



FOREST LAKE

— CHRISTIAN SCHOOL —

MIDDLE & HIGH SCHOOL STUDENT-ATHLETE HANDBOOK

Forest Lake Christian School
12515 Combie Rd | Auburn, CA 95602

530.269.1540
forestlakechristian.org

TABLE OF CONTENTS

| | | |
|-------------|-------------------------------------------------------------------------------------|-----------|
| I. | PHILOSOPHY OF ATHLETICS | 3 |
| | A. DISTINCTIVE #1: ELEVATE THE REPUTATION OF JESUS CHRIST THROUGH ATHLETICS. | 3 |
| | B. DISTINCTIVE #2: ATHLETICS IS PART OF THE WHOLE PERSON, NOT A SEPARATE PART. | 3 |
| | C. DISTINCTIVE #3: PERSONHOOD AND PERFORMANCE SHOULD NOT BE LINKED TOGETHER... | 3 |
| | D. DISTINCTIVE #4: ALLOW GOD TO GRANT VICTORY OR DEFEAT | 4 |
| | E. DISTINCTIVE #5: UMPIRES AND OFFICIALS RECEIVE OUR HONOR AND RESPECT..... | 4 |
| | F. DISTINCTIVE #6: ATHLETICS IS A VEHICLE TO EDUCATE THE WHOLE PERSON. | 4 |
| II. | GOALS OF ATHLETICS..... | 5 |
| | A. GLORIFY GOD | 5 |
| | B. INTERACTION..... | 5 |
| | C. SCHOOL LEVEL DIFFERENCES..... | 5 |
| | 1. Middle School Goals | 5 |
| | 2. High School Goals..... | 5 |
| III. | CONDUCT OF A CHRISTIAN IN ATHLETICS..... | 6 |
| | A. CONDUCT DURING ATHLETIC COMPETITIONS..... | 6 |
| | B. CONDUCT IN THE CLASSROOM..... | 7 |
| | C. PARENT CODE OF CONDUCT..... | 7 |
| IV. | ATHLETIC TEAM GUIDELINES | 9 |
| | A. TRYOUTS..... | 9 |
| | B. EXPECTATIONS OF PLAYTIME | 10 |
| | 1. Middle School Teams..... | 10 |
| | 2. Freshman and JV Teams..... | 10 |
| | 3. High School Teams | 10 |
| | C. TEAM ASSIGNMENTS | 11 |
| | D. UNIFORMS AND SCHOOL EQUIPMENT | 11 |
| | E. ATHLETIC SCHEDULING GUIDELINES | 11 |
| | F. TRANSPORTATION AND TRAVEL | 12 |
| | G. ELIGIBILITY FOR ATHLETICS | 13 |
| | H. REINSTATEMENT | 13 |
| V. | ABSENCES, ILLNESS, AND INJURIES | 14 |
| | A. ABSENCES..... | 14 |
| | B. ILLNESS..... | 15 |
| | C. INJURIES AND CONCUSSIONS..... | 16 |
| VI. | ATHLETIC AWARDS AND RECOGNITION | 16 |
| | A. CHARACTER AWARDS..... | 16 |
| | B. LETTERMAN JACKET GUIDELINES..... | 17 |
| VII. | CONCLUSION | 18 |

I. PHILOSOPHY OF ATHLETICS STATEMENT

God created our human bodies and by developing God-given talents and abilities, student-athletes should bring glory to our Heavenly Father. At Forest Lake Christian School ("FLCS"), athletics from a Christian perspective has several distinct characteristics that, when followed, allow coaches, athletes, and supporters to bring glory to God. These distinctives are drawn from God's Word and, therefore, may be different from a secular viewpoint. It is vital that each Christian coach, athlete, and supporter be willing to submit to authority, to make changes, to grow and improve, as well as to mature in character and sportsmanship to please God and maintain our Christian testimony. The following distinctives give a Christian perspective to athletics and to help direct coaches, athletes, and supporters toward Christ-like behavior and attitudes.

A. **Distinctive #1: Elevate the reputation of Jesus Christ through athletics.**

A team establishes many goals, the greatest of which is to bring glory to our Lord and Savior Jesus Christ. As a Christian school, we should be a positive example to others through our attitudes and actions. We do not want others to be turned away from our Lord because of our conduct. We are called by our Lord to be a "light on a hill" in an athletic contest. We may suffer some setbacks in this high goal, yet we need to continually pursue the elevation of Christ's reputation.

B. **Distinctive #2: Athletics is part of the whole person, not a separate part.**

Scripture teaches that there is no difference between morality in sport and in everyday life. The "fruit of the Spirit" is discussed in Galatians 5:22-23, and the verses indicate these traits should be on display at all times. Actions and words on the field are an indication of the true person, and poor sportsmanship or bad language should not be excused because an athlete may be under stress. Attitudes, actions, and language on the field or court should be the same as in church, in the home, and in the classroom.

C. **Distinctive #3: Personhood and performance should not be linked together.**

The Bible instructs us not to place our worth in circumstances, but in the position we have in Christ. Self-worth should not be determined by a win-loss record. An athlete may perform poorly, yet he/she is still worthwhile, valuable, loved, and accepted. God's example to us is that while we were still sinners He loved us and sent His Son to die for us (Romans 5:8). Therefore, success includes the development of athletes, team and individual improvement, character and sportsmanship as well as the league standings or win-loss record.

