

TWIN RIVER TITANS

2020-2021

Activities Handbook for Students and Parents

Nondiscrimination in Education Programs And Activities

The school district does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Name: Dr. John M. Weidner, Sr.

Title: Superintendent

Address: 816 Willard Ave, P.O. Box 640, Genoa, NE 68640

Telephone: 402 993-2274

E-mail: jweidner@twinriver.esu7.org

For further information on notice of nondiscrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the office that serves your area or call 1-800-421-3481.

For additional prohibited discrimination and related information, please review school district Policy 3053 - Nondiscrimination

I. PURPOSE AND PHILOSOPHY

The Twin River Public School activity program is designed to afford every student the opportunity to develop to their full potential in a variety of sponsored activities. The major objectives of the Twin River Activities program are:

- To promote good sportsmanship among all involved,
- To enable members to develop, to the best of their potential, their physical and mental skills,
- To encourage the development of positive leadership characteristics in members,
- To develop a sense of mature responsibility,
- To promote the values of self-discipline and teamwork,
- To develop an appreciation of the competition.

II. GOVERNANCE

The Board of Education

The Board of Education for Twin River Schools is responsible for the following areas:

- Interpreting community needs.
- Developing policies in accordance with state mandates and statutes and in accordance with the educational needs and wishes of the people of the Twin River School District.
- Approve means by which professional staff may make these policies effective.
- Evaluating the interscholastic activity program in terms of their value to the community.

The Nebraska School Activities Association

All schools are voluntarily members of the NSAA and compete only with member schools. As a member school district, Twin River agrees to abide by and enforce all rules and regulations endorsed by the NSAA.

The National Federation of State High School Associations

The National Federation consists of the fifty individual state high school athletic and/or activities associations. The National Federation is both a service and regulatory agency.

III. RULES AND REGULATIONS

Each member of an activity must adhere to the following:

1. Pass a physical examination if required for participation before starting practice. No member will be allowed to begin practice until he/she has turned in their signed physical and parental consent form to his/her respective coach.
2. Have insurance if the activity poses the potential for injury. This insurance may be a family plan secured by the participant's family or by the policy offered through the school.
3. May not participate in any other organized activity involving a similar sport, in school or out of school, during the period that he/she is a member of an interscholastic squad. (Examples: town or church team basketball during basketball season; open golf tourney during golf season; AAU wrestling during wrestling season; road races during cross country/track seasons.)
4. Travel to and from each competition with the team in a school designated vehicle. Members will be under the direct supervision of the Coach/Sponsor accompanying them to the competition. In some cases, members may ride separately to away contests if prior arrangements have been made and approved by the coach and administrator. In some cases, members may ride home from an away contest if prior arrangements have been made with the coach in both oral and written form. No member will be allowed to drive his/her personal vehicle to or from an away contest/event.

5. Attend all practices. If circumstances arise which make it impossible for the member to attend practice, it is the responsibility of the member to notify the coach/sponsor as soon as possible.
6. Use good hygiene practices. Hair should be kept neat and clean so as not to present a hazard to the member or other participants.
7. Consistently demonstrate good sportsmanship and mature behavior as a representative of Twin River Schools.
8. Are to be in school on time the day of the activity and the morning after a night activity. The student must be in school Periods 4, 5, 6, 7, and 8 to attend or participate in school sponsored activities. The administration reserves the right to make all decisions in extreme or unusual circumstances.
9. A student who participates in one activity but decides to quit and switch to another activity must have the permission of both activity coaches/sponsors and the administration.
10. NSAA ELIGIBILITY RULES: In order to represent Twin River Schools in extracurricular activities, a student must abide by all NSAA rules and regulations.

IV. SUBSTANCE ABUSE PROCEDURES

1. Philosophy and Purpose

Health problems of youth are primarily the responsibility of the home and community.

However, schools share in that responsibility because chemical problems often interfere with school behavior, student learning, and the fullest possible development of each student. Because we believe that we have an obligation to address detrimental influences on student performance, the following substance abuse/activities participation policy was developed. It is part of a total effort to discourage the use of tobacco, alcohol, and other illegal drugs by the students of our school.

