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STUDENT-ATHLETE



HANDBOOK

Oliver Ames Athletic Program

Student participation in the Easton Public Interscholastic Athletic Program is a privilege which can be a valuable and rewarding experience. Students have the opportunity to participate during three seasons as described below:

Fall Sports:

Cheerleading (G)
Cross Country (B&G)
Field Hockey (G)
Football (B)
Golf (B)
Soccer (B&G)
Volleyball (G)

Winter Sports:

Basketball (B&G)
Cheerleading (G)
Gymnastics (G)
Ice Hockey (B)
Skiing (B&G)
Swimming & Diving (B&G)
Track & Field (B&G)
Wrestling (B)

Spring Sports:

Baseball (B)
Lacrosse (B&G)
Softball (G)
Tennis (B&G)
Track & Field (B&G)

Participation

- The athletic program will be open to all students who are physically able to participate and who are eligible under local and state regulations. There are factors which necessitate the size of the team in order to maintain a high level of safety, playing time and practice time. The selection of participants is made after observing prospective players in practice and/or games type situations. While physical skill and demonstrated ability are primary considerations in determining team membership, it is also important to realize that the school must also be represented by student-athletes who are responsible school citizens, satisfactory scholars and trained and conditioned participants who are willing to abide by the prescribed regulations and standards. **The playing time, once a team is determined, will be based upon decisions made by a coach or coaching staff.**
- An athlete reporting late in the season for team membership will be required to participate in practices for 14 calendar days prior to participating in a scheduled contest. An exception to this rule is a member of a fall golf team whose practice waiting period is 6 days.
- Athletes who are enrolled in school at the start of the season will not be allowed to participate in any other athletic activity in that season after the first scheduled game or being after a dismissal from an interscholastic team for disciplinary reasons.

Medical Clearance

- All student-athletes must have an updated physical exam. Due to insurance issues, the MIAA states that each physical exam is valid for 13 months from the initial date of exam (August 1, 2011 is good through September 1, 2012). **The MIAA does not consider a doctors note stating "this athlete has been seen in my office for a physical on _____" as a valid physical.** Completed paperwork must be passed in or on file with the school nurse, prior to tryouts, in order to be eligible.

- All athletic injuries, even though minor, must be reported to the coach and athletic trainer. In case of a serious injury, the athletic trainer's (ATC) judgment with regard to the playing condition of a player, will be final. No player may continue to play against the ATC advice.
- **When a student-athlete has been advised to see a physician for his/her illness/injury/concussion, that athlete will not be allowed to resume participation without a signed note by his/her physician stating the status of the injury and the return date.**

Athletic Participation

- Athletic Fees:
 - \$150 per athlete per sport
 - \$250 per athlete for Ice Hockey and Gymnastics
 - Family Maximum of \$600
- Student-athletes who are selected to be on the final roster of a team will make this payment before receiving a uniform.
- The athletic fee must be paid by credit or debit card.
- **The fee is NON-REFUNDABLE!** Student-athletes who leave a team voluntarily, or who are dropped for academic or discipline issues are not eligible for a refund.

Academic Eligibility

- Academic requirements must be satisfied in order to be eligible for team membership.
- A student-athlete must secure, during the last marking period preceding the contest, a passing grade in the equivalent of four major subjects (20 credits).
- To be eligible for a fall sport, student-athletes are required to have passed for the previous academic year, the equivalent of four traditional year long major courses.
- A student-athlete who repeats work upon which he/she has once received credit cannot count that subject a second time for eligibility.

Chemical Health Guidelines

During the season of practice or play, a student shall not, regardless of quantity, use or consume, possess, buy/sell, or giveaway any alcoholic beverage, tobacco products, marijuana, steroids or controlled substances.

Minimum Penalty

First Violation:

When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined

by the season the violation occurs. No exception is permitted for a student who is a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty will carry over to the athlete's next season of participation. It may carry over to the next academic year if necessary.