D. Distinctive #4: Allow God to grant victory or defeat.

The Bible has numerous accounts of God's people suffering, dying, losing, and enduring hardships and persecutions. We must not equate victory as the only proof of God's blessing or approval. We must be willing to endure any situation God chooses for us and accept it as part of His omnipotence and plan. God is more concerned with the process of attaining success than the success itself. It is clear in Scripture that obedience, hard work and patience does not always result in victory; at least not in this world (Genesis 37-50). This position, however, does not mean we do not have the responsibility to play our best. Losing for the sake of Christ and using this philosophy as a cop-out is not bringing glory to God. A relevant quote from *The Sanctification of the Sport* by Hoffman states, "Recognize that if a sport is to be a sport at all, the objective of winning must not be de-emphasized. The spoilsport who does not try to win is worse than a cheat. At the same time, however, we must be careful not to delude ourselves into thinking that God in any way cares about the outcome. Those who feel that God especially cherishes winners or that somehow a win glorifies Him more than a loss, have theologically reduced God to a spectator who sits on the sidelines caught up in the surprises of the contest." Our emphasis in this area is two-fold: prepare to win and play to win; then allow God to exercise His will.

E. Distinctive #5: As authorities established by God, umpires and officials receive our honor and respect.

All authority comes from God (1 Peter 2:13). Human authorities sometimes make human mistakes which may have a negative impact. Our response to this "injustice" is of great importance to God. Which is more important, my rights or God's reputation? 1 Peter 2:1a states, "For it is commendable if a man bears up under the pain of unjust suffering because he is conscious of God." Are we willing to accept injustice, which is common to all men, in a way that would further the cause of Christ? Do our teams learn not to blame referees and umpires, nor to complain about field conditions, etc. (Philippians 2:14)? We cannot change the conditions so we should live "above" them and let people see our positive attitude.

F. Distinctive #6: Athletics is a vehicle to educate the whole person.

Our God has created many vehicles to teach us about life including fine arts, academics and athletics. God's truths can be effectively communicated through all of these areas. In athletics, one experiences many human emotions from joy to sorrow, pride to humility, camaraderie to loneliness. Athletics provides opportunities to learn about emotions and God's truths. For the Christian, this opportunity extends further than just the physical and emotional needs and rewards. The Christian coach and athlete recognize spiritual needs and are therefore able to bring their whole being into submission to Christ.

II. GOALS OF ATHLETICS

- A. **Glorify God** – Bring glory to God through developing God-given talents and abilities as well as to be a testimony for those who may not know Jesus Christ as their personal savior.
- B. **Interaction** - Provide an environment for young people to enjoy each other and a sport outside off the classroom setting.
- C. **School Level Differences** - Athletic goals are different for Middle School and High School teams. Middle School teams are intended to develop the potential of young athletes while high school teams are expected to perform at a more advanced competitive level.

1. Middle School Goals

- **Eligibility** - to foster a desire in the athlete to manage their academics and behavior in such a manner as to gain the privilege of participation in the school-sponsored sports program.
- **Participation** - to provide the opportunity for as many students as demonstrate interest to play sports, within reason of adequate supervision.
- **Awareness** - to foster an appreciation for specific sports beyond physical education classes and for students and their parents to become aware of the expectations and the commitments that are necessary to play California Interscholastic Federation (“CIF”) sports at the high school level.

2. High School Goals

- **Eligibility** - to maintain eligibility to participate in sports according to the guidelines establish by CIF and to foster a desire in the athlete to manage their academics and behavior in such a manner as to gain the privilege of participation in the school-sponsored sports program.
- **Competitive Teams** - to establish teams geared toward the competitive nature of CIF-sanctioned sports. Team size may be limited by ability and/or practicality.
- **Develop Skilled Athletes** - to provide an opportunity for athletes to gain knowledge and skill for advanced levels of commitment and competition.

III. CONDUCT OF A CHRISTIAN IN ATHLETICS

The conduct of a Christian athlete is closely observed in many areas of life. It is important that their behavior is exemplary. Because athletic competition involves many different aspects including practices, games, road trips, etc. much is required of the student-athlete in the areas of self-discipline and commitment. All student-athletes are expected to maintain conduct in accordance with the FLCS Student Handbook.

"One of the most important benefits of athletics is that it is a microcosm of life. Competitive athletics provide us with a mirror for our real attitudes. It's interesting that frequently the same attitudes we show in athletics are those we show in non-athletic activities when situations are similar." — Wes Neal, *The Handbook on Coaching Perfection*

A. Conduct during Athletic Competitions.

1. Exhibit Self-Control - In the area of athletic competition, a Christian athlete never uses profanity or illegal tactics. A quality athlete should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest whether in victory or defeat. This will mean there will be no fits of temper, clowning, ridicule, etc., when things fail to go as desired, or when being replaced by a teammate. A Christian athlete's goal is to have **complete self-control** at all times.
2. Sidelines and Bench - Conduct on the sidelines and bench must demonstrate sportsmanship, encouragement, and respect for the team, opponents, officials, and spectators.
3. Officials - Respect that the officials in a game are there for the purpose of insuring that both teams will play fairly. Officials do not lose a game for you. It is an athletic tradition and rule that no one except the appointed captain can talk to the official, and he/she should speak in a tone of respect and only for the purpose of clarifying a rule, not to question their judgment.
4. Consequences for Violations - Any behavior contrary to that which has been stated is a direct reflection on the school, team, and coaches, and does not honor Christ. Violations of a serious nature may result in suspension and possible expulsion from the team.

B. Conduct in the Classroom.

1. Academic Success - A quality athlete always tries to be a good student and succeed academically. Time is carefully planned to provide sufficient energy for their studies to insure acceptable grades.
2. Eligibility - At FLCS, an athlete must maintain eligibility standards in both scholarship and citizenship. Failure to meet these standards will result in the student-athlete being declared ineligible as per the FLCS student-athlete eligibility policy in the High School Student Handbook and CIF eligibility standards.
3. Respect - In addition to maintaining eligibility standards, an athlete should give respectful attention to classroom activities and show respect for students and faculty members at all times.
4. Attendance - A Christian athlete should have a good attendance record and never cut classes or school. Unnecessary cuts can lead to disciplinary action. Athletes who choose to cut class or school may be subject to disciplinary action resulting in consequences that affect competitions and/or practices.

