

2022-2023

Central Noble Jr/Sr High School

ATHLETIC HANDBOOK



ELIGIBILITY RULES

Revised May 1, 2022

The rules of the Indiana High School Athletic Association, Inc. By Laws and Articles of Incorporation will be followed. A few of the most common rules affecting athletic participation are listed below.

1. Between April 1 and the student's first practice in preparation for inter-school athletic participation; the student shall have had a physical examination by a physician or nurse practitioner holding an unlimited license to practice medicine. The proper Parent and Physician's Certificate must be completed and on file in the athletic office (Rule C--3-10). **An athlete may be released from a team if they do not have an athletic physical onfile by the first contest.**
2. Students violate their amateur standing if they participate in athletic activities, tryouts, auditions, practices, or game should or sponsored by professional organizations, clubs, or their representatives (Rule C-5-3). This rule applies to all sports except out of season baseball, golf, softball and tennis out of season. Golf and athletes may apply for up to 2 in season waiver forms from the IHSAA per season.
3. Senior/Junior high school athletes must be passing five full credit subjects at the conclusion of the most recent grading period. Semester grades take precedence over nine week grades. (Rule C--18-1).

Grading Periods:

Semester 2 Final (Previous School Year)	Senior and Junior High
Quarter 1 Mid-Term.....	Senior High Only
Quarter 1 Final.....	Senior and Junior High
Quarter 2 Mid-Term.....	Senior High Only
Semester 1 Final.....	Senior and Junior High
Quarter 3 Mid-Term.....	Senior High Only
Quarter 3 Final.....	Senior and Junior High
Quarter 4 Mid-Term.....	Senior High Only
Semester 2 Final.....	Senior and Junior High

Junior High Academic Probation Policy: Junior High students who do not meet the requirement of having passed five courses will be on academic probation. "Academic Probation" means that the student may practice but not participate in events (games, meets or contests). Since athletic participation can be a great academic motivator, students who begin a quarter on academic probation have an opportunity to regain eligibility. Three weeks after the official start of each quarter grades of students on academic probation will be re-evaluated by the athletic director. If a student who is on academic probation is passing the required five courses they will regain full academic eligibility for the remainder of the quarter.

4. Students must be enrolled in at least five full credit subjects. (Rule C--18-1).
5. Students absent or physically unable to practice for five or more consecutive days due to illness or injury must present a physician's note to the principal stating that the athlete is

again physically fit to resume participation. (Rule 3-11). Students that are unable to practice or play for 8-14 days must complete 4 practices prior to returning to active playing status. If more than 14 consecutive days are missed the athlete must complete 6 full practices before returning to active status (Rule 9-14). When calculating missed days you count all days with the exception of Sundays.

6. Any student transferring to Central Noble Jr/Sr High School from another high school must have on file a signed and completed IHSAA Athletic transfer Report (Rule 19). Students must be enrolled 365 days before a transfer is no longer necessary. Exchange students must have a Foreign Exchange Transfer form.
7. Homeschooled athletes wishing to participate while remaining in the homeschool environment must along with needing an athletic transfer, meet the following requirements for eligibility (Rule 12-5):
 - a) must live within the district and not compromise the spirit of the eligibility rules
 - b) must have been homeschooled for three (3) consecutive years
 - c) must complete all required state-wide examinations for his/her grade level
 - d) the non-public, non-accredited school must provide proof of meeting rule 18-1 upon grade certification dates. This includes being enrolled and passing the proper number of classes required to be eligible.
 - e) the student must be enrolled in and attending a minimum of One (1) full credit subject offered within the member School building.
8. A high school student who is or shall be twenty years of age prior to or on the scheduled date of the IHSAA State Finals in a sport shall be ineligible for inter school athletic competition in that sport (Rule C-4-1).
9. Students violate their amateur standing if they (a) play under an assumed name; (b) accept remuneration directly or indirectly for athletic participation.
10. After enrollment in the 9th grade, students shall be eligible for no more than eight consecutive semesters.
11. Students may not accept awards for "All State" or "All American" recognition from any outside organization (Rule C--6-9).
12. Awards, gifts, honors, etc. shall not be accepted from colleges or their alumni. (C-6-7-).
13. Awards from such local organizations as: service clubs, civic groups may be accepted with the approval of the principal (C-6-5).
14. During the school year out-of-season students may participate in team sports as members of a non-school team provided no more than 60% of a normal team starting line in that sport have participated in a contest the previous year as a member of one of their high school teams in that sport. No more than 60% may register to play on a non-school team. Please inquire with the athletic director regarding all such entries. (Rule 15)

CENTRAL NOBLE GENERAL RULES

- A. A high school athlete may participate in a maximum of two sports per season with the approval of both sport's head coach. Athlete must declare primary sport if two sports are to be competed in. Athlete must complete player, parent, head coach and athletic director contract and may letter in both sports if major award requirements are met. Contract must be completed prior to the beginning of practice season for multi- sport participation for that season to be valid. Middle School Athletes may only participate in one sport per season at the same time. If one Middle School sport ends and another begins later in the same season a Middle School student may participate in a second sport (example: Boys Middle School Basketball and Wrestling).
- B. Cheerleaders may participate on a fall or winter athletic team providing it meets with the approval of the coach and sponsor. Cheerleader, Coach of the sport, Cheer sponsor, Athletic Director and Parent must complete multi-sport contract in order to cheer and participate in sport prior to sport practice season beginning.
- C. A student must attend school one half day on the day of a contest or practice. All such situations should be brought to the attention of the athletic director and/or principal.
- D. The Athletic Department of the school corporation is not financially responsible for athletic injuries. A type of family health insurance is necessary in order for a student to participate in athletics at Central Noble Jr/Sr High School. Parent Consent and Release, under Part II of the IHSAA physical form (Consent and Release Certificate), must be checked and completed by the student's parent or guardian before the athlete is eligible to participate. Also, the Student/Parent Participation Form must be signed and submitted prior to beginning practices. The insurance company and policy number must be included on both forms.
- E. A drug testing program consent form must be on file in the office of the principal in order to participate in athletics. The Central Noble School Corporation Extra-Curricular Activities and Student Driver Drug Testing Policy are available in the Jr/Sr High school office. A student involved in athletics who tests positive will be subject to the disciplinary consequences outlined in the Athletic Code of Conduct.
- F. Athletes seeking due process regarding discipline resulting from an infraction of the athletic code of conduct may appeal through the athletic director to the athletic council, the principal, the superintendent, in sequence. During such a process the suspension discipline remain in effect.
- G. Student Athletes must attend one Athlete Handbook Meeting per school year prior to participation in game competition for their sport.