Second and Subsequent Violations:

When the principal confirms, following an opportunity to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs.

Maximum Penalty

Student-Athletes will lose eligibility from interscholastic events for one year from the date of the offense. In addition, student-athletes who are found in possession of a controlled substance on school property or at a school related event, including athletic games or practices, will be subject to expulsion from school as provided in the Education Reform Act of 1993.

**** Random drug testing will be used at the discretion of the administration. The Chemical Health Policy and each athletic season begins when a student-athlete voluntarily signs up for an athletic team.

Code of Conduct

- Student-Athletes must remember that participation in the Oliver Ames Athletic Program is a privilege, that carries with it serious personal commitment and responsibilities, and can be revoked at any time if other school rules are broken.
- Student-Athletes excused physically from daily participation in Comprehensive Health and Physical Education by a doctor, or parent, may not practice or play in any athletic contest that day.
- Student-Athletes must be in attendance at school the entire day in order to participate in a practice or game scheduled for that day. Students who are absent on the day preceding a holiday may not participate on that day or the holiday. Exceptions may be granted only by the principal or designee. Any student-athlete who is absent from school that participates in practice shall be suspended from the team for 5 days. This suspension shall be done by the Athletic Director.
- Any student-athlete suspended from school will not be allowed to participate or attend games, practices or meetings during the time of suspension. School suspension could result in dismissal from the team. A final decision will be made by the principal, athletic director and coach.
- Student-Athletes must ride the bus provided for transportation to and from away athletic contests. Athletes may be granted prior permission from the athletic director if they need to be excused.
 - **A letter stating:**
 - the date of the contest

- the sport they participate in
- who they will be riding home with
- the specific reason for the change in transportation.

MUST BE SIGNED BY THE ATHLETIC DIRECTOR AT LEAST 1 DAY PRIOR TO THE CONTEST. Athletes who are excused may only travel separate from the team if a parent/guardian is present in the vehicle.

- Criticizing or disrespecting officials, coaches, teammates, or opponents will not be tolerated. Conduct embarrassing to the school whether during school hours or non-school hours that breaks team training rules during the season will not be tolerated. Any student-athlete who strikes out against another player, coach or fan through physical violence, uses obscene language, gestures or unsportsmanlike conduct will result in suspension or dismissal, depending on the seriousness of the violation. Such acts during a scheduled game could result in a full year ban from competition in that sport.
- Decisions for dismissal of extended suspensions from a sport for infractions of the athletic code will be made by the head coach after consulting with the athletic director and principal.
- All student-athletes who participate on an Oliver Ames Athletic Team will be held accountable for all equipment and uniforms issued to them. Any athlete, who damages, loses or has a piece of equipment/uniform stolen will be required to pay the amount equal to the cost of replacing that item. Athletes are expected to return all borrowed equipment/uniforms immediately at the termination of the team membership.

ALL STUDENT-ATHLETES MUST HAVE ALL REQUIREMENTS COMPLETED BEFORE TRYING OUT FOR A TEAM

Concussion/Suspected Head Injury Policy

The Easton Public Schools has adopted this policy to address the identification and proper handling of suspected head injury for students in grades 6-12 who are participating in school- sponsored extracurricular athletic activities in accordance with Mass. Gen. L. c. 111, Section 222 and accompanying regulations (105 CMR 201. et seq.) (“Regulations”). Affirmation of an Interim Policy was provided to the Department of Public Health on school letterhead in January 2012, with affirmation of the Final Policy to be provided by March 1, 2012. Review and affirmation of the Policy will again be provided no later than September 30, 2013, and bi-annually thereafter.

I. Definitions

The definitions of terms used in this policy are those set forth in the Regulations at 105 CMR 201.005. The following are selected for reprinting here:

Coach means an employee or volunteer responsible for organizing and supervising student athletes to teach them the fundamental skills of Extracurricular Athletic Activities. The term coach includes both head coaches and assistant coaches (and per the definition of Extracurricular Athletic Activity below, marching band directors).