C. Parent Code of Conduct

FLCS believes that sportsmanship and Godly character are essential in athletics. Ephesians 4:29 sets the standard for conduct: *“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”* Parents should teach, enforce, advocate, model, and promote the development of Christ-like character including trust, respect, responsibility, fairness, caring, and sportsmanship.

Parents will strive to be positive role models for student-athletes and encourage sportsmanship by showing respect and courtesy, and demonstrate positive support for all players, coaches, officials and spectators at every game, practice or event. Parents will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing, taunting or using profane language or gestures. Maintain self-control at games, practices and other athletic events.

Parents are expected to abide by the following guidelines:

1. The use of foul language towards anyone (coaches, teammates, officials, opponents or spectators) will not be tolerated. Parents will

not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator.

2. Parents will not post on any social media site with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. The posting of negative, demeaning or derogatory comments will not be tolerated. Parents are accountable for the actions of their children on social media sites. Parents will stress the importance of proper conduct on these sites and provide parental oversight to prevent any type of cyber-bullying or harassment.
3. Any complaints about a coach, Athletic Director, or school administrator will be aired in a respectful manner by scheduling an appointment. No coach, Athletic Director, or school administrator should be approached immediately following a contest to discuss a controversy when emotions are heated. Instead, the matter should be written down and the parent must wait 24 hours to discuss with the coach. The 24 hour "Cool Down" period means that parents will not interact with a coach, official, or school representative within 24 hours of the end of a sporting event with anything negative or derogatory about the event. If the issue cannot be resolved with the coach, then a parent may contact the FLCS Athletic Director.
4. Encourage athletes for playing hard, competing fairly, and for good sportsmanship. Cheer positively for your team and do not be involved in negative cheering. Do not address the other team's players by name in negative type cheers.
5. Never ridicule or yell at an athlete or other participant for making a mistake or losing a game. Treat each athlete as an individual, remembering the large range of physical and emotional abilities of the athletes.
6. Behaviors or practices that would endanger the health and well-being of athletes are prohibited. Parents will promote academic, emotional, physical and moral well-being above desires and pressure to win. Inform the coach of any physical disability, illness or injury that may affect the safety of the athlete or the safety of others.
7. Parents will not complain loudly, yell, or become confrontational about penalties or calls made by the officials but will respect the referees and their decisions.

8. Parents will remain in the stands or on the sidelines during contests. Never attempt to approach the field, court, bench area, score table or the officials before, during or after a game.
9. Support the coaches allow them to do their job by not coaching your child or other players during games and practices.
10. Parents should not speak negatively around the students or other parents about FLCS. Speak to parents only about your students and their students. Speak to other students only in an encouraging manner. Negativity can be contagious so instead, create an atmosphere of gratitude.
11. Consequences for Violations. Action may be taken by FLCS if there are violations to this Code of Conduct. Any parent guilty of improper conduct at any game or practice will be given a verbal warning by a school official or may be asked to leave the sports facility. Depending upon the severity of the conduct, parents may be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games. Parents who verbally or physically attack a coach or school official during or after an athletic contest may receive some or all of the above consequences, and in addition, the student-athlete will be suspended from playing in the next two games.

IV. ATHLETIC TEAM GUIDELINES

Because of the nature of athletics (i.e. practices, games, road trips, etc.), much is required of the student-athlete in the areas of self-discipline and commitment. A team cannot function as a "TEAM" in the purest sense of the word without several expectations placed on its members. Expectations are placed on FLCS athletes in an effort to reinforce the "TEAM" concept.

Athletes who are late to practice or who do not attend practice for an inexcusable reason may not start in the next athletic event. Leaving practice early without approval of the coach will have the same consequence. Additional disciplinary action may be assigned by the coach for these offenses.

A. Tryouts.

1. Tryout Period. A tryout period of at least two days will be scheduled for each sport offered at FLCS. At the end of tryouts or on the day after tryouts end, a team roster will be established and posted. For fall sports, tryout days will take place in August before the start of school. Winter and spring sports will announce their tryout dates as soon as possible prior to the start of the season.

2. **Physical Examination.** High school athletes are required by CIF to have a physical examination prior to participation in tryouts. This is a CIF-mandated rule that will be strictly followed. In addition, participation agreement, participation fees, and emergency cards are required before athletes will be allowed to tryout, practice, or participate in athletics. Middle school athletes are not required to have a physical examination prior to participating in tryouts or athletic contests. See appendix for Physical Examination Form.

B. Expectations of Playtime

1. **Middle School Teams** will focus on the development of fundamentals such as learning rules, practicing, and mastering the basic skill of a sport. For example:

Volleyball - Serving, Passing, Setting, Hitting
Basketball - Dribbling, Passing, Shooting

Play Time: All players will be given the opportunity to play, however, playtime may not be equitable.

2. **Freshman and JV Teams**, while still focusing on learning the fundamentals and mastering the basic skills of a sport, will be more challenging and more demanding. Athletes will be taught understanding basic court sense and how to run plays. For example:

Volleyball - Understanding and correctly performing rotations and transitions, simple blocking and hitting.
Basketball - Understanding of and correct performance of lay ups, free throws, and different types of offense and defense.

Play Time: Athletes play time will be based on a more comprehensive understanding of the sport, less equitable.

3. **Varsity Teams** are competitive and athletes are expected to perform skills extremely well, under fatigue and pressure, consistently in competitive conditions.

Play Time: Final decisions regarding play time are subjective, based on the coaches assessment of the players overall skill, knowledge, attitude and effort.

Some players at this level may not ever see game time play.

C. Team Assignments

There may be occasions when a coach recommends or a student/parent desires to move from their placement on Junior Varsity or Varsity team. In these instances, with the approval of the Athletic Director, agreements by both coaches and permission from parents, students may transfer to another team. They may begin practices immediately, but will have a waiting period of two weeks before they are able to play in league games. Players who are identified as “flex” players by the coaches, and with approval of the Athletic Director, are not subject to the waiting period.

