community School Districts Athletic Program.**

The Board of School Directors of the Quakertown Community School District recognizes that the misuse of chemicals is a serious problem with physical, emotional and social implications for the whole school community thus supporting the position that students must be chemically free in order to develop in the most productive and healthy manner. It is therefore this district's policy to prevent and prohibit the **possession, use and/or mimic of use, sale and/or mimic of sale, distribution and/or intent to distribute** any *illegal, controlled mood-altering chemical medication or abused chemical* found in or on school property, school-sponsored events, or transportation in route to and from school.

Such prevention and/or prohibition shall occur through a four-faceted program including: **(1) education, (2) prevention** (school climate), **(3) intervention**, and **(4) support services**. Violations of this policy include the possession, use, sale, distribution, or mimicking the possession, use, sale or distribution of alcohol, chemical, counterfeit chemicals, and paraphernalia as defined within the parameters of this regulation. Regardless of whether or not such activity occurs on or off school property or outside school hours, violations will be recognized at any time during the school year or athletic season. This also includes the period of time when school is not in session but athletic practices have begun.

In order to protect the health, safety, welfare and integrity of all students participating in athletic programs sponsored by the District as well as to maintain the integrity of said programs, any student athlete cited by a police officer or other public figure for violation of state or local laws governing the possession, use, or distribution of illegal drugs and/or alcohol (whether occurring before, during or after school hours and/or on or off school property), may be immediately suspended from participation in any and all athletic programs sponsored by the District. If the student is found guilty by a court of competent jurisdiction or pleads 'no contest', the student may be permanently suspended from participation in any and all athletic programs sponsored by the District.

Moreover, the District reserves the right to seek the expulsion of the student from school through a hearing before the Board of School/Directors. Drugs and mood-altering chemicals, as stated above, may be used interchangeably and shall include any alcohol or malt beverage, controlled substance, illegal or abused substance/medication, and any substance which is intended to alter mood. (Medications prescribed for an individual student is not included in this list unless abused or distributed to other students.) Examples of the above are: marijuana, hashish, chemical solvents, glue, anabolic steroids, and any look-alike (counterfeit) chemical.

#### **4. APPEALS AND DUE PROCESS**

If a student feels unfairly judged or unjustly punished in accordance with this document, the student has the right to appeal through the following procedure:

1. Notify the Athletic Director or Principal within three (3) school days of the incident by writing your appeal which explains **why** you feel there has been an injustice. If upon investigation the Athletic Director and/or Principal determine that the appeal has no basis and is in fact a straightforward application of the regulations and consequences of this document, the appeal will be denied. Athletic Director and/or Principal will make the decision known to all involved parties by documenting it in writing within three (3) school days of receipt of the written appeal.
2. If the Athletic Director and/or Principal find that there may be some basis for the appeal, a meeting of the Athletic Review Board will be held within three (3) school days of receipt of the appeal.
3. The Athletic Review Board will be comprised of the Principal and two Quakertown coaches or activity advisors. The student making the appeal may choose one of the coaches or activity advisors. The Athletic Director will select the other. The coach involved may not be selected by either side but may attend the hearing. The Athletic Director will chair the hearing but will not be a voting member. The student and the student's parents will be welcome to testify and present other evidence at the hearing if desired.
4. At the conclusion of all testimony, the Review Board and the Athletic Director will retire to discuss their finding(s) and render a decision. The finalized

decision shall be put in writing and a copy will be mailed to the home of the student.

## **5. TRANSPORTATION**

All students **must** travel to and from off-campus events and contests in transportation provided by the Quakertown school district. **Participants will not be permitted to drive on their own or ride to or from away contest with a friend.** Extenuating circumstances may occur where, though no attempt to circumvent this rule, a student must be driven by a parent. This is acceptable provided the parent notifies the advisor or coach in advance and explains the circumstances in writing. Advisors and Coaches are instructed to deny participation to any student who does not ride school provided transportation. Certain teams using off-campus facilities will be provided with a transportation permission slip.