CENTRAL NOBLE HIGH SCHOOL TRAINING RULES

Participating in athletics is both an Honor and a Responsibility. Athletes are recognized for their achievements as representatives of their school and its ideals. Good physical conditioning and sound attitudes are integral to participation in Central Noble's athletic program.

It is a privilege to participate in athletics and this privilege is extended to all, provided that students are willing to assume certain responsibilities. A student participant must be a credit to oneself, the school, and the community. It is expected that all athletes will meet better than minimum standards in conduct.

The primary concern of the athletic department in encouraging athletes to refrain from the use of certain substances is the health and physical/psychological well-being of the athlete. A secondary objective is to ensure that the athlete properly represents himself/herself, his/her family, and the school. Additionally, the ability of the athlete to physically perform to the best of his/her ability should be maintained. The mental well-being, assistance in making quality decisions, resisting peer pressure, and development of self-discipline in the young individual is a consideration when issuing discipline.

Contestants' conduct in and out of school shall be such as (1) not to reflect discredit upon their school or the Association; and (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school (Rule 8-C-8-1), Indiana High School Athletic Association.

When disciplinary action is to be taken, the coach will inform the athlete of the reason for such action and will allow the athlete the opportunity to discuss any disciplinary action which is taken with the coach, athletic director, and principal in that order. Further appeal must be made in writing to the Athletic Director or Principal.

TOBACCO

Athletes will not use tobacco products including smoking (leaf or e-cigarettes), vaping, snuff, and use of chewing tobacco. (Cases of possession or transportation of tobacco will be dealt with individually).

ALCOHOL

Athletes will not consume, possess, distribute, or transport alcoholic beverages.

DRUGS

Athletes will not abuse, possess, distribute, or transport drugs or look-alike drugs. This policy is inclusive of devices used for storage, processing or consumption of drugs. Substances containing marijuana, steroids, hallucinogens, narcotics, amphetamines, or barbiturates will not be used. Student-athletes will not use depressants, stimulants, inhalants or other substances utilized for purposes that violate school policy.

The rules pertaining to violation of the Central Noble Jr/Sr High School disciplinary code regarding drugs will be followed. Please refer to the Student Handbook. The first offense of drug usage at school and school functions may result in expulsion from school. The discipline rules of the Central Noble School Corporation Random Drug Testing Policy will be enacted in the case of a positive test result.

1. Conditions to be considered as Proof/Evidence of a violation:

- a. The student admits guilt of the violation.
- b. The violation is witnessed by a Central Noble Community Schools employee or representative.
- c. The violation is witnessed by any law enforcement agency or an arrest is made for the violation.

2. Student Training Code Violations

- a. **Transmission, use or possession of tobacco; Transmission, use or possession of alcohol; Transmission, use or possession of drugs and/or drug paraphernalia, unless prescribed by a physician to correct an illness.**
- b. **Misdemeanors** may be considered a student training code violation and could result in consequences up to and including immediate and permanent removal from participation.
- c. **Felonies** will be considered a serious student training code violation and could result in consequences up to and including immediate and permanent removal from participation.

3. Corrective Steps to be administered by the Administration

Any violation of the Student Training Code will result in the following:

Offense	Consequence
First	25% Game Suspension/Athlete may continue practicing with team
Second	50% Game Suspension/Athlete may continue practicing with team
Third+	365 Day Game Suspension/Athlete may continue practicing with team

4. Counseling

It is highly recommended that students who violate the student training codes concerning tobacco, alcohol and drugs seek counseling to learn to cope with peer pressure and deal with possible addictions. Any financial obligations associated with such counseling will be the responsibility of the student and/or parent-guardian.

5. Additional Clarification and Enforcement

If a student commits a violation of the student training code while not participating in a sport, consequences will be assessed at the beginning of the next sport in which they choose to participate. In order for the suspension to be validated, the student must complete the sport season in good standing. If a student is suspended for a violation in season, the suspension will be calculated separately for each sport they are participating in.

6. Adding Sports to serve a Suspension

An Athlete will be permitted to serve his/her suspension in a sport they have not previously participated with the following requirements:

- a. The student-athlete must complete the sport season in good standing.
- b. The student-athlete must not become a disruption to the activities of the new team.
- c. At any time, the student-athlete may be removed from the team if, in the opinion of the head coach or athletic director, the student is not contributing to the team in a positive manner.

7. Self-Referral

Athletes who realize that they have a drug/alcohol dependency problem may contact the athletic director or counselor for help and support with no suspension taking place. If school personnel or law enforcement learn of a violation prior to self-disclosure, a self-referral will not waive possible suspension. Once student is selected for testing in the random drug testing pool, self-disclosure cannot waive a suspension. Self-disclosure is a one-time career option. After self-disclosure, any additional violations would remove the student to second offense status. Parent/Guardians or the individual student may disclose for the student. Also, to avoid suspension, a counseling program and any other recommendations mandated by school administration must be accepted and completed by the student/athlete.

