

MSAD 13/RSU 83

Athletic Handbook



*Please visit **www.sad13.com***
For Announcements, Sports Schedules, and More.

TABLE OF CONTENTS

Description	Section	Page
Interscholastic Athletic and Activities	1	2
Athletic Code of Ethics, Communication and Chain of Command	2	2
MSAD 13/RSU 83 Athletic Guidelines and Policies	3	3
Responsibilities of MSAD 13/RSU 83 Athletes	4	5
Conduct of an Athlete	5	6
Prohibited Substances and Consequences	6	7
Dropping/Transferring Sports Policy	7	7
Spectators	8	8
Athletic Awards and Recognitions	9	8
Guidelines for Academic Eligibility for Students from Equivalent Instruction Programs (Home Schooling Programs)	10	8
Heads Up Concussion Fact Sheet	11	10
MSAD 13/RSU83 School Board Policy JJIF-E Concussion Information Sheet	11	11
MSAD 13/RSU 83 School Board Policy JJIF-E Concussion Signature Sheet	11	12
MSAD 13/RSU 83 Mild Traumatic Brain Injury (MTBI)/Concussion Annual Statement and Acknowledgement Form	11	13
Athletics Risk/Warning Form and Emergency Contacts	11	14
Insurance Form	12	15
Uniform & Sports Contract	13	15
Acceptance of Rules & Regulations Form	14	15



Special Note: In the event that there is a discrepancy between the content of our handbooks and MSAD13/RSU 83 School Board policies, the board policies shall prevail. Each school has a copy of our official School Board policies. Parents are welcome to visit our school to view any or all the policies.

Section 1: INTERSCHOLASTIC ATHLETICS and ACTIVITIES

MSAD 13/RSU 83 athletes represent their school, their community, themselves, and the rich traditions of their sport. A great athletic tradition is developed through hard work and a focus on excellence made by the efforts of numerous people over many years. We certainly take pride in the student's interest in our athletics program and look forward to their contributions to the team. Enclosed are the MSAD 13/RSU 83 interscholastic athletics policies and the Maine Principals' Association's eligibility rules, which we would like you and your athlete to read. If you have any questions, please do not hesitate to address them to the Athletic Director.

Please return the completed and signed forms to the Coach. Your athlete will not be able to participate in practice or play until these signed forms are returned. These permission forms are valid for all activities in which your son/daughter participates during the current school year. Thank you for your assistance.

Each participant must realize that the school is granting the privilege of representing themselves, the team, the school, and the community. It is implicit in that each team member abides by all the provisions set forth in this *Athletic Handbook*.

Section 2: ATHLETIC CODE OF ETHICS, COMMUNICATION, and CHAIN OF COMMAND

An athletic contest is designed and conducted to promote the physical, mental, moral, social, and emotional well-being of all participants. The athlete must realize that it is a privilege to participate in their school's athletic program and they must remember that they are representing their family, their school, and the community both on and off athletic courts and fields. The players and coaches should:

1. Treat officials, opponents, and fans with the respect due any guest.
2. Accept and abide by all rules and decisions.
3. Accept victory modestly and defeat gracefully.
4. Keep physically fit and observe all training rules.
5. Use their influence on and off the court to help develop good spectator sportsmanship.

Communication:

Good communication is important for a successful program. Students, parents, coaches, and school administration must attempt, whenever possible, to work together to provide the best sports experience for the youngster. Please keep in mind the following points:

Communication you should expect from your student's coach or other personnel within the athletic program

1. When and where are practices and contests
2. What is the coach's philosophy
3. What are the expectations the coach has for all of the players on the squad
4. What is required to be part of the team (ex. special equipment)
5. When your child is injured during participation
6. Any discipline action towards your student that results in suspension or removal from participation

What are appropriate concerns to discuss with coaches

1. The treatment of your child, mentally or physically
2. Skill improvement and development
3. Concerns about your student's behavior

Communication coaches expect from parents

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Support towards the commitment of the program

If you have a concern to discuss with a coach:

1. Make an appointment with the coach
2. If the coach cannot be reached, call the Athletic Administrator
3. Please do not attempt to confront a coach before, during, or following a contest.

What can a parent do if meeting the coach did not result in a satisfactory resolution?

1. Call and set up an appointment with the Athletic Administrator
2. At the meeting, the appropriate next step can be determined.