D. Uniforms and School Equipment

1. Proper game and practice attire will be worn or the athlete will not be allowed to participate in the practice or game. Approved practice attire includes school physical education shorts and shirt, or administration approved team practice shorts and shirt. *See Appendix for information regarding approved attire for a specific sport.
2. Student-athletes are personally and financially responsible for all equipment checked out to them and are responsible for the replacement cost of any lost, misplaced, or damaged items. Treat all equipment as though it were your personal property. Do not share or abuse the equipment.
3. Students will not be cleared at the end of the school year until all uniforms and equipment are returned to school. Students will receive credit for returning only the specific item or uniform that was assigned or checked out to them.

E. Athletic Scheduling Guidelines

Forest Lake Christian School wants to provide students with the opportunity to participate in interscholastic athletics. We also realize that athletics is not the only outlet for extra-curricular activities for our students. With that fact in mind, we are careful in how we schedule events for our teams and facilities. These guidelines will allow the Athletic Director enough flexibility in scheduling; and will also allow our student-athletes enough time to be successful on the field of play and in their classroom performance.

1. Teams should only have three contacts per week when school is in session.

2. The maximum travel time allowed is one and one-half hours from school, with the exception of playoffs and selected tournaments, with the approval of the administration.
3. Prior to the start of school, each team may have up to three contacts per week.
4. Middle school students may have only four practices or games per week.

F. Transportation and Travel

1. When travelling or on trips, each athlete directly represents the Lord, FLCS, and coaches. It is expected that all athletes wear school dress code before and after games when traveling to events. While in school vehicles, athletes are to conduct themselves in a calm and respectful manner. On bus and van trips, boys' teams will sit separately from girls' teams (the particulars will be decided by the team coaches).
2. Athletes will travel to and from games on the transportation provided by the school or by authorized parents unless special permission for other arrangements has been requested by parent(s) and has been granted by the coach. (See FLCS Student Handbook for details.)
3. On the return trip home from road games, student-athletes will be reminded to call their parents from the dinner location and inform them of the estimated arrival time. This shows respect for the time of the coaches and other athletes on the trip. **School transportation will wait only ten minutes at specific locations on the way home from a game.** If an athlete's ride has not arrived within ten minutes, he/she will be required to be on school transportation and continue on to the next stop or to FLCS where the ride will meet the athlete.
4. Following weekday road trips, student-athletes are expected to be on time to school the next day. On occasion, the school administration may allow athletes to arrive at school at a later time the day after an athletic contest. This will be announced ahead of time and only administration may approve a late start for athletes on the day after an away athletic contest.

G. Eligibility for Athletics

A student will be ineligible for extra-curricular activities if his or her report card for the preceding grading period indicates any of the following:

1. Academic average below 60 percent.
2. Academic average below 2.0 G.P.A. at the end of each semester.
3. One "F" in an academic grade or one "U" in a citizenship grade during any quarter or semester. (See #6 for consequences of a "U" assigned because of tardies.)
4. Four or more N's (needs improvement) in citizenship.
5. One "Incomplete" unless caused by absence due to personal illness or death in the immediate family and there is evidence of progress in completing the work.
6. If a student-athlete acquires four unexcused tardies in a single class or eight overall in a quarter, he/she will not be allowed to play in the next contest. The athlete must, however, sit with the team. A fifth class or ninth overall unexcused tardy results in missing an additional athletic contest. A sixth class or tenth overall tardy may result in the student-athlete being dropped from the team.

H. Reinstatement

1. The student will be ineligible for a minimum of two weeks. During this initial ineligibility period, the student will only be able to participate in practices, not games or performances. The student may not accompany the group to off-campus events, including away athletic games.
2. After three weeks, the student's grades will be reviewed. The student must be receiving at least a "60%" academic score in each class and "S" for satisfactory citizenship grades in each class.
3. If the student academic or citizenship grades are not up to this standard after three weeks, his or her progress will be reviewed every three weeks thereafter to determine eligibility. Until the student becomes eligible, he or she will not be able to practice during this time period.

V. ABSENCES, ILLNESS, and INJURIES

A. Absences

1. Approved/Prearranged Absences. When a student-athlete is required by parents to be absent for a family vacation or other family event, and the absence is an approved, pre-arranged through the school office, the coach must accept it as a valid excused absence from practices or games. When the athlete returns, he/she is not guaranteed his/her previous position (i.e. on the starting team). Other pre-arranged absences (such as college visits or mission trips) will be considered on an individual basis.
2. Appointments. Student-athletes should make an effort to schedule non-emergency medical or dental appointments so as not to conflict with practices or games.
 - If an appointment is scheduled which conflicts with a practice or game, the coach must be notified at least two (2) days in advance. If this notification does not take place, the athlete may be considered unexcused, and therefore may not be allowed to practice or participate in a game.
 - If the athlete has a medical appointment in the morning or afternoon, he/she must come to school and endeavor to attend four (4) full class periods on the day of the game or practice, and must have a written note from the doctor or parent in order to play or practice that day.
 - Student-athletes who miss more than two (2) periods of a school day for dental, medical, or other non-emergency appointments will not be allowed to practice or play in a game on that day.
3. Late/Tardy. If a student-athlete is late to practice for an inexcusable reason (i.e. detention, talking to a friend, forgot clothes, etc.), he/she may not start in the next athletic event. Leaving practice early without the coach's approval may have the same consequence.
4. Detention. Even during the sport season, student-athletes will be required to serve detention(s) on the day that detention is regularly scheduled.
5. Suspension. If a student-athlete is suspended from school, he/she will automatically miss the next athletic contest.

6. Club Teams. Participation in club teams benefits the school teams because athletes are exposed to different levels of competition and receive further instruction and practice in the respective sport. With prior knowledge, the coach may allow an athlete to leave early from a school practice to attend a club team practice. However, the school team has the first priority in the event of a conflict over games or special practices.