CONDUCT, CHARACTER, DISCIPLINE

The principal or athletic director may suspend a student for a period of time for other incidents that have a detrimental effect upon the athletic program at Central Noble. The length of suspension for these infractions will be determined by the principal or his or her designee. Participation in athletics at Central Noble Jr/Sr High School is a privilege and not a right.

Harassment by A Student: The harassment of other students or members of the staff, or any other individuals is not permitted. This includes any speech or action that creates a hostile, intimidating, or offensive learning environment. Conduct constituting harassment may take different forms, including, but not limited to the following: verbal, nonverbal and physical contact. Social Media: The use of Social Media in an inappropriate manner can have a disruptive impact on the morale and success of the team. Inappropriate use of technology can lead to disruptions in the classroom learning environment, school cohesiveness/morale and may constitute harassment or bullying. Inappropriate use of Social Media that could lead to athletic discipline and possible suspension or removal from participation would include but not be limited to: sexually explicit, profane, lewd, indecent, or defamatory language, the use of derogatory language regarding school personnel or other students, comments designed to harass or bully students/school personnel, nude/sexually-oriented/indecent photos/images or altered pictures/videos. The use of Central Noble School Corporation computers to view inappropriate off-campus postings is prohibited. The use of student/athlete personal or non-school devices on school grounds to view or post inappropriate material is prohibited. The distribution of inappropriate hard copies of posts on school property is prohibited. The re-communication of inappropriate content on Central Noble School Corporation property is prohibited.

Other: The arrest and/or conviction of a felony, or any misdemeanor, which is derogatory to the proper conduct of an athlete may result in disciplinary action affecting athletic participation. A player arrested, under investigation, on probation, etc. can be suspended from competition until cleared by the administration. This may be based on evidence charges and/or conviction (excluding minor traffic violations).

A student who violates a substance training rule that involves even more serious ramifications may be suspended indefinitely.

Athletes receiving disciplines from law enforcement, courts, judges, and juvenile detention offices may receive varied levels of discipline at school depending on the infraction. (examples: In home detention, residing at Kinsey, etc.)

Disciplinary action may be administered by the coach for violation of other regulations prescribed for that team. Such actions should involve input from the athletic director and/or principal and possible approval of the Council.

The stealing of equipment from any school or student is a serious act of conduct and may result in the same disciplinary action as listed under training rules. Quality athletic equipment is provided in each sport. Students are expected to care for this equipment and return it at the end of the season. It is to be used at times indicated by the head coaches. Students must pay for the cost of replacement of equipment which is not returned in good condition, with allowance for reasonable use. No athlete shall have in his/her possession any school owned equipment, from this school or any other school, other than that which is to be worn for practices or

contests, and which has been issued to the athlete. Uniforms and equipment should not be worn as regular apparel unless authorized by the coach for special "team dress-up" days at school.

Athletes are expected to display proper conduct and citizenship at all times. The athlete is a representative of Central Noble. Sportsmanship should be strived for at all times.

Appropriate hours should be kept during the season. Athletes are expected to attend all required practices. Coaches should be made aware prior to the practice when an athlete develops a time conflict.

Swearing should not be a practice of the athlete. Abusive language, harassment, conduct, and/or personal confrontation (fighting) will not be tolerated.

Exhibit high standards of social behavior. Be cooperative, hard working, flexible, and show initiative.

Maintain a good appearance including cleanliness and good grooming.

Respect other athletes, coaches, cheerleaders, officials, spectators and those in authority.

An athlete cannot practice or participate in contests on the day or days assigned to in or out-of-school suspension. This will be determined by the time of the issued discipline and the 24 hour, 48 hour, etc. rotation of time to the conclusion of the discipline.

An athlete who quits a team after the final cut will not be eligible to participate on another team that same season or participate in any pre-season workouts for another sport. This may be reviewed by the sending coach.

An athlete released by the coach prior to or after the first competitive contest may be eligible to participate in pre-season, pending the decision of the Athletic Director and the coaches involved.

TRANSPORTATION

1. Students and their parents are responsible for their transportation to and from practices and home contests.
2. On very rare occasions, cars driven by coaches or parents may be utilized. This will require prior approval of the parent, coach, superintendent and principal on a private auto form.
3. No students may drive to contests. In an extreme situation special arrangements may be made with a private auto form signed by the superintendent, principal, parent and coach.
4. Students may ride home with their parents provided they sign their student out with a coach prior to leaving.
5. Students may ride home with another parent provided it meets approval of the coach and prior written permission of the student's parent is submitted to the coach prior to the event.
6. Students may not ride to or from away contests with another student or non-adult. When the student is competing and the responsibility of the school, they must ride to and from the event on transportation provided by the school. Students not following this guideline jeopardize their membership on that team. In an extreme situation, special arrangements may be made. Such a decision will include the parent, superintendent, coach and principal's written permission on a private auto form.
7. When traveling from school to practice away from the school (examples: golf course, park, etc.), team members who are driving must have a private auto form on file. Students may ride with another student provided prior written approval is granted by the rider's parent on a private auto form. Parents should stipulate on the form what students their son or daughter may ride with. Such practices not held immediately after school may allow students to drive home and return to the practice site. (item 1 above)
8. Students driving automobiles will follow the guidelines as stated under "Student Drivers" in the high school student handbook.
9. Automobiles driven to school will remain parked in the student lot and not driven back and forth to another location for meetings, practices, meals, etc. Cars are not to be moved until the student is prepared to leave for home. Exceptions must be approved by the principal.
10. Students should never play in or around automobiles. Riding on the exterior of the car, in the back of a truck, on the hood, on the bumper, in the trunk, etc. should never be attempted.
11. Keep bus aisles clear. Put equipment in or under seats. Keep aisles safe for emergency exit of the bus.