## **6. TOBACCO PRODUCTS**

The use of tobacco products (cigarettes, cigars, snuff, chewing tobacco, e-cigarettes, vape pens, etc.)(See board policy for more details) is not consistent with the goals and philosophy of the exemplary athletic program. Any student found guilty of using tobacco products during a sport season will be subjected to the following:

**1st offense:** Suspended from team for two weeks.

**2nd offense:** Suspended from the team for the remainder of the season or activity.

## **7. PRIVILEGE SYSTEM/STUDENT ACTIVITIES**

QCSD Senior High School provides the student body with a variety of activities that extend beyond the curriculum and established program of studies. In order to participate, students must demonstrate proper behavior and acceptable academic performance. Students exhibiting an acceptable level of conduct earn the privilege of attending or participating in commencement, class trips, the prom, dances, sporting events, clubs and activities. Students who have not complied with or who have violated the following conditions will have their privileges removed for a length of time deemed appropriate by the principal.

## **8. STEROID USE**

Regulation Statement:

1. The use of anabolic steroids, except for a valid medical purpose, by any pupil involved in school-related athletic is prohibited.
2. Body building, muscle enhancement, increasing muscle bulk or strength and the enhancement of athletic ability are not valid medical purposes.
3. Human Growth Hormone (HGH) is not included as an anabolic steroid under the provisions of this regulation but also needs a valid medical purpose.

Consequences for Violations:

1. The following minimum penalties apply to students in violation of this regulation:
  - a) For a first violation, suspension from school athletics for the remainder of the season.
  - b) For a second violation, suspension from school athletics for the remainder of the season and for the following season.
  - c) For a third violation, permanent suspension from school athletics.
2. No student shall be eligible to resume participation in school athletics until there has been a medical determination that no residual evidence of steroids exists.
3. The Quakertown Community School District may require participation in drug counseling, rehabilitation, testing or other programs as a condition of reinstatement into the school athletic program.

## 9. Hazing

- (a) QCSD believes that students must be protected from hazing and/or initiation ceremonies or activities. All verbal, written, or physical conduct, which harasses, humiliates, persecutes students, or disrupts or interferes with any student's curricular or extracurricular activities, shall not be tolerated. Hazing may include, but not be limited to, the following:
  - i. Written or verbal abuses or threats;
  - ii. Sexually oriented comments;
  - iii. Racial or ethnic slurs;
  - iv. Other unwelcome remarks, taunts, innuendos or taunting about someone's ethnic or racial origin;
  - v. Comments whether oral or written of a racists or other offensive derogatory material, sexual or religious graffiti;
  - vi. Practical jokes which cause awkwardness or embarrassment;
  - vii. Activities endangering a person's safety or negatively affect performance;
  - viii. Unwelcome sexual remarks;
  - ix. Physical Contact of any kind; and
  - x. Physical assault.
- (b) Any student athlete who is found, after investigation, to have engaged in the hazing of any student shall be subject to disciplinary action up to and including expulsion
- (c) Any student who witnessed or has knowledge of hazing activities and fails to report such actions to the coach and/or to the principal shall also be subject to the appropriate disciplinary action.

## Code of Conduct for Spectators

In the interest of continued good relationships in the field of athletics, all spectators are asked to:

1. Show respect for their country by standing attentively and remove hats when the American Flag passes and during the playing and singing of the National Anthem.
2. Show respect by standing for the Alma Maters of both schools.
3. Conduct themselves as ladies and gentlemen at all times showing respect for visiting players and injured athletes by not booing participants on the playing area and by respecting property.
4. Show respect for the game officials by refraining from booing game decisions or interfering with the official's control of the contest.
2. Recognize that using vulgarity and indecent gestures are unacceptable.
3. Cheer under the organized guidance of the cheerleaders. Cheers to interfere with the opponent's cheering are unacceptable. Foot stamping in the stands is to be eliminated.
4. Recognize that noisemakers and signs in a gymnasium or at an indoor contest are unacceptable.
5. Recognize that littering, throwing confetti or paper, and tossing objects onto the playing area within the premises are unacceptable.
6. Support school sponsored musical groups for indoor activities. Organized musical groups must be supervised and are to play only before games and during half-time.
7. Food and beverages are permitted in the designated areas only. The gymnasium area is not an acceptable area for the consumption of food and beverages.
8. Follow the code of conduct for promoting good sportsmanship (applies to both adults and students).

QCSD reserves the right to eject any spectator whose conduct is detrimental to the program. Misbehavior at sporting events may lead to prosecution or school disciplinary action.