B. Illness.

Student-athletes who are ill and/or medically excused from school, will also be excused from practice and/or games on the same day. Following are the guidelines for illnesses:

1. If a student-athlete misses no more than two (2) periods of a school day for illness or medical reasons, he/she may practice and participate in a game. Missing periods also includes being out of class and resting in the office.
2. If a student-athlete misses three (3) or more periods for illness or medical reasons, he/she may be present at practice but will not be allowed to participate in practice. He/she may not participate in a game on that day.
3. If a student-athlete is not feeling well, but still attends school for the full day, he/she should also attend practice, but may not be required to suit up and participate in practice.
4. If a student-athlete goes home ill during the day, he/she should attempt to contact the coach or the Athletic Director and inform him/her of the situation.
5. If a student-athlete stays home due to illness or medical reasons, the parent or the athlete should contact the coach regarding the illness on game days so that the coach may adjust the line-up. It is not necessary to call the coach on practice days unless required by the coach.
6. If the athlete has a medical appointment in the morning or afternoon, he/she must come to school and endeavor to attend four full class periods on the day of the game or practice, and have a written note from the doctor or a parent in order to play or practice that day.

C. Injuries and Concussions.

1. Serious injuries. All serious injuries will be reported immediately to the Athletic Director. First aid will be administered and parents will be notified of the injury. If necessary, emergency medical personnel will be alerted and athlete may be transported for care by a physician. Appropriate FLCS accident and incident reports will be filed within the required time frame.
2. Concussions/Head Injuries. Nationwide data continues to show that many catastrophic head injuries are a direct result of injured athletes returning to play too soon, not having fully recovered from the first head injury. FLCS complies with California law which mandates that all coaches must receive training on concussions. State and CIF concussion protocols will be followed if athletes are injured in the head and/or exhibit concussion symptoms.

See the appendix for CIF concussion information:

- CIF Concussion Information Sheet
- CIF Acute Concussion Notification Form for Parents
- CIF Graded Concussion Symptom Checklist
- CIF Physician Letter to School
- CIF Concussion Return to Learn Protocol

VI. ATHLETIC AWARDS AND RECOGNITION

A. Character Awards.

FLCS has a distinctive Christian philosophy for athletics which is detailed at the beginning of this handbook. Christian athletes should conform to the image of Jesus Christ and to have His character qualities. Therefore, FLCS athletic awards are distinctive in that the awards are based upon the demonstration of Christian characteristics. Awards are not based upon outward performance or athletic abilities which may cause an athlete to be arrogant and proud. Awards will be given to recognize character development and Christlike qualities such as:

1. Total Release Award - presented to the athlete who best demonstrates totally releasing themselves to becoming like Jesus Christ.
2. Mighty in Spirit Award- presented to the spiritual leader of the team, who by his/her actions raised the spirituality of the rest of the team and caused them to see things from God's point of view.

3. Daniel Award - presented to the athlete who shows the best all-around character, ability, and accomplishment.
4. Determination Award - presented to the player who has purposed in his/her heart to accomplish God's best and used all his/her energies to overcome adversity.
5. Loyalty Award - presented to the player who follows most closely follows the instructions from his/her coach and actively supports and encourages other members of the team.
6. Other awards based on character qualities such as Dependability, Initiative, Boldness, Diligence, Obedience, etc., would be appropriate for recognition.
7. Athletes may receive awards or recognition from CIF and/or the league which will also be acknowledged by the school.
8. If an athlete quits the team, parents remove the athlete from the team, or the athlete is removed from the team by the coach, he/she will not be eligible for awards for that season.

B. Letterman Jacket Guidelines

Letterman Jackets will be awarded to all athletes who fulfill specific qualifications and who merit the recommendation of the Athletic Director.

Athletes must meet one of the following Letterman Jacket criteria in order to be eligible to receive a jacket:

1. Athletes have played three different varsity level sports for a minimum of two consecutive years each.
2. Athletes will have played two different varsity level sports for a minimum of three consecutive years each.
3. Athletes will have played one particular sport for four years, regardless of level, (i.e.: Freshman, JV, Varsity) or a variation thereof and a minimum of two other sports regardless of level.

Once the athlete has met the above requirements, the Athletic Director will inform the student and parent of the accomplishment. The cost of the Letterman Jacket is the sole responsibility of the athlete. Once payment is received, the jacket will be ordered by the Athletic Director and given to the athlete.

VII. CONCLUSION

- A. Our natural way of responding and acting may not be God's way of doing things, and Christian athletes aspire to a high calling to represent Christ on the field of play.

"For My thoughts are not your thoughts, neither are your ways My ways,' declares the LORD. 'For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.'" (Isaiah 55:8-9)

Jesus explained God's way in word and action. The implications of representing Jesus in coaching are staggering because they have a bearing on eternity. — Wes Neal (*The Handbook on Coaching Perfection*)

- B. Athletics provide an excellent opportunity for students to learn life lessons about to success, failure, teamwork, and discipline. We encourage students to participate in the many sports that are offered at Forest Lake Christian School.
- C. On occasion, extenuating circumstances may need to be considered related to policies or procedures contained in this handbook. The school administration will make the final decision regarding implementation of the policies and procedures when extenuating circumstances need to be addressed.
- D. Forest Lake Christian School reserves the right to change any policy or procedure of the school at any time, when in the sole discretion of the school, it determines that such change is in the best interest of the school or the students. Changes and/or enforcement of policy and procedure will be determined on a case by case basis.

Revised 2022-2023

APPENDIX

| | |
|------------------------------------------------------------------------------------|---------|
| Agreement to Participate in Sports | Page 20 |
| Release of Liability and Assumption of Risk Agreement for Athletic Participation . | Page 21 |
| Physical Examination Form Sample | Page 22 |
| Approved Practice Attire for Sports | Page 23 |
| CIF Code of Conduct for Parents/Guardians. | Page 24 |
| CIF Concussion Information Sheet | Page 26 |
| CIF Acute Concussion Notification Form for Parents/Guardians. | Page 27 |
| CIF Graded Concussion Symptom Checklist | Page 28 |
| CIF Physician Letter to School | Page 29 |
| CIF Concussion Return to Learn Protocol | Page 30 |

Forest Lake Christian School Agreement to Participate in Sports

Every extracurricular sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the 100% safety of the participant. Extracurricular sports require an appropriate level of fitness and stamina. They can involve quick bursts of speed, long periods of running, and physical contact with equipment and/or other participants. Sports are reasonably safe as long as certain guidelines are followed.