SPECIAL SAFETY CONCERNS

1. Students should not climb on rollout bleachers that are pushed against the wall. The structure beneath portable or permanent bleachers should not be climbed on.
2. Students will not run on the roads when affiliated with a school sponsored practice or activity. Athletes should not run to or from school.
3. Students should not hang on rims, goalposts, bleachers, goals, backboard structures and the like.
4. Students should not jump over or climb fences, cables, chains, gates, etc.
5. Students should never play in or around automobiles. Riding on the exterior of vehicles is prohibited. Athletes will not ride in the back of pick-up trucks, on the hood, in the trunk, on the bumper, etc.
6. Cars should remain parked in the student lot from the time of arrival in the morning until time to go home after school, practice, or contests. The rules on driving automobiles as listed in the student handbook will be followed. Exceptions from the policy of removing cars from the student parking lot should be approved by the principal. (Example: driving to softball diamonds).
7. Portable hair dryers should not be used in locker rooms.
8. Safety rules pertaining to each specific sport will be followed. Examples would include no butt blocking and spearing in football.
9. Running, flipping towels and general horseplay is not permitted in locker rooms or other athletic related areas.
10. Students should not use any foreign object to try to turn on light switches.
11. Students should always use caution when crossing the road between the facilities or parking lot around the buildings.
12. All rules of the weight room will be followed. No student may lift without the supervision of a coach.
13. Sport activities should be conducted in designated areas. Example: shot put only in shot ring and vector area.
14. Students should be careful when working around dangerous practice situations such as batting cages and pitching and batting areas. Other activities might include shot put, discus, swinging golf clubs, football drills, tennis racquet swings, runners, hurdlers, kicking, jumpers, wrestling maneuvers and valuators.
15. Students should obtain approval and instruction from the coach prior to working with, assembling or utilizing equipment or facilities.

Central Noble Chain of Command

As many of us who play sports understand that many life lessons are learned by participating in sports during high school. With this comes times of frustration between coaches and players. The following is the proper protocol for resolving these issues that may arise. PLAYING TIME IS NEVER DISCUSSED WITH PARENTS.

1. Athlete and Coach discuss issue
2. Athlete, Parent, and Coach discuss issue
3. Athlete, Parent, Coach and AD discuss issue
4. Athlete, Parent, Coach, AD, and Principal discuss issue
5. Athlete, Parent, Coach, AD, Principal and Superintendent discuss issue
6. Athlete, Parent, Coach, AD, Principal, Superintendent and School Board Representative discuss issue

The chain must be done in order. Skipping steps will result in the person(s) going back to the step missed. Checks that previous steps were done will take place before the meeting is scheduled.

Medical Eligibility

Central Noble contracts with Optimum Performance Sports (OPS) for athletic training services.

Central Noble Jr/Sr High School Doctor Visit Policy

If the injury requires medical attention by a doctor or treatment center, the certified athletic trainer must complete an injury report. Student-athletes who seek medical treatment **MUST** obtain a doctors note clearing them for participation, before they will be allowed to return to participation. (OPS Rev. 5.31.2017)

Central Noble Jr/Sr High School Concussion Policy

Purpose: Central Noble School Corporation considers the safety of their athletes/students of utmost importance. It is committed to the prevention, care, and treatment of concussions. In the last few years, there has been a large amount of research pertaining to sports-related concussions. As the medical management of sports-related concussions has changed significantly, Central Noble School Corporation has established this protocol to provide education and safety regarding concussions and other head injuries. A safe return to play is invaluable for each and every athlete/student. Recently, the IHSAA (Indiana High School Athletic Association) has come forth with a specific set of rules regarding concussion management in the **IHSAA Protocol for Implementation of National Federation of State High School Associations (NFHS) Sports Playing Rules for Concussions**. Effective July 1, 2011, the Indiana State Code mandates that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game be removed and may not return until they are evaluated and receive written clearance from the health care professional who is trained in the evaluation and management of concussions and head injuries. These regulations, along with a multitude of changes in the way that concussions are managed by health care professionals, has necessitated the creation of this school wide concussion policy which will cover identification, treatment, and referral of concussions/other head injuries. Other issues including academic assistance and return to play guidelines will also be addressed.

Concussion Policy: Terms of Agreement

1. **All Central Noble student-athletes are required to read the Concussion Fact Sheet and sign the student-athlete statement acknowledging that they have both read and understand the Concussion Fact Sheet and accept the responsibility for reporting their injuries and illnesses to the Central Noble staff.**
2. The fact sheet acknowledges :
 - a. **that Central Noble staff will provide all athletes with the Concussion Fact Sheet.**
 - b. that they have read, understands, and will abide by the Central Noble Concussion Policy.
 - c. that all athletes will be encouraged to report any suspected concussion or signs and symptoms of a concussion.
3. **All Central Noble coaches and athletic support staff are required to read and sign the Coaches/Athletic Support Staff Statement acknowledging that they have read and will abide by the Central Noble Concussion Policy as well as the following:**
 - a. that they have read and understand the Concussion Fact Sheet and the Coaches/Athletic Support Staff Procedural Guidelines.
 - b. that they will encourage their athletes to report any concussion or suspected concussion to the Central Noble athletic trainer or school nurse.
 - c. that they will accept the responsibility for making sure any athlete is referred to the school nurse or athletic trainer for any concussion or concussion signs or symptoms.
 - d. that they will utilize the host team athletic trainer for referral if at an away event without the Central Noble athletic trainer.
4. The education, distribution, and signing/collection of the concussion documents will be coordinated by the Central Noble athletic director, athletic trainer, and school nurse.
5. The Central Noble athletic director, athletic trainer, and school nurse, will meet annually to update and review the Central Noble Concussion Policy and related documents.
6. Any serious head injury will be reviewed by the Central Noble athletic director, athletic trainer, and school nurse to ensure safety. All athletes without proper safety equipment will not be granted the right to participate in Central Noble athletics until the equipment issue is taken care of and safety standards are met.
7. Optimum Performance Sports will oversee the concussion policy and its related procedures .
8. All physicians will be required to abide by the evidence-based return-to-play protocol. All research for this protocol is available at Optimum Performance Sports (OPS) or the Central Noble athletic office.