The Chain of Command is used to simplify and expedite the handling of any issues or concerns arising in athletics. It is important in any organization that everyone follow the appropriate steps of the Chain so that situations and questions are dealt with appropriately and timely, and that the rules are applied fairly and consistently. Following the Chain of Command will prevent misinformation and facilitate a quicker outcome or resolution. If the athlete or the parent/guardian has a question or concern, the Chain of Command is:

1. Meet with the Coach about any concerns. If not satisfied:
2. Meet with the Athletic Director, who will talk with the Coach. If not satisfied:
3. Meet with the Principal, who will talk with the Athletic Director and/or the Coach. If not satisfied:
4. Meet with the Superintendent, who will talk with the Principal, the Athletic Director, and/or the Coach. If not satisfied you may ask to be put on the School Board Agenda.

Section 3: ATHLETIC GUIDELINES and POLICIES

Participation is a voluntary privilege. Students in grades 9-12 are limited to high school activities and the Maine Principals Association guidelines. All MSAD 13/RSU 83 students are bound by these guidelines and policies.

1. The interscholastic program is under the direct supervision of the Athletic Director. All athletic teams, coaches, and athletes shall adhere to the policies and rules of the MSAD 13/RSU 83 Administration and Board of Directors, and the MPA policies and regulations.
2. Students are expected to meet the academic expectations each quarter or trimester, to be eligible for extra-curricular activities in MSAD 13/RSU 83. Students begin each academic year eligible for participation in extra-curricular activities.

To be eligible for participation in extracurricular activities, students are expected to maintain a grade of 70% or higher in all courses in which they are enrolled.

Students are responsible for providing a report of course grades to the athletic director or athletic director's designee at or just prior to the first meeting or practice of each extracurricular activity. **Students must be passing all courses with grades of 70% or higher to begin participation.** Students who are signed up for an extracurricular activity but are not meeting academic expectations at or just prior to the first practice or meeting may begin participation later if they bring all course grades up to 70% or higher. Under these circumstances, the student may need to make up for the extracurricular workload he or she missed while not academically eligible. The athletic director and/or athletic director's designee will determine what extracurricular work needs to be completed before the student can begin participation.

Students are responsible for providing a report of course grades to the athletic director or athletic director's designee every two weeks for the duration of extracurricular activities. Any student with one or more course grades below 70% on two consecutive grade reports will be ineligible until all their course grades are above 70%. A student who brings their grades back up to 70% or higher may resume participation in extracurricular activities. Under these circumstances, the student may need to make up for the extracurricular workload they missed while not academically eligible. The athletic director and/or athletic director's designee will determine what extracurricular work needs to be completed before the student can resume participation. Any student with one or more course grades below 70% during a grade report will have two (2) weeks to bring their grade to 70% or higher. Students may still participate in activities during this time. If the student has not brought up their grade in two (2) weeks, the student will be ineligible to participate until their grade(s) are at 70% or higher.

Revised: 08/2025

1. Athletes must complete and return all the following forms prior to participation including try-outs and practice. Athletes are not eligible to participate until all items are presented to the coach. To be eligible for the first day of practice and competition, a student shall:
 - a) Meet all MPA eligibility rules.
 - b) Meet all Academic Eligibility guidelines.
 - c) Complete and return to the coach:
 - 1) Written Physical Examination by a licensed health provider stating the athlete is medically capable to participate in sports. Athletic physical exams must be updated every two years.
 - 2) Signed Parental Permission Slip with up-to-date emergency information. (attached)
 - 3) Signed Concussion Statement and Acknowledgement Forms (attached)
 - 4) Signed Risk/ Warning Form (attached)
 - 5) Signed and completed statement from a parent/guardian indicating medical insurance coverage (attached). Insurance can be purchased at school for students who do not have regular coverage.
 - 6) Signed Uniform and Sports Contract (attached)
 - 7) Signed Rules and Regulations Form (attached)