## Dismissal for Away Contests

Dismissal times for student athletes departing for any daytime sporting event will be **15 minutes** for the Senior High School. During construction, the athletes at the Freshman Center will be picked up by bus first before coming to the high school. The dismissal time will be announced during the morning announcements. Athletes must also not disrupt Physical Education classes while departing for games.

In general, teachers have access to a copy of team rosters and can access the games scheduled for each week. Although teachers are aware of when athletes are going to miss a class, it is the **student's** responsibility to talk to each teacher regarding any absences and obtain any school work that will be missed.

## Uniforms

Athletes are responsible for returning all issued equipment and uniforms. Failure to do so at the end of the season will prevent the athlete from participating in any other sports or activity until all items are returned or payment is made for lost items.

### **Athletic Insurance**

QCSD recognizes the need for insurance coverage for unforeseen accidents which may occur to students in the course of attendance at school or participation in athletic and school sponsored extracurricular programs. The district makes available, through a commercial company, the opportunity for all students to purchase *Student Accident Insurance*. Purchasing the policy devises an agreement between the parent/guardian and the insurance company. Students who participate in school-sponsored interscholastic athletics are not required to purchase student accident insurance. The district has purchased a rider to the student accident insurance policy to provide coverage to all student athletes including the Band and Cheerleaders. This rider is only in effect during the terms of each activity. No coverage is available before the start of a season or after the season ends. Interscholastic athletes shall be clearly alerted to the fact that the insurance provided by the Board for interscholastic activities will not provide coverage for injuries received while engaged in any activity other than interscholastic sports.

### **Parent – Coach Relationship**

Any questions or concerns of a parent are welcomed with the coaching staff. Should parents have any inquiries; they are asked to not approach the coach immediately at the conclusion of a contest. One of the responsibilities of a coach is to meet briefly with his or her team at the conclusion of a contest to provide constructive feedback about the match. Student athletes should attempt to not pause to talk to parents or friends immediately after the games as these brief meetings are essential to the learning process involved in athletics. QCSD believes strongly in open lines of communication with the coaches and parents of the student athlete. The best approach is to call and make an appointment for a later time and approach the meeting in a calm, courteous, and logical manner.

### **Expressing Concerns**



If there are any questions or concerns involving some aspect of the athletic program, the student athlete should first contact the appropriate coach. If there is no resolution, he or she should then go to the head coach, athletic director, or principal.

When expressing concerns with a coach, please refer to the following guidelines:

1. Never approach your coach immediately after a contest. This is not a proper time or place for a discussion concerning your child or the team.
2. Call and schedule an appointment that is convenient for all parties.
3. Raise your concern in a calm and civil manner. Yelling, rudeness, or using foul language is completely unacceptable.
4. Once you have stated your question or concern, listen to the explanation. Listening receptively will help you to understand the explanation and reasoning while helping all parties find a reasonable solution.

### **Athletic NCAA Recruiting Guidelines**

If you are planning to enroll in college as a freshman, and you wish to participate in Division I or Division II athletics, you must be certified by the N.C.A.A. Initial Eligibility Clearinghouse. If this form is not completed, you will not be able to participate in collegiate athletics in your freshman year.

If you have any questions about post interscholastic participation, please see your guidance counselor or the Athletic Director. You can also find a "[What You Should Know](#)" flyer about recruiting on the QCSD athletic website.

For any additional athletic matters not noted in this handbook, please contact the  
Quakertown Community School District Athletic Director.  
Quakertown Community High School

## **Parent/Guardian and Student Athlete Concussion Acknowledgement Form**



The following information is being provided to parents and student athletes to increase the awareness of and recommended treatment for sports related concussions as required by Pennsylvania Act 101.

### **Fast Facts**

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.
- Children and teens are more likely to get a concussion and take longer to recover than adults.
- Approximately 10% of all contact sport athletes sustain concussions yearly.
- Effects of concussion are cumulative in athletes who return to play prior to complete recovery\*. \*2011 Sports Concussion Institute
- Recognition/proper management when they first occur can help prevent further injury or even death. Centers for Disease Control and Prevention

### **What is a concussion?**

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Concussions can occur in *any* sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

### **How do you recognize a concussion?**

To help recognize a concussion, you should watch for the following two things among your athletes:

- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.

AND

- Any change in the athlete's behavior, thinking, or physical functioning.