Concussion means a complex disturbance in the brain function due to direct or indirect trauma to the head, related to neurometabolic dysfunction, rather than structural injury.

Extracurricular Athletic Activity means an organized school sponsored athletic activity generally occurring outside of school instructional hours under the director of coach, athletic director or band leader. (Among the examples listed in the definition are cheer leading and marching band. Thus, any reference to Extracurricular Athletic Activities in this policy includes the Oliver Ames High School Marching Band)

Head Injury means a direct or indirect trauma to the head including a concussion or traumatic brain injury.

Second impact syndrome means a potentially lethal condition that can occur when a person sustains a head injury prior to the complete healing of a previous brain injury causing deregulation of cerebral blood flow with subsequent vascular engorgement.

Traumatic Brain Injury (TBI) means a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. TBI may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head. TBI includes, but is not limited to, a concussion.

II. Roles and Responsibilities

Athletic Director

The Athletic Director shall be responsible for the general implementation of this policy and any accompanying procedures. These responsibilities include:

1. Supporting and enforcing protocols, documentation, training and reporting requirements.
2. Supervising, reviewing and properly distributing all documentation received.
3. Reviewing the policy every two years and recommending changes and/or updates to the school committee for adoption.
4. Reviewing and recommending updated training programs and student/ parent handbooks at least once every two years.
5. Reviewing all *Pre-Participation Forms* and forwarding to the school nurse those forms that indicate a history of head injury.
6. Coordinating outreach to parents who have not provided required pre-participation forms and documentation.

School Nurse and other School Based Staff

As reflected throughout this policy, various members of the school staff play an important role in implementation of this policy. The School Nurse's role is particularly important, involving responsibilities for:

1. Reviewing or having the school physician review completed Pre-Participation Forms indicating a history of head injury that have been forwarded to her by the AD.
2. Communicating with athletic trainers regarding a student's history of head injury.
3. Following up with parents and students as needed prior to the student's participation in Extracurricular Athletic Activities.
4. Reviewing Department Report of Head Injury During Sports Season Form which a coach submits as a result of a head injury that has occurred during an extracurricular athletic activity or that a parent submits as a result of head injury that has occurred

outside of an extracurricular athletic activity but that takes place during the extracurricular activity season, with follow-up reporting requirements outlined herein.

Athletic Trainer

The Athletic Trainer also has specific responsibilities, including but not limited to:

1. Reviewing information from Pre-Participation Forms indicating a history of head injury and Report of Head Injury Forms to identify students who are at greater risk for repeated head injuries.
2. Identify students with head injuries or suspected conditions that occur in practice or competition and removing them from play.

Coaches

As reflected in this policy, coaches also have a key role in its implementation. In addition to their other responsibilities listed herein, all coaches are required to instruct students in form, technique and skills that minimize athletic-related head injury and are required to discourage and prohibit students from engaging in any unreasonably dangerous athletic technique that endangers the health and safety of a student, including using a helmet or any other equipment as a weapon.

Students

Students are expected to adhere to skills and instructions designed to minimize athletic related injuries. Students who engage in unreasonably dangerous behavior while participating in Extracurricular Athletic Activities may be excluded from the privilege of further participation and, further, may be subject to disciplinary consequences in accordance with the code of conduct.

III. Training

The following personnel, both those employed and those serving in a volunteer capacity, shall be required to participate in an annual training approved by the Massachusetts Department of Public Health (MDPH) in the prevention and recognition of a sports-related head injury, including second impact syndrome: coaches (as noted above, this term includes marching band directors), certified athletic trainers, school physicians, school nurses, Athletic Director and game officials. In addition, students who wish to participate in an Extracurricular Athletic Activity and their parents shall be required to participate in such training annually.

