

# HEADS UP: Concussion in High School Sports

**The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:**

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
  - “**Licensed health care provider**” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
  - “**Extracurricular Interscholastic activity**” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

## What is a concussion?

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

## What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
  - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
  - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

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

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

## STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

## IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

**IMPORTANT:** Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must annually sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, “HEADS UP: Concussion in High School Sports.”

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's Printed Name

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's Grade

\_\_\_\_\_  
Student's School

## Signs Reported by Students:

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

## PARENTS:

### How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

## Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)



**Lamoni Community School**  
**2020/2021**

**Interscholastic Program Participation Permission**

I (We) understand that accidents may occur in athletics even though normal acceptable safety precautions have been taken. My son/daughter has my permission to practice and compete in the interscholastic program. I give my permission for the school to approve emergency medical treatment for my son/daughter should an accident happen and I cannot be reached for approval.

\_\_\_\_\_  
Parent's signature - I Do Approve \_\_\_\_\_  
Phone number

\_\_\_\_\_  
Parent's signature - I Do Not Approve \_\_\_\_\_  
Date

You have our permission to call a physician in case of an emergency  
Contact us before a physician is called.

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			Annual Premiums
A.	Full-time (24 hr) with no sports	Grds PK-12	\$ 99.00
	Full-time (24 hr) with all sports (except football-grds 9-12)	7-12	\$174.00
B.	School-time with no sports	Grds PK-12	\$16.00
	School-time with all sports (except football, grds 9-12)	7-12	\$91.00
C.	Football coverage (football grades 7-8 covered with School or Full time All Sports Plans)	Grds 9-12	\$250.00
D.	Extended Dental Coverage	Grds PK-12	\$9.00

The School District **does not** purchase accident insurance to cover injuries incurred by your child at school. We encourage all families to have accident coverage on their children, prior to participation in any sport or school sponsored activity. If you have a plan with a **high deductible, limited benefits or no insurance** on your child, we encourage you to review this student insurance program.

In making application for coverage, please read the brochure carefully:

1. Print name, address and other information clearly on application.
2. Make check or money order payable to STUDENT ASSURANCE SERVICES, INC.
3. Detach and retain summary of coverage, and mail directly to Student Assurance Services.
4. Questions about the plan may be directed to Sonny Heinrich, Agent, Student Assurance Services, Inc., PO Box 196, Stillwater, MN 55082, or phone (1-800) 328-2739; e-mail:sonnyh@sas-mn.com  
Website: www.sas-midwest.com

Please sign and return the form below to school if you already have adequate insurance for your child.

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**PARENTAL INSURANCE WAIVER**

Student's Name \_\_\_\_\_

We, the undersigned, feel we have adequate insurance protection for our son/daughter while practicing or participating in interscholastic sports, or other school sponsored activities @ Lamoni Comm. Schools.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

8/3/2020



# 2020/2021 Season Lamoni Athletics

## Sign Off Sheet Good Conduct Policy

We have read, understand and will abide by the rules and regulations set forth as per the good conduct policy.

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Athlete's signature

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Parent/Guardian signature

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Date



## GOOD CONDUCT RULE

Participation in school activities is a privilege. School activities provide the benefits of promoting additional interests and abilities in the students during their school years and for their lifetimes.

Students who participate in extracurricular activities serve as ambassadors of the school district throughout the calendar year, whether away from school or at school. Students who wish to have the privilege of participating in extracurricular activities must conduct themselves in accordance with board policy and must refrain from activities which are illegal, immoral or unhealthy.

Students who fail to abide by this policy and the administrative regulations supporting it may be subject to disciplinary measures. The principal will keep records of violations of the good conduct rule.

It is the responsibility of the superintendent to develop rules and regulations for school activities. Students wanting to participate in school activities must meet the requirements set out by the school district for participation in the activity.

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To retain eligibility for participation in Lamoni Community School District High School and Middle School extracurricular activities, students must conduct themselves as good citizens both in and out of school at all times. Students who represent the school in an activity are expected to serve as good role models to other students and to the members of the community.

Any student in grades 7-12, including a graduated senior, who is observed and reported by school administration (superintendent, principal, athletic director) or a law enforcement official, or admits to, or at a judicial or administrative proceeding is found guilty by a preponderance of evidence to have:

- possession, use, or purchase of tobacco products, regardless of the student's age;
- possession, use, or purchase of alcoholic beverages, including beer and wine ("use" includes having the odor of alcohol on one's breath);
- being in a car or in attendance at a function or party where alcohol or other drugs are being consumed illegally by minors;
- possession, use, or purchase of illegal drugs or the unauthorized possession, use, or purchase of otherwise lawful drugs;
- engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system, excluding minor traffic offenses, regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s);
- inappropriate or offensive conduct such as hazing or harassment of others.

If a student transfers in from another Iowa school or school district and the student had not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school or school district, the student shall be ineligible if the administration determines that there is general knowledge in our school district of the fact of the student's violation in the previous district.