Some hazards could be, but are not limited to, the possibility of being struck by a ball or colliding with another player or equipment and poor weather conditions. A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions, and dehydration as well as other injuries. Serious and disabling injuries and even death may result from participation in extracurricular sports. It is not possible to list each specific risk.

To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during practice and games. Participants will (1) wear the proper equipment when they are on the playing field/court, (2) obey the rules of the sport, and (3) report all discovered defects in the playing field/court including equipment.

I agree to the following preceding safety rules as well as any others given by my coach and Athletic Director. Further, I agree to immediately report any unsafe practices, conditions, or equipment to my coach and Athletic Director. I also agree to report any injury to the coaching staff on the day that it occurs.

I have successfully completed the required physical exam required for High School. I certify that: (1) I am physically fit to participate in extracurricular sports, (2) I understand that I am free to discontinue activity at any time I feel extreme discomfort or stress, (3) I understand that if I decide not to play after the season has started, regardless of the reason (injury, grades, playing time, etc.) I will receive a half payment refund if I quit before the first pre-season game; I will not receive a refund if I quit after the first pre-season game. (4) On the following lines is a complete list of any health-related conditions that might affect my ability to participate in extracurricular sports:

I have read the preceding warning of risk and I have had the opportunity to ask questions concerning the safety risks involved in extracurricular sports. Any questions I have asked have been answered to my complete satisfaction. I fully know, understand, and appreciate the risks inherent in extracurricular sports, and I am voluntarily participating in this activity.

I give permission for my student to ride to away games, practices, and related events with an approved driver.

Middle School and High School Sports Fee: TBD on a year-by-year basis.

Student/Participant Signature _____ Date. _____

Student/Participant Name (please print) _____

Parent/Guardian Signature _____ Date _____

Forest Lake Christian School
Release of Liability and Assumption of Risk Agreement for Athletic Participation

STUDENT NAME _____ School Year: _____

Name of Sport: _____ Season of Sport: Fall Winter Spring of 20__

Level of Sport: Middle School Freshman Junior Varsity Varsity

This is a release of liability and assumption of risk agreement. Read it carefully and sign below. Completion of this release is a prerequisite to participation in any extracurricular sport. This release essentially says that my son/daughter named above is voluntarily participating in an extracurricular sport as specified above. This voluntary participation is a privilege and not a right. Participation in the extracurricular sport includes, but is not limited to, practices, training, coaching, use of equipment, as well as events, shows, games or other competitions, including traveling to and from any of the activities.

If he/she is hurt, disabled, injured, or even dies, from an injury or exposure to a contagious virus such as a SARS-CoV2 (COVID-19), I/we (i.e., the student, his/her parent/s, guardian/s, or heir/s) will not make a claim against or sue Forest Lake Christian School (hereinafter "FLCS"), its Board of Directors, officers, employees, and agents, or expect them to be responsible or pay for any damages.

I/we, the undersigned, understand and acknowledge that the above-named student has voluntarily chosen to participate in this extracurricular sport at his/her own risk. I/we know and fully understand that said extracurricular sport may involve numerous risks, dangers, and hazards, both known and unknown, where serious accidents or exposures can occur, and where participants can sustain physical injuries, illness or disability, damage to their property, or even die. Regardless of whether the extracurricular sport involves physical contact or not, any activity includes inherent risks of injury which are inseparable from the activity. I/we also acknowledge that the extracurricular sport or activity involves physical contact that may involve exposure to the SARS-CoV2 (COVID-19) virus. I/we acknowledge and willingly assume all risks and hazards of potential injury, illness, disability and death in this extracurricular sport including any transportation to or from the activity, or exposure to COVID-19 during transportation or while participating in the activity.

In consideration for FLCS allowing the student to participate in this extracurricular sport, I/we voluntarily agree to release, waive, discharge, and hold harmless FLCS and its Board of Directors, officers, employees, and agents from any and all claims of liability arising out of their negligence, or any other act or omission which causes the student illness, injury, death, or damages of any nature in any way connected with the student's participation in this extracurricular sport. I/we also expressly agree to release and discharge FLCS, its Board of Directors, officers, employees, and agents from any act or omission of negligence in rendering or failing to render any type of emergency or medical services.

As parent or legal guardian of the student/participant under 18 years of age, I/we have read and voluntarily agree that my/our son/daughter may participate in this extracurricular sport and I/we sign this release on his/her behalf. *In signing this document, I/we fully recognize and understand that if my son/daughter is hurt, contracts a contagious virus, is disabled, or dies, or his/her property is damaged, I/we am/are giving up my/our right and the right of his/her heirs to make a claim or file a lawsuit against FLCS, its Board of Directors, officers, employees, and agents.*

I, THE UNDERSIGNED, HAVE READ THIS DOCUMENT. I/WE UNDERSTAND THAT IT IS A RELEASE OF ALL CLAIMS, AND I/WE FURTHER UNDERSTAND THAT I/WE AM/ARE ASSUMING ALL RISKS INHERENT IN THIS EXTRACURRICULAR SPORT. I/WE VOLUNTARILY SIGN MY/OUR NAME AS EVIDENCE OF MY/OUR ACCEPTANCE OF THE AGREEMENT'S PROVISIONS, PARTICIPATION IN THE EXTRACURRICULAR SPORT, AND ANY FIELD TRIP OR EXCURSION ASSOCIATED WITH IT.