The following Concussion Management Policy, Home Concussion Guideline, and healthcare documentation forms have been approved and implemented by Central Noble School Corporation. All athletes will be expected to follow these procedures.

I. Concussion Defined. The 4th International Conference on Concussion in Sport (November 2012) has defined concussion as a “complex pathophysiological process affecting the brain, induced by biomechanical forces.” Concussion is described as well, by the following statements:

1. The concussion may be caused by a direct blow to the head or another force to the body, which is transmitted to the head.
2. The neurological impairment of a concussion usually appears quickly and resolves spontaneously.
3. Although a concussion may result in neuropathology changes, the acute clinical picture represents a **functional disturbance rather than a structural injury**.
4. A concussion has a graded set of symptoms, which may or may not include loss of consciousness. Some individuals may have prolonged post concussive symptoms.
5. There are no abnormalities on the typical neuroimaging studies (1).

The signs and symptoms may include any of the following, but are not limited to:

Headache	Loss of consciousness	Altered level of consciousness
Confusion	Memory loss	Nausea and vomiting
Visual disturbances	Ringing in ears	Inability to focus
Dizziness	Balance problems	Delayed verbal or motor responses
Irritability	Fatigue	Vacant stare (1, 2, 3)

The signs and symptoms of a concussion may be divided into 4 categories: physical, cognitive, emotional, and sleep as listed below. The list is not exhaustive.

PHYSICAL	COGNITIVE	EMOTIONAL	SLEEP
Headache	Problems remembering	Feels sad	Drowsiness
Nausea/vomiting	Problems concentrating	Irritable	Sleeps more than normal
Visual disturbances	Confusion	More emotional	Sleeps less than normal
Ringing in the ears	Slow	Nervousness	Trouble falling asleep
Light/Noise sensitivity	Repeats things	Personality change	
Poor balance			
Dizziness			
Loss of consciousness			

Adapted from: Halstead ME, Walter KD, THE COUNCIL ON SPORTS MEDICINE AND FITNESS. Clinical Report-Sport-Related Concussion in Children and Adolescents. *PEDIATRICS*. 2010.; 126(4):597-615.

Understanding that a concussion is an injury to brain function is important. For example, think of brain function as being similar to electricity. You cannot hold in your hand brain function, just like you cannot hold electrical current. You can hold the structure that houses brain function (the brain) in your hand, like you can hold the structure that houses electrical

current (a wire), but you cannot hold the movement of traveling current and exchanges of electrical charges in a wire just like you cannot hold traveling nerve impulses and physiological life processes that are occurring in the brain.

Physiologically, a concussion is a mild coma. A concussion is an injury to an action, that being normal brain function. **Biochemical changes occur in the brain that requires rest in order to correct the chemical imbalance and achieve homeostatic conditions** (13, 14). Without appropriate management, the brain function deficits may remain for the rest of the athlete's life. Appropriate management is a team approach and requires the cooperation of all involved to ensure the athlete returns to sport AND LIFE safely.

II. Recognition and Treatment. If one or more of these signs or symptoms in the above categories are present upon evaluation, a concussion should be suspected. It is important to recognize the warning signs of a serious head injury. In the event that a head injury is suspected to be very serious, or is more than a concussion, the athlete will be immediately referred to the emergency room. Transport to the hospital by ambulance will be utilized under emergent circumstances. Any loss of consciousness, no matter how brief, will be referred to the emergency room.

Below are the guidelines that are suggested for managing sports-related concussions. These suggestions are recommended based upon the growing body of research on head injuries. Please note that due to the constantly changing knowledge base, these guidelines may be changed frequently.

Guidelines for the Management of Sport-Related Concussion/Head Injury

1. Any athlete/student who has witnessed loss of consciousness should be transported to the nearest emergency room on a spine board by ambulance.
2. Any athlete/student who is deemed to have an unstable head injury should be transported to the emergency room by ambulance.
3. Any athlete/student who exhibits any of the following will be referred to a physician:
 - a. Loss of consciousness*
 - b. Amnesia lasting longer than 15 minutes
 - c. Deterioration of neurological function*
 - d. Decreasing level of consciousness*
 - e. Decrease or irregularity in respirations*
 - f. Decrease or irregularity in pulse*
 - g. Cranial nerve deficits*
 - h. Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding*
 - i. Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation*
 - j. Seizure activity*
 - k. Vomiting
 - l. Progressive deteriorating mental or physical state
 - m. Additional post- concussion symptoms as compared to those on the field

* Items a, c, d, e, f, g, h, i, and j require that the athlete/student be transported immediately to the nearest emergency room by ambulance.

4. An athlete/student who has sustained a head injury, but is stable, may be transported to the emergency room or to their physician by their parents/guardians.
5. Any athlete/student who is in question will be referred to the physician.
6. Any athlete/student who displays:
 - a. An increase in the number of post concussion symptoms reported
 - b. Post concussion symptoms are interfering with the athlete's activities of daily living
 - c. Post concussion symptoms worsen or do not improve over time
- ** Any of the above after the day of the injury, will be referred to the physician or emergency room as appropriate (1, 2, 3, 4).
7. Any athlete/student who has numbness, weakness, paralysis, or cervical neck pain will be evaluated for a spinal fracture and treated as indicated. Spine boarding will be necessary in the event that a spinal fracture is suspected (5, 6)

Central Noble uses the King-Devick Test in association with Mayo Clinic (K-D), Standardized Assessment of Concussion (SAC), and Modified Balance Error Scoring Systems (mBESS) concussion test. These tests are given to athletes who are engaged in Central Noble HS/MS Athletics prior to their participation in order to establish baseline scores. When an athlete is removed from a game, these three standardized concussion management tests are administered during the athletic trainers evaluation to assist in determining the presence or absence of a concussion. A post-test will be given to all concussed athletes/students after the resolution of symptoms and/or occasionally during the recovery process if deemed necessary, in order to assist in planning and management of school assignments or other appropriate management decisions.