Annual Concussion Training:

The trainings available for school staff, parents/guardians and student athletes are approved by the Massachusetts Department of Public Health (MDPH). Training courses are on line, available free of charge, and last only about 30 minutes. The On-line courses are listed below:

- [Center for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training Program](http://www.cdc.gov/concussion/HeadsUp/online_training.html)
- [National Federation of State High School Associations Concussion in Sports – What you Need to Know](http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000)

Concussion training materials are available at the Massachusetts Interscholastic Athletic Association website: www.miaa.net/content/easy_pages/view.php?sid=38&page_id=98 or at the Oliver Ames High School website: www.oliverames.org/sports/.

Hard copies are available in the Oliver Ames High School Athletic Handbook.

Individuals who are required to participate in the training must submit documentation verifying their completion of the training on an annual basis to the Athletic Director.

IV. Prerequisites for Student Participation in an Extracurricular Athletic Activity

Prior to a student beginning (or continuing) participation in any Extracurricular Athletic Activity, whether involving tryouts, practices, contests, or performances, the following must take place;

1. Parents and students must submit to the Athletic Director a certification that they have completed the training requirements described in Section III above. Once submitted, the certification is valid for one school year.
2. Parents and students must submit to the Athletic Director documentation of an annual physical examination for the student providing medical clearance for the student to participate in the relevant Extracurricular Athletic Activity. Physical examinations must have occurred within the past 13 months. If the student's physical exam expires during the season, the student must submit an updated exam in order to continue participating. The Athletic Director will forward all exam reports to the School Nurse, who shall maintain them as part of the student health record and shall notify the student in the event his/her physical exam expires during the season of play.
3. Prior to a student's participation in an Extracurricular Athletic Activity, the parent and student must provide to the Athletic Director a completed form for *Pre-Participation Head Injury/ Concussion Reporting For Extracurricular Activities* ("Pre-Participation Form") which shall include:
 - a. A comprehensive history with up-to-date information relative to concussion history, any history regarding head, face or cervical spine injury and/or any history of co-existent concussion injuries; and
 - b. Signatures of both the parent and the student;
4. During the season of participation if a student sustains a head injury outside of the extracurricular activity, his/her parent is required to complete and submit *Department Report of Head Injury During Sports Season Form* to the Athletic Director.
5. The Athletic Director will forward to the coach copies of the *Pre-Participation Forms* and all *Reports of Head Injury During Sports Season* for each student member of that coach's team. In addition, the Athletic Director will forward the *Pre-Participation Forms* indicating a history of head injury and all *Reports of Head Injury During Sports Season* to the school nurse, who will consult with the student's primary care physician and/or school physician, as needed, and athletic staff regarding whether the student will be allowed to begin (or continue) to participate and if so, whether limitations may apply.
6. In order to better manage concussions sustained by our student-athletes, the district will utilize a software tool called ImPACT (Immediate Post Concussion Assessment and

Cognitive Testing). ImPACT is a computerized neuropsychological exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed. This non-invasive test is set up in "video-game" type format and takes about 20-30 minutes to complete. Essentially, the ImPACT test is a preseason physical of the brain that tracks information such as memory, reaction time, processing speed, and concentration. It is not an "IQ" test. There is no charge for the testing.

Students who seek to participate in the following collision and contact Extracurricular Athletic Activities must take a "baseline" ImPACT test one time, typically prior to the first year of participation:

Football	Gymnastics
Soccer (B&G)	Field Hockey
Ski	Basketball (B&G)
Ice Hockey	Cheerleading
Wrestling	Baseball
Lacrosse (B&G)	Softball

Parents of students participating in Extracurricular Athletic Activities other than the contact and collision sports listed above will have the option of having their child participate in the Impact Examination. The examination will be administered upon the parent's submission of a written request to the Athletic Director.

If a concussion is suspected, the athlete will be required to re-take the ImPACT test prior to resuming participation.

In the event a parent and/or student has not provided the documentation set forth above to the Athletic Director in a timely manner, or has not taken the ImPACT test as required, school staff will make two attempts to contact the parent using the district's typical communication methods (e.g., email, first class mail or telephone). The student will be ineligible to begin (or continue if applicable) participation in an Extracurricular Athletic Activity until all documentation has been received and reviewed by appropriate school personnel.