Signature of Father/Guardian: _____ Date: _____

Signature of Mother/Guardian: _____ Date: _____

Signature of Student/Participant: _____ Date: _____

Approved Practice Attire for Sports

Boys/Girls Soccer:

- Shorts: Soccer style/running shorts, no shorts shorter than designated uniform shorts
- T shirts: Navy, black, gray, or white
- Other: Shin guards and cleats

Girls Volleyball

- Shorts: Spandex shorts no shorter than 5-inches (Spandex only in navy, blue, or black).
Note: When running on the track, running shorts must be worn.
- T-shirts: Navy, gray, black or white
- Other: Knee pads and court shoes

Boys/Girls Basketball

- Shorts: Basketball style shorts, no shorts shorter than designated uniform shorts
- T-shirts: Navy, black, gray, or white, or FLCS issued tank tops
- Shoes: Court shoes

Boys Volleyball

- Shorts: No shorts shorter than designated uniform shorts
- T-shirts: Navy, black, gray, or white
- Other: Knee pads and court shoes

Tennis - Boys

- Shorts: Shorts, no shorter than soccer/running style shorts
- T-shirts: Navy, gray, black or white
- Shoes: Tennis court shoes

Tennis - Girls

- Shorts: Shorts, no shorter than soccer/running style shorts
- Skirts: No shorter than designated uniform skirt
- T shirts: Navy, gray, black or white
- Shoes: Tennis court shoes

Baseball

- Pants: Baseball style pants, or shorts, no shorter than soccer/running style shorts
- T shirts: Navy, gray, black or white
- Shoes: Baseball cleats

Track/Cross Country

- Shorts: Running style shorts, no shorter designated uniform shorts
- T shirts: Navy, gray, black or white
- Shoes: Running shoes

Girls Sand Volleyball

- Shorts: Spandex shorts no shorter than 5-inches (Spandex only in navy, blue, or black).
Note: When running on the track, running shorts must be worn.
- T-shirts: Navy, gray, black or white

Physical Examination Form Sample

California Interscholastic Federation Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child’s sports experience.

TRUSTWORTHINESS

- Trustworthiness — Be worthy of trust in all you do.
- Integrity — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.
- Honesty — Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct.
- Reliability — Fulfill commitments. Do what you say you will do.
- Loyalty — Be loyal to the school and team; Put the interests of the team above your child’s personal glory.

RESPECT

- Respect — Treat all people with respect at all times and require the same of your student-athletes.
- Class — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct — Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect for Officials — Treat game officials with respect. Don’t complain or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education — Support the concept of “being a student first.” Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- Role Modeling — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

- Self-Control — Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- Healthy Lifestyle — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game — Protect the integrity of the game. Don't gamble or associate with gamblers.
- Sexual Conduct — Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

- Fairness — Live up to high standards of fair play.
- Openness — Be open-minded, always willing to listen and learn.

CARING

- Caring Environment — Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- Spirit of the Rules — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.



CIF Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. *The law requires a student-athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), and certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR)].

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.



CIF Acute Concussion Notification Form for Parents/Guardians



- Your child has symptoms consistent with a concussion.
At the time of evaluation, there was no sign of any serious complications.
- Your child will need monitoring for a further period by a responsible adult, and should not be left alone over the next 12-24 hours.

| Call 911 and go to the nearest Hospital Emergency Department for the following: | |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="radio"/> Headache that worsens | <input type="radio"/> Can't recognize people or places |
| <input type="radio"/> Seizure (uncontrolled jerking of arms/legs) | <input type="radio"/> Looks very drowsy/Can't be awakened |
| <input type="radio"/> Weakness or numbness of arms/legs | <input type="radio"/> Increased confusion and/or irritability |
| <input type="radio"/> Repeated vomiting | <input type="radio"/> Unusual behavior |
| <input type="radio"/> Loss of consciousness | <input type="radio"/> Slurred speech |
| <input type="radio"/> Lack of balance/unsteadiness on feet | <input type="radio"/> Drainage of blood/fluid from ears or nose |
| <input type="radio"/> Changes in vision (double, blurry vision) | <input type="radio"/> Loss of bowel and/or bladder control |

Recommendations:

- AVOID medications like ibuprofen (Motrin, Advil), naproxen (Aleve), or aspirin until seen by a physician due to the potential of increased bleeding risk in the brain.
- Acetaminophen (Tylenol) can be tried but often won't take away a concussion headache. DO NOT give narcotic pain medication like codeine.
- Check for normal breathing every few hours while sleeping but DO NOT wake your child up unless you are concerned. If your child can't be aroused, call 911 immediately.
- Make an appointment to see a physician within 72 hours. Inform your child's teachers about the injury. Keep your child out of school if symptoms are severe or worsened by reading or studying.
- You can track your child's symptoms using the **CIF Graded Concussion Symptom Checklist** (Find this on cifstate.org). Bring these checklists to the physician's visit.
- No activities like after-school sports and PE, and no physical exertion until your child is evaluated and cleared by a physician (MD/DO) trained in the diagnosis and management of concussions.
- Refer to the **CIF Return-to-Learn** and **CIF Return-to-Play** protocols on www.cifstate.org



CIF GRADED CONCUSSION SYMPTOM CHECKLIST



Today's Date: _____ Time: _____ Hours of Sleep: _____ Date of Injury: _____ Date of Diagnosis: _____

- Grade the 22 symptoms with a score of 0 through 6.
 - Note that these symptoms may not all be related to a concussion.
- You can fill this out at the beginning of the season as a baseline (after a good night's sleep).
- If you suspect that you have a concussion, use this checklist to record your symptoms.
- You can track your symptoms as you recover.
 - There is no scale to which to compare your total score; your score is individualized to you.
- Show your baseline (if available) and any follow-up checklists to your physician.