The Indiana High School Athletic Association (IHSAA) has mandated that any athlete who has been confirmed to have a concussion by the school's designated health care professional (a certified athletic trainer licensed in the state of Indiana or an MD or DO licensed in the state of Indiana). According to Indiana Code (20-34-7 and IHSAA Mandate), once an athlete/student has been designated with a concussion, **ONLY AN MD or DO** may clear the athlete in writing to return to participation. **Clearance may not be obtained within 24 hours of receiving the head injury.** Recognition of the signs and symptoms of a concussion is important, however, the athlete needs to follow up with the Athletic Trainer daily as injury mechanism and presence of specific immediate symptoms, but also monitoring the development of any delayed onset symptoms are also monitored. Often diagnostic tests do not show any structural changes. Once the athlete is cleared from an MD or DO, the athlete must follow the IHSAA's graded return process with the athletic trainer before returning to sport, P.E., weights, etc. The graded return verifies the athlete is symptom-free not only during rest and daily living, but during exercise as well.

If a student athlete sustains any force or blow to the head and/or symptoms of a concussion during school hours they should be evaluated by the school nurse. The student athlete must also notify the Athletic Trainer in order to begin the proper monitoring and documentation required to regain IHSAA eligibility. As the student returns to school after a diagnosed concussion, the school nurse will collaborate with the health care provider, parents, and school staff implementing any necessary academic/physical accommodations as the student transitions back to school.

A student-athlete can participate in NO P.E., WEIGHTS, or PHYSICAL ACTIVITY until the graded return is finished, even if the MD or DO removes accommodations for school. A portion of the graded return requires rest and monitoring of symptoms. If a student-athlete participates in physical activity during the school day, they do not satisfy the graded return's rest requirement and will need to repeat that portion. This will delay the student-athlete's return to activity including participation in sports practices/games, P.E., weights and all other physical activity.

Educational Concussion Management for the Student Athlete

A significant head injury can create a significant educational challenge. Post-concussion or other symptoms may result in confusion, forgetfulness, pain, as well as other issues when attempting to participate in classroom activities. Often, a rest from cognitive activity is required during the healing process and sometimes alterations in the learning program are necessary for quite some time. The combined effort of the school nurse, guidance counselor, teachers, and other medical professionals will be available for student-athletes when necessary. Each student will be assessed according to individual need. The individualized educational plan (504) will aim to address all educational needs and will be progressed as needed. Each of the following areas will be evaluated for each student-athlete:

- Absence from class
- Rest breaks during the school day
- Postponement of tests
- Assignment extensions
- Longer testing time or altered testing format
- Substitution or assignment cancelled
- Learning accommodation (light, noise, processing...)
- Tutors
- Gym and weights class avoidance (7, 8)

Following is a summary of the recognition and treatment plan for the concussed athlete/student:

1. Concussion designation.
2. Athlete follows up daily with the Athletic Trainer
3. The athlete is to see the physician.
4. The athlete takes further testing as designated by the physician.
5. The athlete may be given the post-test upon designation of health care professional.
6. The athlete should see a concussion trained physician or neurologist (if feasible) for evaluation of the post-test.
7. The athlete must be back to baseline on the ImpACT test and/or sideline assessment in order to resume sports participation.
8. After return to play, the athlete's final ImpACT test and/or sideline assessment will become their new baseline.
9. The athlete will be allowed to progress back into the sport in the manner listed below only after the physician clearance. The progression will be done under the athletic trainer's supervision.

- Step 1: No Physical Activity: Rest Until Asymptomatic
- Step 2: Light Aerobic Exercise
- Step 3: Moderate Aerobic Activity
- Step 4: Heavy Sport Specific Exercise
- Step 5: Practice in a Controlled Setting
- Step 6: Game Performance

Prior to step 6, the athlete will need to pass the ImPACT and/or sideline assessment retests (see #6 above)

Upon the return of any symptoms, the athlete will return to the Prior Step. Any return of symptoms will need to be addressed by the Athletic Trainer contacting the physician. Each step should typically take 24 hours, which means it will take the athlete approximately 1 week to complete the return to play protocol. Various time changes in the protocol may be necessary depending upon the individual athlete's needs. These changes will be instituted by the certified athletic trainer and/or physician (1, 4, 9).

The athletic trainer contracted by Central Noble High School shall see the athlete each day (unless absent) after school for evaluation until that athlete is cleared or has been removed from play on a semi-permanent or permanent basis. The school nurse may see the athlete in the event that the athletic trainer is not available that day or as needed to aid in evaluation and treatment.

All student-athletes have a responsibility to be truthful and to fully disclose their medical history. They must also report any changes in their injury status to the athletic trainer or school nurse. Any head injury should be immediately reported to the school's designated health care professionals. In the event that the athlete has not seen the physician for the concussion, he or she may not return to play.

If the athlete has been cleared by a physician and continues to display post concussion symptoms, Central Noble School Corporation reserves the right to not allow this athlete to participate in sports until the issue has been properly resolved and the safety of the athlete is not in question.