V. Removal Due to Head Injury and Protocols for Reentry

Any student who sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion, or loses consciousness, even briefly, during participation in an Extracurricular Athletic Activity shall be removed from the activity immediately and may not return to the activity that day even if the condition seems to resolve itself. If there is an athletic trainer on site, the coach must immediately report the suspected injury to the trainer or on-site school nurse for a medical assessment. If no trainer or school nurse is on-site, the coach is responsible for notifying the student's parents and contacting EMS for emergency service and transport to a local hospital if in their reasonable judgment such intervention is appropriate

In all circumstances, the coach must complete a *Department Report of Head Injury During Sports Season Form* and follow all Reporting Requirements outlined below in Section VII.

Any student removed from an Extracurricular Athletic Activity due suspected head injury must provide a *Department Post Sports-Related Head Injury Medical Clearance and Authorization Form* completed by a licensed medical professional (physician, nurse practitioner in consultation with a

physician, certified athletic trainer in consultation with a physician, or neuropsychologist in coordination with the physician managing the student's recovery) to the Athletic Director prior to the student's return to normal physical activities (including physical education class). The Athletic Director will consult with the School Nurse in reviewing such forms if appropriate. In the event a student exhibits symptoms of head injury following return to participation, the coach will immediately remove the student from the activity and will inform the Athletic Trainer, School Nurse and/or the parents in order to initiate further consultation.

VII. Graduated Reentry Plan and Medical Clearance following Diagnosis of Concussion

In the event the student has been diagnosed with a concussion, the student may not resume full participation in Extracurricular Athletic Activities until he/she has participated in a graduated re-entry plan and provided a completed *Department Post Sports-Related Head Injury Medical Clearance and Authorization Form* to the Athletic Director. If a concussion is suspected or diagnosed, the student will be required to re-take the ImpACT test, which will be made available to the student's treating physician, and used to determine when it is safe and appropriate for the injured student-athlete to return to activity.

In addition, school personnel, including but not limited to teachers, school nurse, and certified athletic trainer, along with parents shall develop a written graduated entry plan for return to academics and other school based activities, including Extracurricular Athletic Activities. Accommodations, may include, as appropriate: provision for physical or cognitive rest; graduated return to classroom studies; estimated time intervals for resuming activities; assessments by the school nurse; periodic medical assessment by a licensed medical professional (physician, nurse practitioner in consultation with a physician, certified athletic trainer in consultation with a physician, or neuropsychologist in coordination with the physician managing the student's recovery) until the student is authorized to full classroom and extracurricular activities. The school physician and/or student's physician may be consulted as appropriate in devising the graduated entry plan.

VIII. Additional Communication and Reporting

The Athletic Director shall disseminate to each coach copies of the completed *Pre-Participation Form* for each member of that coach's team or student group. The Athletic Director shall ensure that the nurse receives a copy and reviews any forms that indicate a history of head injury, with review by the school physician and certified athletic trainer if appropriate. The Athletic Director shall also ensure proper dissemination and review of any *Department Report of Head Injury During Sports Season Form*.

All coaches are required to report any circumstances in which the student under their supervision was removed from participation for suspected head injury, suspected concussion, or loss of consciousness and the nature of the suspected injury to the student's parent in person or by telephone as soon as is practical, and at the latest, immediately after the competition or practice, with written confirmation to the parent by paper or electronic format no later than the end of the next business day. The Coach must also notify the Athletic Director and school nurse of the removal from play and the nature of the suspected injury no later than the end of the next business day. The coach is responsible for ensuring that a *Department Report of Head Injury During Sports Season Form* has been completed and provided to the Athletic Director, parent, certified athletic trainer and school nurse.

The School Nurse shall inform the principal and guidance counselor of the injury so that an appropriate graduated reentry plan can be initiated.