The investigation of misconduct will fall to the principal with the superintendent as the next level of investigation. The principal or designated official will determine whether the student has violated the good conduct rule and is responsible for notifying the student and parents of the decision.

For the purposes of this policy, offenses will be cumulative for the two (2) years in middle school. Middle school offenses will not be carried over to high school; however, offenses will be cumulative during the student's high school career.

### **Consequences**

The Good Conduct Rule will be in effect 365 days a year. It will be enforced during the period directly following the misconduct.

When the administration believes it is more likely than not the students violated the Good Conduct Rule, the student is subject to loss of eligibility as follows:

**FIRST OFFENSE** during a student's middle school or high school career--A student who has been found to have violated the Good Conduct Rule will be ineligible from participation in extra-curricular activities for seven calendar days. After the seven day ineligibility period, the student may begin working toward resuming eligibility. To resume participation (including practice), the student shall be required to complete an educational program of four-eight (4-8) contact hours and complete at least ten (10) hours of community service to be provided as follows:

1. Take part in a professional/educational program regarding the violation, so as to assist the student in correction of the violation. This educational program must include visit to a professional and/or attendance at educational classes/meetings relating to the student's specific problem (alcohol, illegal chemicals, tobacco, misbehavior, or vandalism). The educational program class will be provided by the school district to the student. If a parent/guardian is in attendance, the eight (8) will be reduced to four (4) contact hours. A fee will be assessed to the student for the cost of the program. The guidance counselor shall follow up on each case and inform the administration in writing as to when and if the student has fulfilled his/her contractual obligation prior to further participation.

2. Work at-least ten(10) hours in school and/or community service. The school administration will provide a list of school and/or community projects to the student found guilty on a first violation of the Good Conduct Rule. The student will select from the list of school and/or community projects to be completed. When the service project is



complete the student will complete a statement identifying the project and the amount of community service time spent signed by the project supervisor.

3. A student who fails to complete the educational and community service requirements within four weeks shall be ineligible from all extracurricular activities for nine (9) calendar weeks.

4. Before the administrator or his designate initiates an investigation, a student has the opportunity to self-report. If a student self-reports a violation of the Good Conduct Policy to the administrator or his designate, the student will reduce the consequences as follows: (first offense only not available for second or third offenses) after the mandatory seven calendar days of ineligibility, the community service will be reduced from 10 hours to 5 hours and the required attendance at an educational program will be reduced from 8 hours to 4 hours with no reduction of hours for parental attendance.

**SECOND OFFENSE** during a student's middle school or high school career: The student shall be given up to 12 calendar weeks suspension from all extracurricular activities. This shall commence immediately upon the finding of guilt. The student may choose to reduce the suspension by half by seeking professional counseling/evaluation regarding said violation. The student must sign a release of information for the administration to have access to the information. A student who has fulfilled the terms of the treatment may return to participation. The guidance counselor will follow up on each case and inform the school administration regarding the completion of the student's obligation.

**THIRD AND SUBSEQUENT OFFENSES** during student's middle school or high school career: The student will be ineligible to participate in extracurricular activities for up to one (1) calendar year.

If a student, in good faith, suspects that he or she needs assistance in dealing with a personal substance abuse problem before it is known to the school, she or he may request assistance from the school administration, guidance counselor, student assistance team, coach or sponsor of an activity without fear of penalty under the Good Conduct Rule. The student must at his/her own expense, enter and follow a prescribed program of assessment, evaluation and treatment, if indicated by a non-school agency, and must make the administration aware of her or his participation in such a program by providing a written confirmation from the agency providing the program. The student must remain substance free during treatment period or the Good Conduct Rule will go into effect. This option may be used once per middle school career and once per high school career.

#### **Academic Consequences**

Unless the student violated the Good Conduct Rule while on school grounds or at a school event or activity off school grounds, there will be no academic consequences (e.g. , detention, suspension from school) for the violation.

**Severe Offenses**

Any behavior deemed by administration to severely affect the safety and welfare of self or others will be dealt with under the consequences of the second and subsequent offenses. Severe offenses include, but are not limited to: bomb threats, selling of drugs, and possession of a weapon.

**Appeals**

Any student who is found by the administration to have violated the Good Conduct Rule may appeal this determination to the superintendent by contacting the superintendent within 3 days of being advised of the violation. The penalty will be in effect pending the superintendent's decision.

If the student is still dissatisfied, he or she may appeal to the school board by filing a written appeal with the board secretary at least 24 hours prior to the next board meeting. The review by the board will be in closed session unless the student's parent (or the student, if the student is 18) requests an open session. The grounds for appeal to the school board are limited to the following: the student did not violate the Good Conduct Rule; the student was given inadequate due process in the investigation and determination, or the penalty is in violation of the Handbook Rule or Board Policy. The penalty will remain in effect pending the outcome of the meeting with the board.

If the school board reverses the decision of the administration, the student shall be immediately eligible and shall have any record of the ineligibility period and violation deleted from the student's record.

Reviewed 5/12/08