III. Management and Referral Guidelines for Staff. All coaches will take mandatory training in concussions and will be able to carry out the proper steps for the current protocol.
Step 1: Recognize the signs and symptoms of a concussion.
Step 2: Remove any athlete suspected of having a concussion.
Step 3: Refer the athlete to the certified athletic trainer if on site. The ATC is responsible for assessment and management of the concussion. The athletic trainer will contact the athlete's parents to inform them of the injury. If the athletic trainer is not on site, the coach will have the host site's athletic trainer evaluate the athlete, immediately contact the parents, and notify the ATC of the concussion no later than the following school day. Below are special circumstances, which should be addressed as follows:

- a. If the team is attending an away contest, the host site athletic trainer should be utilized.
- b. Any athlete who exhibits any signs or symptoms of a concussion should be monitored until

they are in the care of their parents/guardians.

- c. Any athlete who suddenly develops dangerous head injury signs/symptoms while in route will need to be taken to the nearest emergency room.
- d. If the parent/guardian cannot be reached, the coach/athletic trainer should send the athlete with a responsible adult who is capable of monitoring the athlete. The coach/athletic trainer should continue their efforts to reach the parents. This is if the athlete is stable.
- e. If the parent/guardian is unable to transport the athlete to the emergency room or physician if needed, the athletic director will be contacted and special arrangements made.
- f. Any athlete who is unstable will be transported by ambulance. It should be understood that an intracranial injury could be present even without loss of consciousness or amnesia.

The emergency action plan for Central Noble School Corporation will be updated annually. Each venue will be separate. All coaches and support staff will be trained and remain current in CPR/AED.

IV. Procedures for the Certified Athletic Trainer.

1. The athletic trainer will be responsible for prevention, recognition, assessment, and treatment of the injured athlete.

SIDELINE MANAGEMENT OF THE ATHLETE WITH A CONCUSSION OR SUSPECTED CONCUSSION

- a. The athlete will be removed from the game or practice immediately.
 - b. Observe the athlete for concussion signs and symptoms as well as for danger signs and symptoms such as repeated vomiting, declining level of consciousness, unequal pupils, seizures, loss of consciousness, etc.
 - c. Document all signs and symptoms, mechanism of injury and note any pertinent health information.
 - d. Perform a Sideline Concussion Assessment (K-D, SAC, mBESS) at this time, which includes a focused neurological exam, balance testing, cranial nerve evaluation, and coordination.
 - e. Failure of any part of the exam will result in no further participation. The athlete should also be designated with a concussion unless there is some factual explanation.
 - f. If all parts of the exam are within normal limits, the athlete may be returned-to-play after a sports specific series of challenges is performed without any signs or symptoms.
 - g. Any obvious danger signs or symptoms will result in the immediate activation of EMS.
 - h. The ATC should educate athletes, coaches, and parents about concussion signs and symptoms as well as return to play and safety.
2. The ATC will document all injury data and provide the physician with appropriate notes and tests. Reevaluation with the K-D, SAC, mBESS and/or other concussion exam tools will be used and depending on the individual situation may be performed daily for several days.
 3. The ATC will communicate with the concussion management team as needed to ensure high quality care.
 4. The athletic trainer will use assessment data provided in the **National Athletic**

Trainers' Position Statement on Management of Sport-Related Concussion.

The King-Devick Test in association with Mayo Clinic (K-D), Standardized Assessment of Concussion (SAC), and Modified Balance Error Scoring System (mBESS) tests will be used on the sideline.

5. The athletic trainer will notify the athlete's parents and will provide both written and verbal home-care instructions.
6. The athletic trainer will communicate with the school nurse regarding injury in order to allow for proper follow up care and documentation.
7. The athletic trainer will communicate with the athletic director regarding the administration of the return to learn as well as other needs.
8. The ATC will supervise the return to play of the injured athlete/student. Any difficulties arising during that time will be managed by the concussion management team.
9. The ATC/school nurse may hold an athlete from play despite medical clearance if it appears that the safety of the athlete (from the head injury) is still at risk (4).

V. Disqualifications from Sport. Disqualifications from sport take place when it becomes unsafe for the athlete to continue. Central Noble School Corporation will require a Concussion trained physician or a Neurologist consult in order to continue play after the third concussion. Also, in the event that a concussion has been severe, and there is question of continued play, Central Noble School Corporation will again recommend a Neurologist consult in order to continue play. Central Noble School Corporation reserves the right to contest a medical clearance to play if it appears that the safety of the athlete is still in question (4, 9).

VI. Conclusion. Due to the incidence of second impact syndrome (cerebral swelling after sporting head injury), and other degenerative cerebral results, all head injuries regardless of their severity will be managed under this policy (10). Since sport-related concussion is often not reported, is important to have a clear understanding of how to recognize not only a concussion, but life threatening head injuries as well (11). The typical signs and symptoms of a concussion, such as headache, dizziness, or memory difficulty signify more than just a simple injury (12). It is now understood that multiple concussions may lead to serious long term dysfunction and disease. Return-to-play decisions are often difficult to see. It is important to use all the available evidence-based guidelines in the treatment of a concussion. This policy was developed by Optimum Performance Sports in conjunction with Central Noble School Corporation.

It is the position of Central Noble School Corporation that the individual health of each and every athlete/student is of utmost importance. Every effort will be made to ensure the safety of all athletes/students. Further inquiry into the prevalence, etiology, and prevention of concussions is ongoing through international scientific and medical research studies. It is our goal to utilize these research findings as they become available to keep our athletes/students increasingly safe.

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High School Athletic Awards Program

CHENILLE

1. A Varsity Award certificate will be presented to an athlete earning a major Varsity award. These guidelines will be used regardless of the number of sports participated in.
2. A varsity or junior varsity player who does not fulfill the requirements for a major award will be presented a minor award.
3. A freshman participating on a team that offers a freshman schedule will be presented numerals. A freshman participating in a sport which does not offer a freshman schedule will receive numerals for the first sport. These guidelines will be followed providing the freshman athlete does not meet the requirements for a major award during the immediate season.
4. Major letter awards shall be worn only on Central Noble athletic award jackets. Only the award winner should wear that particular award as long as the recipient is enrolled in high school.
5. Distribution of manager awards for major and minor letters will be the same as described in 1 and 2 above. However, the letter will include a "MGR" insert.
6. Manager freshman numerals will be distributed as under 3 above.
7. Junior High School awards, athletes will receive certificates for each season completed in good standing.