IX. Maintenance of Records and Confidentiality

Copies of all documentation received by the school department under this policy will be maintained for a minimum of three years. Such documentation includes Verification of Training Completion, which will be kept by the Athletic Director. The School Nurse shall maintain copies of *Annual Physical Exams, Pre-Participation Forms, Reports of Head Injury During Sports Season, Department Report of Head Injury During Sports Season, Department Post Sports Related Head Injury and Medical Clearance and Authorization Forms*, and any *Graduated Reentry Plans* that may be necessary.

Medical information received by the district in implementing this policy is part of the student health record and may be disclosed only as authorized by the laws governing student records. Generally, authorized school personnel who work *directly with* the student in an instructive (academic or athletic), administrative, or diagnostic capacity will have access to the information on a need to know basis. Authorized school personnel should be instructed not to disclose the information to others. Notwithstanding these limitations, there may be times when school officials may or must disclose health or related information to others in order to protect a student's health or safety.

X. Notification of Policy Information to Parents and Students

The Athletic Director in consultation with the Principal shall disseminate to parents and students on annual basis information regarding this policy, including but not limited to:

1. Pre-requisites for students to participate in Extracurricular Athletic Activities, including opportunities for students and parents to fulfill their obligations to participate in training under this policy;
2. Requirements for parents to report to the Athletic Director a head injury occurring outside of school;
3. Procedures for notifying parents of a student's removal from play due to head injury;
4. Protocols for medical clearance prior to return to participation;
5. Contact information for key personnel.

In addition, information regarding this policy is available in the Oliver Ames High School Student Handbook. The Student Handbook is available at: www.oliverames.org.

School staff will work with parents of limited English proficiency to facilitate effective notice of this policy and effective communication regarding suspected head injury. In the event an interpreter is needed, parents and/or staff should contact the Principal's office.

XI. Consequences

The Easton Public Schools takes the safety of student athletes seriously. All members of the school staff are expected to follow the policies and protocols set forth herein and in Massachusetts law to support the health and safety of students who participate in Extracurricular Athletic Activities. The underlying philosophy of these policies is "when in doubt, sit them out". Failure to comply with the letter or spirit of these policies could result in progressive discipline for staff and/or forfeiture of games. If students or parents have concerns that the policies are being violated, they should contact the Superintendent or Principal.

Parents are also expected to do their part in supporting the health and safety of students by ensuring that all documentation required by this policy is submitted in a timely manner. Each student must also adhere to the rules of safe play as instructed by their coaches. Students must

also immediately inform a coach or other adult in the event the student believes he/she may have been injured during an activity. No student will be permitted to participate in an Extracurricular Athletic Activity unless the student and his/her parents have complied with their obligations under this policy.

Cross Ref: Mass. Gen. L. ch. 111, Section 222
 105 CMR 201.000 et seq.
 603 CMR 23.07 (access to student records)
 Student Handbook Policies

Forms:

Pre-Participation Head Injury/ Concussion Reporting For Extracurricular Activities Form Link:
www.mass.gov/eohhs/docs/dph/com-health/injury/preparticipation-reporting-form.pdf

Department Post Sports-Related Head Injury Medial Clearance and Authorization Form Link:
www.mass.gov/eohhs/docs/dph/com-health/injury/posthead-injury-clearance-form.pdf

Department Report of Head Injury During Sports Season Form Link:
www.mass.gov/eohhs/docs/dph/com-health/injury/in-season-report-form.pdf

Heads Up: Concussion in High School Sports Fact Sheet for Parents

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

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

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 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.

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

Symptoms Reported by Athletes

- 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, groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens 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.

What should you do if you think your teen has a concussion?

1) Keep your teen out of play

If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

2) Seek medical attention right away

A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

3) Teach your teen that it's not smart to play with a concussion.

Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's “just fine.”

4) Tell all of your teen's coaches and the student's school nurse about ANY concussion.

Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion: Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional. **For more information and to order additional materials *free-of-charge*, visit:** www.cdc.gov/concussion.