***No student will be able to participate until all paperwork has been signed and returned to the AD office.**

1. Athletes participating on cooperative teams assume the sole responsibility for obtaining, understanding, completing, and following the rules and policies of both MSAD 13/RSU 83 and the receiving school's athletic departments.
2. A student is ineligible for participation when:
 - a) Paperwork is missing or incomplete.
 - b) The student has not met the academic expectations.
 - c) A student is under suspension.
 - d) A student fails to account for and return, or provide financial reimbursement for, uniforms or equipment loaned during a previous activity.
 - e) A student has exhibited behavior that is detrimental to the concept of sportsmanship and, in the judgment of the Coach, Athletic Director, and/or Principal, reflects poorly on the school.
3. In the event of an injury to a student athlete, the need for medical clearance will be determined based on the severity of the injury. For significant injuries a doctor must evaluate the athlete and determine if and when the athlete may return to play. Minor injuries may not require a doctor's note and can be managed at the discretion of the coaching staff. A student athlete in the care of a registered physician for any reason, may participate only when released by the physician for participation in writing. "Return to Participation" notes from the medical provider must be submitted to the Athletic Director prior to participation. Coaches are expected to make the final determination as to when students are physically capable of starting or resuming a level of interscholastic competition after a prolonged absence.
4. Athletes should inform the Coach/AD of any conflicts with other activities or vacation as far in advance

as possible. If a participant will not be in school due to an appointment, they must receive **prior written approval from the Athletic Director**. After providing a written excuse from a parent/guardian and health care provider, the athlete **may** be allowed to participate in a practice, scrimmage or game according to the Coach's team policy **with** the approval of the AD.

MSAD 13/RSU 83 believes academics must come first. The athlete is responsible for notifying the Coach or Athletic Director in writing if they will be late for a practice, scrimmage, or game **beforehand** or before 10:00 a.m. on the day they will be late. If the athlete is not in school from **10:00 am** on, they cannot play nor travel with the team. A player can be removed from a squad for three unexcused absences during any sports season. Repeat offenses will result in a reprimand, suspension, or dismissal from a team.

5. Each athlete will assume responsibility for their equipment and uniforms that shall be worn only when participating in sports. For all school sponsored trips, girls and boys should wear appropriate clothing designated by their coach and in accordance with Valley traditions.
6. All players are expected to travel to and from all away trips with the team. They will only be allowed to travel home from an away athletic contest or game with a parent or guardian if the parent/guardian is present at the game and signs a form from the coach giving their child permission to travel with them. All other travel arrangements must be requested in writing to the administration two days before the contest. Athletes will not be released to anyone under the age of 21. **Repeated bus misbehavior will result in a reprimand, suspension or dismissal from a team.**
7. Unsportsmanlike behavior or language will not be tolerated. In all sports, in practices as well in contests, athletes shall adhere to the spirit of the rules as well as the written rules. Poise and self-control are marks of a good athlete. Offenses will result in a reprimand, suspension, or dismissal from the team.
8. All team members who complete the season will participate in the athletic awards ceremony regardless of if they are award recipients or not. The sports season is defined as the first day of tryouts through the awards ceremony or post-season play.
9. Appeal hearing regarding reprimands, suspensions, and/or dismissals may be requested through the Athletic Director.
10. Any rule not specifically covered in these written rules will be determined at the discretion of the Athletic Director, and/or Principal in accordance with the MSAD 13/RSU 83 Board policies and the MPA guidelines.

Section 4: RESPONSIBILITIES OF A RSU #83/SAD #13 ATHLETE

As a member of the MSAD 13/RSU 83 athletic team, you have inherited a wonderful tradition-a tradition you are challenged to uphold and improve. Our traditions have been to give our best, play hard, and compete fairly. Valley athletes desire to win but only with honor to our athletes, our school, and our community. Such a tradition is worthy of the best efforts by everyone. Our teams and individual athletes have achieved more than the average share of individual, league, and tournament championships over the years. Many individuals have set records, won All-Star, All-Conference, and All-State honors. It will not be easy to contribute to such a fine tradition. When you wear a Valley uniform you are expected to understand our traditions, work to contribute to the best of your abilities, and be willing to assume the responsibilities that go with these high expectations and traditions. Your individual commitment and contributions to Valley athletics will be a satisfying experience and accomplishment for you, your family, and our MSAD 13/RSU 83 athletic traditions that you will proudly carry throughout your life.

1. Responsibilities for Yourself:

The most important of your responsibilities is to challenge yourself, academically and athletically, learn and improve skills, and develop strength of character. You owe it to yourself to get the greatest benefit from your school experiences. By your participation in athletics, you are accepting the rules and policies set out here and are agreeing to be bound by the same. Your academic studies, participation in school activities, including sports, prepare you for a fuller life as an adult. You will gain self-respect when you know in your heart that you have studied hard, lived up to all the training rules, practiced to the best of your ability every day, and competed with 100% of your mental and physical skills.