CERTIFICATES

All High School and Junior High School athletes will receive an appropriate certificate at the completion of each respective season. Certificate awards include varsity awards, reserve awards, freshman awards, special awards or recognition, school records and senior awards.

JACKETS

An athlete who has earned two (2) major awards in any sport is eligible to purchase a jacket from the Athletic Office. Only Official Central Noble Letter Jacket should be worn indicating major award winner.

PATCH AWARDS

The following patches may be awarded to athletes by the athletic department: All State, Academic All State, NECC Champion (team and individual), All-NECC (1st Team), Sectional Champion, Regional Champion, Semi-State Champion, State Champion, State Runners-up, Regional Qualifier, Semi-State Qualifier, State Qualifier.

CAPTAIN STAR

A captain's star shall be awarded to an appointed or elected team captain(s). Recipients must be recommended by the head coach. Each team can select up to three captains.

RECORD BREAKER STAR

A record breaker star shall be awarded to athletes who break an existing season or career record.

PLAQUES

Special plaque awards may be presented as determined by coach's criteria for Most Valuable, Most Improved, Mental Attitude, and or sport specific statistical awards.

COUGAR PRIDE

A commemorative paperweight may be received by earning nine varsity points.

Points will be given by the following scale:

Varsity Letter: 1 point

Junior Varsity Letter: ½ point

4 years in the same sport: 1 point

3 Season Athlete: ½ point

The Cougar Pride Award will be given out at the spring sports program in place of the Senior Blanket that was previously awarded.

HONOR RING (Senior Spring Awards)

An Honor Ring may be awarded to athletes in good standing who earn twelve full varsity letters.

REQUIREMENTS FOR EARNING HIGH SCHOOL MAJOR AWARDS

A student must practice regularly and be in good standing with the team in order to be eligible to receive an award.

An athlete deficient in meeting requirements due to injury, illness, or other appropriate reasons, may be recommended for a major award by his/her coach and approval of the Athletic Director.

A senior with four years of service to a sport or season may receive a major award by

recommendation of his/her coach and approval of the Athletic Director.

Manager awards will be presented upon recommendation of coach and approval of the Athletic Director. To be eligible for a varsity letter, managers should attend practices regularly as well as having game responsibility.

1. BASEBALL (Boys)/SOFTBALL (Girls)
 - A. Participate in one-half of all regular season games and tourneys and be recommended by coach.
 - B. Those players who are pitchers only must participate in at least one-fourth of all regular season varsity games and be recommended by the coach.
2. BASKETBALL (Boys and Girls)
 - A. Participate in one-half of varsity quarters in regular season games and be recommended by coach.
3. CROSS COUNTRY
 - A. Compete and finish among school's varsity top seven in one-half of all regular season meets and invitationals and be recommended by coach.
4. FOOTBALL
 - A. Participate in one-half of varsity quarters in regular season games and be recommended by coach.
5. GOLF (Boys and Girls)
 - A. Play top five in one-half of varsity meets, tourneys, and invitationals and be recommended by coach.
6. SOCCER (Boys and Girls)
 - A. Participate in one-half of varsity games in the regular season games and be recommended by coach.
7. TENNIS (Boys and Girls)
 - A. Participate in one-half of varsity meets and tourneys and be recommended by coach.
8. TRACK (Boys and Girls)
 - A. Finish in the school's top three at the varsity level in one half of the regularly scheduled varsity meets, or place in one half of relays and (or a combination of these two criteria.) invitationals and be recommended by coach.
9. VOLLEYBALL
 - A. Participate in one-half of the games in regular season varsity meets and tourneys and be recommended by coach.
10. WRESTLING
 - A. Participate in one-half of the minimum matches possible in regular season varsity meets and tourneys and be recommended by coach.

11. CHEERLEADING
 - A. Participate in full Fall Season or Full Winter Season of Cheer and be recommended by the Coach.

Athletic-Academic Awards - High School

Central Noble has developed a very special and comprehensive academic awards program for athletic participants. The categories and awards are listed below.

ALL HONORS TEAM (Certificate)

Criteria include being the top 10 male and female 3-sport athletes during the current school year ranked by Grade Point Average. G.P.A. must be a 3.67 or higher. Receive certificate for award.

ACADEMIC CUP (Traveling Trophy with Name Plate)

Boys and girls team maintaining the highest G.P.A. as a team. Includes varsity, junior varsity and freshman teams within a program.

SCHOLAR ATHLETE AWARD (Chenille)

Any athlete maintaining an A- (3.67) accumulative G.P.A. during their season. Initial award is a large scholar athlete chenille and subsequent awards are stars.

TOP ACADEMIC ACHIEVEMENT (Paper Weight)

Top boy and girl athlete in the senior class with the highest career G.P.A. will receive a paperweight.

Junior High Athletic Awards Program

Middle School athletes will receive a certificate after the successful completion of the athletic season.

POLICY NOTIFICATION STATEMENT

It is the policy of the Central Noble School Corporation not to discriminate on the basis of race, color, religion, sex, national origin, age or handicap in its educational programs or employment policies as required by the Indiana Civil Rights Act (I.C. 1971, 22-9-1), Public Law 218 (I.C. 1971 Title 20), Title VI (Civil Rights Act 1964) the Equal Pay Act of 1973, Title IX (1971 Educational Amendments), and section 504 (Rehabilitation Act of 1973). Inquiries regarding compliance with Title IX and Section 504 may be directed to Corporation Compliance Officer, Central Noble School Corporation, 200 E. Main Street, Albion, IN. 46701 Telephone: (260)-636-2175.