Athletes who experience **any** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury. Any athlete that sustains a concussion should be kept out of play until a physician, experienced in evaluating concussions, says they are symptom-free and provides written medical clearance allowing a step-wise return to play.

### **What are the signs and symptoms of a concussion?**

<b><u>Physical</u></b>	<b><u>Cognitive</u></b>	<b><u>Emotional</u></b>	<b><u>Sleep</u></b>
Headache	Difficulty remembering	Behavioral changes	Sleep more than usual
Fatigue	Difficulty concentrating	Irritability	Sleep less than usual
Dizziness	Feeling slowed down	Sadness	Drowsiness
Sensitivity to light	Feeling in a fog	Feeling emotional	Trouble falling asleep
Sensitivity to noise	Slowed reaction times	Nervousness	
Nausea	Altered attention	Anxiety	
Balance problems	Amnesia		
Loss of Consciousness			
Vision difficulty			

Complete physical, cognitive, emotional, and social rest is advised while the student athlete is experiencing symptoms and signs of a concussion/traumatic brain injury. Minimize mental exertion, overstimulation, cell phone and computer usage, as well as video gaming and multi-tasking etc.

## **Second Impact Syndrome (SIS)**

Second impact syndrome is a very rare condition in which a second concussion occurs before a first concussion has properly healed, causing rapid and severe brain swelling and often catastrophic results. Second impact syndrome can result from even a very mild concussion that occurs days or weeks after the initial concussion. Most cases of second impact syndrome occur in young athletes and this is why it is **IMPERATIVE** that if a student-athlete is suspected of having a concussion, he/she does not return to play until he/she is evaluated by proper medical staff.

Symptoms of SIS include:

- Dilated pupils
- Loss of eye movement
- Unconsciousness
- Respiratory Failure
- Death

In many cases, second impact syndrome is fatal. In those cases where it isn't fatal, you can expect the long-term effects to be similar to those of severe traumatic brain injury.

## **Quakertown Community High School Concussion Policy**

**Return to Play:**

**Any athlete who is suspected of having a concussion will be immediately removed from activity and not be permitted to return to sports that same day. Any athlete who sustains a concussion will not be permitted to return to sports until they have written medical release with no limitations from the athlete's physician.**

**Additionally, any athlete who has sustained a concussion MUST follow the below stepwise progression.** The athlete should be symptom free before beginning this progression. The athlete should complete each level and progress to the next if they remain asymptomatic both at rest and with provocative exercise.

**Resources:**

<http://www.cdc.gov/concussion/index.html>

[www.impacttest.com](http://www.impacttest.com)

[www.sportsconcussion.com](http://www.sportsconcussion.com)

[www.nata.org](http://www.nata.org)

Rehabilitation Stage	Functional Exercise
1. No activity	Complete physical and cognitive rest
2. Light aerobic activity	Walking, swimming, stationary cycling at 70% maximum heart rate; no resistance exercises
3. Sport-specific exercise	Specific sport-related drills but no head impact
4. Noncontact training drills	More complex drills, may start light resistance training
5. Full-contact practice	After medical clearance, participate in normal training
6. Return to play	Normal game play

Each stage in concussion rehabilitation should last no less than 24 hours with a minimum of 5 days required to consider a full return to competition. If symptoms recur during the rehabilitation program, the athlete should stop immediately. Once asymptomatic after at least another 24 hours, the athlete should resume at the previous asymptomatic level and try to progress again. Athletes should contact their health care provider if symptoms recur. Any athlete with multiple concussions or prolonged symptoms may require a longer concussion-rehabilitation program, which is ideally created by a physician who is experienced in concussion management.

Neuropsychological Testing: We perform pre-season baseline and post-concussion Neuropsychological testing using the ImPACT<sup>®</sup> (Immediate Post Concussion Assessment and Cognitive Testing) software program to aid in the management of head injuries. The exam takes about 30 minutes and is non-invasive. The program is basically set up as a “video-game” type format. It tracks neuro-cognitive information such as memory, reaction time, brain processing speed and concentration. For example, in the word memory section, twelve words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed.

If a concussion is suspected, the athlete will be required to re-take the test. Both the baseline and post-injury test data is given to your family doctor. The test data will enable your doctor 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. Information about ImPact is available at [www.impacttest.com](http://www.impacttest.com).