2. Responsibilities for your family, your school, and community:

You assume a visible leadership role as a Valley athlete. Athletes carry a responsibility to their family. Give your parents moments of pride, and no occasions for shame. The student body and citizens of the community know you and your contributions. The student body, our community, and other communities judge our school by your conduct and attitudes both on and off the field/court. Younger students look to you with admiration and as a role model; set good examples for them. Your family, friends, and community will be justly proud of you. Make MSAD 13/RSU 83 proud of you, make your community proud of Valley by your example, and continue the excellence of Valley athletic traditions.

Section 5: CONDUCT OF AN ATHLETE

The conduct of an athlete is closely observed in many areas of a student's life. It is important that your behavior be above reproach in all of the following areas:

1. Towards coaches and teammates:

Basic courtesy and sportsmanship should be afforded to your teammates and coaches. You have made a commitment to your teammates. It is important that you live up to this commitment. In the area of athletic competition, a real athlete does not use profanity or illegal tactics. One learns that losing is part of the game and should be gracious in defeat and modest victory. It is always courteous to congratulate the opponent on a game well played after the contest, whether in defeat or in victory.

2. In school:

Positive support for other teams, activities, and events adds to the success and tradition of all Valley programs. A good athlete becomes and remains a good student. As an athlete you must plan your schedule to give yourself sufficient time and energy for your studies to ensure acceptable grades. In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and always show respect for other students and faculty. You demonstrate commitment and respect of yourself, to your team, and to our school by listening, being gracious, and refusing to talk negatively about your team and your school. Your support of your teammates, coaches, and other MSAD 13/RSU 83 teams is crucial for everyone's success.

3. Conduct on trips:

You are representing your school and community as a Valley athlete. Your clothes, uniform, and person should be clean and neat. You should be appropriately dressed as dictated by your coach. You should be courteous on the bus, in a restaurant, on the streets, in opponents' schools, and in the playing area.

Section 6: PROHIBITED SUBSTANCES AND CONSEQUENCES

The community, school staff and administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in sound academic and athletic programs. Prohibited substances are unhealthy as well as illegal. Athletes who choose to participate and compete for Valley High School must say "NO" to illegal substances and activities. Any member of an athletic team will be subjected to disciplinary action if the athlete is involved with any illegal substances at any time during an athletic season. This includes but is not limited to possessing or using intoxicating beverages, illegal drugs, or tobacco, including chewing tobacco. This will also include but not be limited to being present in a vehicle, knowing it to be illegal to transport drugs or alcohol or to knowingly be present in an area which alcohol and/or drugs are illegally present.

The consequences will be administered with fairness and consistency at all levels of the program. It is expected that all coaches and administrators will investigate, to the best of their ability, reported or suspected cases of violations. This will include but may not be limited to:

1. Questioning of students or others that may have pertinent information.
2. Contacting parents when appropriate.

Proof of violation shall include but may not be limited to:

1. Self-reporting
2. Possession or use as witnessed by reliable individual, as determined by the administrator.
3. Being present in a vehicle transporting illegal drugs or alcohol or knowingly being present in an area where alcohol and/or illegal drugs are present or being illegally used.

Consequences of violations:

Self-reporting: The athlete will be suspended from four (4) non-scrimmage matches or two (2) track meets or ski meets. The athlete will practice with his or her team and may be expected to take part in an educational program set up by the school officials. The suspension will carry over to the following sports season if the four (4) game, two (2) meet suspension cannot be met immediately.

Second Violation: The athlete will be removed from the athletic team for that season and all athletics until the athlete provides the school with a certificate of completion of a professional alcohol or drug rehabilitation program.

Third Violation: An athlete who violates the above training rule is ineligible from athletics for the remainder of the athlete's high school or middle school career.

If it is determined by the athletic department and school administration that an athlete has violated the rules above, but without self-reporting, the incident will be treated as a second violation as noted above.