Heads Up: Concussion in High School Sports Fact Sheet for Athletes

What is a concussion? A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- | | |
|----------------------------------|--|
| - Headache or "pressure" in head | - Nausea or vomiting |
| - Balance problems or dizziness | - Double or blurry vision |
| - Bothered by light or noise | - Feeling sluggish, hazy, foggy, or groggy |
| - Difficulty paying attention | - Memory problems |
| - Confusion | |

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion
- **Get a medical check-up.** A doctor or other healthcare professional can tell if you have a concussion and when it is OK to return to play
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion? Every sport is different, but there are steps you can take to protect yourself:

- **Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:**
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit- Used every time you play or practice
 - Follow your coach's rules for safety and the rules of the sport
 - Practice good sportsmanship at all times.

If you think you have a concussion: Don't hide it. Report it. Take time to recover.

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

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/concussion.

DIRECTIONS TO HOCKOMOCK LEAGUE SCHOOLS

Attleboro: 100 Rathbun Willard Drive (508) 222-5150 X 249 - Follow Route 95 South to Route 123 East at Exit 3A. Take the left immediately after the Shell Gas Station (Lathrop Drive). The Good News Chapel is eight tenths of a mile on your left. Turn right onto Rome Blvd. directly across the street. Attleboro is five tenths of a mile on your right. Enter parking lot at right of school.

Canton: 900 Washington Street – High School (781) 821-5050 X 111- Go through Cobb's Corner into Canton Center. High School is on the left after the lights and railroad tracks. **55 Pecunit Street – Galvin Middle School / Blue Hills Country Club** - Go past the high school through the lights and take second left. Blue Hills Country Club has a sign. Middle school sets back on the right. **All events held at Canton High School EXCEPT – JV Soccer @ Middle School; Golf @ Blue Hills Country Club.**

Foxboro: 120 South Street (508) 543-1632 – Route 140 into Foxboro Center, around rotary and take a right at bank. Follow South Street to high school. **Ahern Middle School** – Route 140 to Foxboro center. Take 2nd right off of rotary (road to Sharon). School is ½ mile on the right. **All events held at Foxboro EXCEPT – Football, JV Soccer, Night field hockey and Night Soccer @ Ahern Middle School; Varsity Soccer @ IGO School field (at rotary).**

Franklin: 218 Oak Street (508) 541-2100 X 3040 – Route 495 North. Take Route 140 Franklin/Bellingham Exit. Take a right onto Route 140. Go approx. ¼ mile and take a left onto Panther Way (Sign at Chinese Restaurant is for Police and Hockey Rink). Follow up the road to the high school. **Horace Mann Middle School** – is the next school on the right. **All events are held at Franklin High School EXCEPT – Cross Country & Football @ Horace Mann; Golf @ Franklin Country Club (CC); Varsity Soccer @ King Street Park (night games @ high school).**

King Philip: 201 Franklin Street (508)-384-1049 – Route 140 to the High School. **Junior High School** – Take a right at K.P. (blinking light). Go past the Wrentham State School. Follow the signs to K.P. North. **All events at King Philip High School EXCEPT – Soccer @ Junior High North complex; Golf @ Franklin Country Club.**

Mansfield: 250 East Street (508) 261-7540 X 3113 – Route 106 to Mansfield. Take a left, after the Landfill and Town Barn, onto East St. High school is the 1st school on the right. **Qualters Middle School** is the 2nd school on the right. **All events are held at Mansfield High School EXCEPT – JV soccer @ East St Field; Football @ Memorial Park; Golf @ Norton Country Club.**

Milford: 31 West Fountain Street (508) 482-0700 X 4 – From I 495, Take Exit 20, Route 85 South Take a right at lights onto Dilla St. to end Take a left at lights onto Purchase St. Take 2nd right onto Fountain St. to top of hill. At lights, cross intersection to West Fountain St. School is 1/4 mile up on left. **All events at Milford High School EXCEPT – Varsity & Freshman Baseball @ Fino Field/Votolato Field; JV Baseball & Freshman Softball @ Town Park; Golf @ Hopedale Country Club; Ice Hockey @ New England Sports Center, Marlboro.**