Baseline Score
 Post Concussion Score

| | None | Mild | Moderate | Severe | | | |
|-------------------------------------------------------|------|------|----------|--------|---|---|---|
| Headache | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| "Pressure in head" | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Neck Pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Nausea or Vomiting | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Dizziness | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Blurred Vision | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Balance Problems | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sensitivity to light | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sensitivity to noise | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Feeling slowed down | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Feeling like "in a fog" | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| "Don't feel right" | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Difficulty concentrating | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Difficulty remembering | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Fatigue or low energy | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Confusion | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Drowsiness | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Trouble falling asleep | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| More emotional than usual | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Irritability | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sadness | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Nervous or Anxious | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| TOTAL SUM OF EACH COLUMN | 0 | | | | | | |
| TOTAL SYMPTOM SCORE (Sum of all column totals) | | | | | | | |

NAME _____ HIGH SCHOOL _____

D.O.B. _____ SPORT _____ PHYSICIAN (MD/DO) _____

To Whom It May Concern:

Student Name: _____ DOB: _____

| INJURY STATUS | Date of Concussion Diagnosis by MD/DO: _____ |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| | Date of Injury: _____ |
| <input type="checkbox"/> Has been diagnosed by a MD/DO with a concussion and is currently under our care. <input type="checkbox"/> Medical follow-up evaluation is scheduled for (date): _____ | |
| <input type="checkbox"/> Was evaluated and did not have a concussion injury. There are no limitations on school and physical activity. | |

| ACADEMIC ACTIVITY STATUS <small>(Please mark all that apply)</small> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> This student is not to return to school. |
| <input type="checkbox"/> This student may begin to return to school based on graduated progression through the CIF Concussion Return to Learn Protocol . |
| <input type="checkbox"/> This student requires the necessary school accommodations set forth on the Physician (MD/DO) Recommended School Accommodations Following Concussion form. |
| <input type="checkbox"/> This student may be released to full academic participation. |
| <u>Comments:</u> _____ |
| PHYSICAL ACTIVITY STATUS <small>(Please mark all that apply)</small> |
| <input type="checkbox"/> This student is not to participate in physical activity of any kind. |
| <input type="checkbox"/> This student is not to participate in recess or other physical activities except for untimed, voluntary walking. |
| <input type="checkbox"/> This student may begin a graduated return to play progression (see CIF Concussion RTP Protocol form). |
| <input type="checkbox"/> This student has medical clearance for unrestricted athletic participation (Has completed the CIF Concussion RTP Protocol). |
| <u>Comments:</u> _____ |

Physician (MD/DO) Signature: _____ **Exam Date:** _____

Physician Stamp and Contact Info:

Parent/Guardian Acknowledgement Signature: _____ **Date:** _____



Instructions:

- Keep brain activity below the level that causes worsening of symptoms (e.g., headache, tiredness, irritability).
- If symptoms worsen at any stage, stop activity and rest.
- Seek further medical attention if your child continues with symptoms beyond 7 days.
- If appropriate time is allowed to ensure complete brain recovery before returning to mental activity, your child may have a better outcome.
 - Do not try to rush through these stages.
- Please give this form to teachers/school administrators to help them understand your child's recovery.

| Stage | Home Activity | School Activity | Physical Activity |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brain Rest/ Restful Home Activity | <ul style="list-style-type: none"> • Initially sleep as much as needed (allow at least 8-10 hours of sleep) • Allow short naps during day (less than 1 hour at a time) • Move towards setting a regular bedtime/wake up schedule as symptoms improve • Avoid bright light if bothersome • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours • Limit "screen time" (phone, computer, video games) as symptoms tolerate; use large font | <ul style="list-style-type: none"> • No school • No homework or take-home tests • May begin easy tasks at home (drawing, baking, cooking) • Soft music and 'books on tape' okay • Limit reading of hard-copy books as symptoms tolerate (e.g., short intervals of 10-15 min) • Once your child can complete 60-90 minutes of light mental activity without a worsening of symptoms they may go to the next step | <ul style="list-style-type: none"> • Walking short distances initially to get around is okay • As symptoms improve, progress physical activity, like vigorous walking • No strenuous exercise or contact sports • No driving |
| | Progress to the next stage when your child starts to improve, but may still have some symptoms | | |
| Return to School - PARTIAL DAY | <ul style="list-style-type: none"> • Set a regular bedtime/wake up schedule • Allow 8-10 hours of sleep per night • Limit napping to allow for full sleep at night • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours • Limit "screen time" and social activities outside of school as symptoms tolerate | <ul style="list-style-type: none"> • Gradually return to school • Sit in front of class • Start with a few hours/half-day • Take breaks in the nurse's office or a quiet room every 2 hours or as needed • Avoid loud areas (music, band, choir, shop class, locker room, cafeteria, loud hallway and gym) • Use brimmed hat/earplugs as needed • Use preprinted large font (18) class notes • Complete necessary assignments only • Limit homework time • No tests or quizzes • Multiple choice or verbal assignments better than long writing assignments • Tutoring or help as needed • Stop work if symptoms increase | <ul style="list-style-type: none"> • Progress physical activity and as instructed by physician • No strenuous physical activity or contact sports • No driving |
| | Progress to the next stage as symptoms continue to improve and your child can complete the activities listed above | | |
| Return to School - FULL DAY | <ul style="list-style-type: none"> • Allow 8-10 hours of sleep per night • Avoid napping • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours • "Screen time" and social activities outside of school as symptoms tolerate | <ul style="list-style-type: none"> • Progress to attending core classes for full days of school • Add in electives when tolerated • No more than 1 test or quiz per day • Give extra time or untimed homework/tests • Tutoring or help as needed • Stop work if symptoms increase | <ul style="list-style-type: none"> • Progress physical activity and as instructed by physician • No strenuous physical activity or contact sports • Okay to drive |
| | Progress to the next stage when your child has returned to full school and is able to complete all assignments/tests without symptoms | | |
| Full Recovery | <ul style="list-style-type: none"> • Return to normal home and social activities | <ul style="list-style-type: none"> • Return to normal school schedule and course load | <ul style="list-style-type: none"> • Start CIF Return to Play Protocol |