If an athlete violates the Code of Conduct at school or at a school event, the athlete, like all students, will be held accountable as outlined in RSU #83/SAD #13 School Board policies regarding Drug and Alcohol Use by Students (JICH: Reviewed: 07/11/2023); Code of Conduct (JIC: Reviewed: 12/09/2019); Guidelines for Conduct Violations (JIC-R: Reviewed: 12/09/2019). For a complete copy of these policies, refer to the ***Student Handbook*** available in the school office or the district offices.

Appeal hearings regarding reprimands, suspensions, and/or dismissals may be requested through the Athletic Director. Any rule not specifically covered in these written rules will be determined at the discretion of the Administration in accordance with the MSAD 13/RSU 83 Board policies.

Section 7: DROPPING / TRANSFERRING SPORTS

Those individuals selected as a member of any athletic team shall be considered as members of the team through the completion of the sport season unless they are removed for disciplinary reasons, academic eligibility, or mutual agreement between the athlete and the coach. Athletes participating in two sports within the same season will be asked to declare a preferred sport in case of conflict of competitions. On occasion, athletes may find it necessary to drop a sport for good reasons. If this is the case, the following procedure must be followed:

1. Talk to your Coach, a mutual agreement should be reached.
2. Report your situation to the Athletic Director.
3. Check in all equipment and uniforms that have been issued to you.

Section 8: SPECTATORS

The spectators of any school athletic contest are divided into two groups - students and general public. The general public must assume the responsibility of setting the proper example for the youth of their community. The student body must understand that they are either hosts to a visiting team or guests of another school and their attitudes and actions always must be of the same nature found in much smaller social setting. Acts of respecting the officials' judgement, supporting the cheerleaders, and appreciating good play by both sides should be second nature to the student body. Booing, jeering, applauding errors, using profane language, throwing things will not be tolerated by school officials. Offenders may be asked to leave the contest and may be denied future attendance at events.

Section 9: ATHLETIC AWARDS and RECOGNITIONS

Any player who participates and completes a season in a sports program at Valley High School will be able to earn a certificate, insignia, bar, varsity letter, or individual athletic award. All participants are expected to attend the Recognition Night for their sports season.

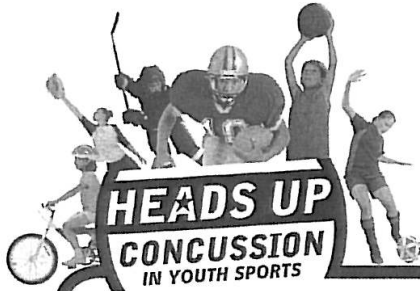
Requirements for awards:

1. Any player, who participated in a sport and completes the season in good standing with the Coach, will receive a certificate for participation.
2. Any player who plays in 1/2 or more of the periods, quarters, or innings in a Varsity sport and completes the season in good standing academically and with the Coach, will receive a Varsity Letter and insignia. Only one (1) Varsity Letter may be earned per student in their high school career.
3. Any player, who finishes in the top five of their respective Varsity boys/girls cross country program will receive a Varsity Letter and insignia.
4. A senior who has participated for at least three years in a Varsity sport; but has not earned a Varsity Letter and insignia by fulfilling the letter requirements listed above, may be awarded a Varsity Letter their senior year at the discretion of the Coach and Athletic Director.
5. Any player who has previously earned a letter and insignia in a particular sport and fulfills the requirements for earning a Varsity Letter will receive a Bar in that sport.
6. All athletic participants and coaches will be recognized at the Athletic Award Nights at the conclusion of each season.

Section 10: GUIDELINES FOR ACADEMIC ELIGIBILITY FOR STUDENTS FROM EQUIVALENT INSTRUCTION PROGRAMS (HOME SCHOOLING PROGRAMS)

The purpose of the MPA Athletic Eligibility Rule is to ensure that the athletic program is subordinate to the academic program. Students are allowed to participate in the athletic program only if they are successfully meeting the academic standards of their school. Since students who are regularly enrolled in the public school must meet certain academic eligibility rules to participate, it is only fair that home schooled students should also meet basic academic standards to be considered eligible. This may be accomplished through the following steps which we believe are consistent with 20-A MRSaC.211, sub-c, I-A, part 5021:

1. Prior to the sport season in which a student wishes to participate, the home school parents, and student should contact the local high school Principal in writing to determine the policy of the local school board regarding academic eligibility. The Athletic Director must determine that all MPA eligibility rules are met. All paperwork must be completed prior to participation. All athletic department rules and policies will be applicable and enforced as with all other athletes.
2. The parent must understand that the academic eligibility rules that apply to public school youngsters also apply to home schooled youngsters. The principal will develop standards by which the equivalency" of previous work can be determined. The principal may require that the student demonstrate mastery of specific skills in order to make an informed judgment.
3. The athlete and their parents/guardians understand and accept that, by participating, they are agreeing to be bound by all MSAD 13/RSU 83 School Board and athletic policies, rules, and regulations, as well as those set out by the Maine Principles Association guidelines.