North Attleboro: Landry Ave (508) 643-2129 – Take Route 106 towards Mansfield. Take a left onto Route 152. Follow approx. 1 mile until traffic light, turn right onto Landry Ave and follow to the high school. **NA Middle School (Community Field) 564 Landry Ave.** – Take Route 106 to Route 1. Take a left at Route 1 and follow approx. 1 mile. Take a right at Dunkin Donuts. Follow Washington Street through the center of town. School is at Community Field. **All events are held at North Attleboro High School EXCEPT – JV Soccer @ Petti Field Town Park; Golf @ Locust Valley Country Club; All Night Games @ Community Field (NA Center near Route 1).**

Sharon: 180 Pond Street (781) 784-1554 X 8026 – Follow Massapoag Ave to rotary. Take Pond St. High School is on the right. Sharon Middle School – Take a right at the rotary. Take a right onto Mountain Street at the cemetery. **All events are held at Sharon High EXCEPT – JV Soccer @ Ames Street (across from SHS); Golf @ Sharon Country Club; Track & Football @ Middle School.**

Stoughton: 232 Pearl Street (781) 344-4000 X 215 – Take Route 138 to Stoughton Center. Bear left after the stop sign (Route 27 goes left, Route 138 goes straight, Pearl Street is in between). Go through stop sign and high school is ½ mile on the left. Middle School – Go through the High School gym side parking lot and the middle school is down on the right. **All events are held at Stoughton High School EXCEPT – Golf @ Easton Country Club**

Taunton: 50 Williams Street (508) 821-1150 – From the North take Rte 24 South to Rte 44 West (TAUNTON EXIT 13B). At the fifth set of lights take left onto Owens River Parkway. Take next left into Taunton High School. **All events are held at Taunton High School EXCEPT – Golf @ Segregansett Country Club, Taunton; Swimming/Diving @ Boys & Girls Club of Taunton.**

DIRECTIONS TO OTHER HOCKOMOCK SPORTS VENUES AND NON-LEAGUE SCHOOLS:

For directions to all opposing school sports facilities, go to “Member School Lookup” at www.miaa.net.
Select the opposing school from the drop-down menu.
Then click the link to “Directions to Sports Facilities”.

OLIVER AMES SPORTS VENUES:

Baseball:	Frothingham Park, Easton
Cross Country:	Borderland State Park, Easton
Golf:	Pine Oaks Country Club, Easton
Ice Hockey:	Asiaf Arena, Brockton
Swimming/Diving:	Massasoit Community College, Brockton
Softball:	Parkview School, Easton
Skiing:	Blue Hills, Milton/ Ward Hill, Shrewsbury

***All other sports played at the Oliver Ames Sports Complex

SCHEDULING:

For up-to-date scheduling, cancellation or postponement information please visit www.oliverameshighschool.org/sports and click the link to Schedule Updates.

NOTICE OF NONDISCRIMINATION

Applicants for admission and employment, students, parents, employees, sources of referral of applicants for admission and employment, and all unions or professional organizations holding collective bargaining or professional agreements with the Easton School District are hereby notified that this institution does not discriminate on the basis of race, color, national origin, sex, age, religion, sexual orientation, veteran status or handicap in admission or access to, or treatment or employment in, its programs and activities. Any person having inquiries concerning the Easton School District's compliance with the regulations implementing Title VI, Title IX, Section 504 or Chapter 622 is directed to contact the Superintendent of the Easton Public Schools, Dr. Michael Green, 50 Oliver Street, North Easton, telephone # 230-3200, who has been designated by the Easton School District to coordinate the District's efforts to comply with the regulations implementing Title VI, Title IX, Section 504 and Chapter 622 or write to: Office For Civil Rights, John W. McCormack Post Office and Courthouse, Room 222, Post Office Square, Boston, MA 02109.