Section 11: HEADS UP CONCUSSION FACT SHEET**A 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 A CONCUSSION?**Signs Observed by Parents or Guardians**

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

- 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

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 "feeling down"

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.

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 repeat 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.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.

MSAD 13/RSU 83 School Board Policy JJIF-D& E CONSUCCION INFORMATION SHEET

MSAD13/RSU 83

NEPN/NSBA Code: JJIF-E

Parents and student-athletes: Please read, sign, and keep a copy. You must turn in a signed form prior to the start of practice.

**MSAD 13/RSU 83
CONCUSSION INFORMATION SHEET**

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|------------------------------------|--|
| • Headaches | ▪ “Don’t feel right” |
| • “Pressure in head” | ▪ Fatigue or low energy |
| • Nausea or vomiting | ▪ Sadness |
| • Neck pain | ▪ Nervousness or anxiety |
| • Balance problems or dizziness | ▪ Irritability |
| • Blurred, double, or fuzzy vision | ▪ More emotional |
| • Sensitivity to light or noise | ▪ Confusion |
| • Feeling sluggish or slowed down | ▪ Concentration or memory problems (forgetting game plays) |
| • Feeling foggy or groggy | ▪ Repeating the same question/comment |
| • Drowsiness | ▪ Amnesia |
| • Change in sleep patterns | |

Signs observed by teammates, parents or coaches include:

- | | |
|---|---|
| • Appears dazed | ▪ Shows behavior or personality changes |
| • Vacant facial expression | ▪ Can’t recall events prior to hit |
| • Confused about assignment | ▪ Can’t recall events after hit |
| • Forgets plays | ▪ Seizures or convulsions |
| • Is unsure of game, score, or opponent | ▪ Any change in typical behavior or personality |
| • Moves clumsily or displays incoordination | ▪ Loses consciousness |
| • Answers questions slowly | ▪ Slurred speech |

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

As outlined in MSAD 13/RSU 83 Schoolboard Policy JJIF: Management of Concussions and Other Head Injuries, the Graduated Return to Play Protocol may begin after the student has returned to full participation in academics and is completely symptom free at rest. The Return to Play will proceed as follows and will be monitored by the Athletic Director, in coordination with the school nurse.

GRADUATED RETURN TO PLAY PROTOCOL

Step 1: Rest and recovery, return to school activities,

Step 2: Light aerobic exercise. Intensity below 70%; no resistance training,

Step 3: Sport-Specific exercise: Running, skating drills, no head impact drills,

Step 4: Non-contact training drills: Progression to more complex training drills, may start resistance training,

Step 5: Full-Contact practice. Following licensed health care providers clearance, participate in normal training,

Step 6: Return to play: Normal game play

If at any time post-concussion symptoms occur during the graduated return, there will be at minimum a 24-hour rest period. Once asymptomatic following the rest period, the athlete will drop back to the previous step and progression will continue.

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents, and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. MSAD 13/RSU 83 requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Board policy:

Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately.

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school-sponsored athletic activities until they have been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management.

You should also inform your child's coach if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/Concussion>

MSAD 13/RSU 83 POLICY JJIF-E CONCUSSION SIGNATURE SHEET

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

MSAD 13/RSU 83 Mild Traumatic Brain Injury (MTBI)/concussion Annual Statement and Acknowledgement Form

**RSU 83/M.S.A.D. #13
Mild Traumatic Brain Injury (MTBI)/Concussion'
Annual Statement and Acknowledgement Form**

I, _____ (student), acknowledge that I have to be an active participant in my own health and have direct responsibility for reporting all my injuries and illnesses to the school staff (e.g. coaches, team physicians, athletic training staff, school nurse). I acknowledge that my physical health is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- ❖ My high school has given me specific educational materials including the CDC Concussion Fact Sheet (<http://www.cdc.gov/concussion/HeadsUp/youth.htm>) on what a concussion is and has given me an opportunity to ask questions.
- ❖ I have fully told the staff of any prior medical conditions and will also tell them about any future conditions.
- ❖ There is a chance that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- ❖ A concussion is a brain injury, which I am responsible for reporting the coach, team physician, athletic trainer, or school nurse.
- ❖ A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- ❖ Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours later.
- ❖ If I think a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- ❖ I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- ❖ I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a licensed health care professional.
- ❖ Following a concussion, the brain needs time to heal and I am much more likely to have a repeat concussion or further damage if I return to play before my symptoms resolve.

Based on the incidence of concussion as published by the US Centers for Disease Control and Prevention (CDC) the following sports are identified as high risk for concussion: baseball, basketball, diving, football, pole vaulting, soccer, field hockey, volleyball, softball, lacrosse, cheering, skiing and wrestling.

I represent and certify that my parent/guardian and I have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athlete:

Print Name: _____ Signature: _____

Date: _____

Parent or legal guardian must print and sign name below and indicate date signed.

Print Name: _____ Signature: _____

Date: _____

ATHLETICS RISK/WARNING FORM-APPLIES TO ALL SPORTS ACTIVITIES

I/We am/are aware that playing or practicing to play/participate in any sport can be a dangerous activity involving many risks or injury. I/We understand that the dangers and risks of playing or practicing to play/participate in sport(s) offered by MSAD 13/RSU 83 include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of the body, general health and well-being. I/We understand that the dangers and risks of playing or practicing to play/participate in sport(s) may result not only in serious injury, but in serious impairment of future abilities to earn a living and to engage in other business, social, and recreational activities.

Because of the dangers of participating in sports, I/we recognize the importance of following coaches' instructions regarding playing and training technique, team rules, etc. and agree to obey such instructions.

In consideration of MSAD 13/RSU 83 permitting one to try out for any sport and engage in all activities related to the team, including, but not limited to, trying out, practicing, or playing/participating in any sport, I/we hereby assume all risks associated with such participation. In addition, I/we agree to release and hold MSAD 13/RSU 83, its employees, agents, representatives, coaches, and volunteers harmless from all claims arising from injury or harm in connection with the participation in any sport in MSAD 13/RSU 83. I/we also agree to report all injuries to the coach within 24 hours of its occurrence.

VALLEY ATHLETICS RISK/WARNING FORM and EMERGENCY CONTACTS

Date: _____

Signature of Student

Date: _____

Signature of Parent/Guardian

Student's year of graduation: _____

Student's date of birth: _____

Emergency Contact Information:

Father's name: _____

Mother's name: _____

Father's cell number: _____

Mother's cell number: _____

*If the parent(s) cannot be reached:***Emergency Contact #1 Name:** _____

Relationship: _____ Number: _____

Emergency Contact #1 Name: _____

Relationship: _____ Number: _____

SIGNATURE PAGE**MSAD 13/RSU 83 INSURANCE FORM**

Name of Athlete: _____

The above-named student has my permission to participate in **ALL** sports activities at MSAD 13/RSU 83. I certify that the student/athlete is covered by adequate medical insurance, and that the policy will remain in effect during the duration of the activity (ies).

Insurance Carrier: _____

Policy Number: _____

Parent/Guardian Signature: _____

Date: _____

MSAD 13/RSU 83 UNIFORM & SPORTS CONTRACT

I, _____ agree to be responsible for the return of uniform(s) I am issued for the current season. I understand that the uniform is to be worn for games only. All materials issued to me will be returned promptly at the end of the sports season. I understand that if the uniform is NOT returned promptly, I/we will be billed for the replacement cost.

Parent's Signature: _____

Student's Signature: _____

ACCEPTANCE of RULES & REGULATIONS

I/we have read and understand the *Athletic Handbook*'s rules and regulations covering interscholastic athletics at Upper Kennebec Valley Memorial Jr / Sr High School

Participant: _____ Date: _____

Parent/Guardian: _____ Date: _____

Special Note: In the event that there is a discrepancy between the content of our handbooks and MSAD 13/RSU 83 School Board policies, the policies shall prevail. Each school has a copy of our official School Board policies. Parents are welcome to visit our school to view any or all the policies.