Twin River Schools holds its students involved in extracurricular activities to a higher standard as they are representing their school, themselves, and the community whenever they perform, compete, or participate. The following expectations need to be followed by all participating students.

2. Specific Rule

During the school year, no student involved in any school sponsored extracurricular activity shall possess, use, consume, sell or give away tobacco, e-cigarettes, tobacco product look-alikes, or products intended to replicate tobacco products, alcohol, or other illegal drugs (or look-alikes) in any form or any amount.

1. The rule is in force from the opening date of the fall sports season until the conclusion of the spring sports season and/or close of school at the end of the second semester, whichever comes later.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for a student by qualified medical personnel.

3. *Consequences for Violations of the Rules*

After confirmation of the violation, the student will be suspended from participating in or attending all non-graded extracurricular activities (not including college visitation days, college testing, and commencement) for a specific number of weeks starting from the date of the verification of a violation. *A student who will miss a graded activity (i.e. band-music events) may be given an alternate assignment by their sponsor that will not involve participation in the activity.* A student involved in a school-sponsored activity may be required to participate in or attend all practice sessions during the time of suspension. Consequences for violations are as follows:

First Violation-4 week suspension from school activities. (Minimum of one contest/event to be missed.)

Second Violation-6 week suspension from school activities. Evaluation for tobacco violations will be determined by the administration.

Third and Subsequent Violations-Suspension from school activities for the rest of the student's career. The student will be required to complete a professional evaluation for chemical dependency or a smoking cessation class for tobacco violations at the student's expense. Upon completion of a prescribed program, the student may be reinstated in school activities. Verification of successful completion of a chemical dependency program must be provided to school officials in writing prior to reinstatement.

4. *First Offense Reductions*

If the student "self-reports" to the coach, sponsor, or administrator within 48 hours following the rules violation, the suspension will be reduced by one week for the first violation. A student may receive a one week reduction from their suspension for successfully completing the INSIGHT classes offered through the guidance counselor. One of these reductions may be used, but not both. These reductions are for the first offense only.

5. *Accumulation of Offenses*

Offenses are cumulative and student offenders progress from one level of violation to the next in grades 7 and 8. Students entering Grade 9 begin a new period with no prior violations from Grade 7 or 8 included. Offenses are cumulative throughout a student's high school career beginning with the first activity season he or she participates in. Suspensions not completed during one school year will be carried over and completed in the next school year.

6. *Procedures Prior to Suspension*

If a student is observed by an administrator or coach, confessed by the student, or convicted by authorities for violating the training rules policy, the following procedure will take place. The principal or athletic administrator will:

1. Investigate the alleged violation.
2. Confer with the student and present the student with oral or written evidence of the charges against him or her.
3. Provide the student with an opportunity to respond to the charges.
4. Provide the parents or guardian notification of the alleged violation and a written copy of the decision regarding any disciplinary action taken.

7. *Activities Affected by Substance Abuse Violations*

Football, Volleyball, Softball, Basketball, Baseball games
Cross Country, Wrestling, Track, Golf meets
FBLA, FFA, FCCLA conventions, workshops, contests, or conferences
Student Council conventions, workshops, or conferences
Speech, One-Act contests and productions
Conference Honor Band and Choir
Music contests and performances
Quiz Bowl competitions
Cheerleading
Pep rallies, dances, banquets
Honors Night, Prom, Homecoming

V. **ACADEMIC ELIGIBILITY**

In order to represent Twin River Jr.-Sr. High School in interscholastic competition, a student must abide by the eligibility rules of the Nebraska School Activities Association. Consult the principal or Activities Director with any questions regarding the academic eligibility policy.

1. High School students shall have credit on the school records for 20 semester hours of schoolwork for the immediate preceding semester (NSAA requirement).
2. Students in grades 7-12 failing (below 70%) two or more subjects at the end of any given week will be declared ineligible for the following school week (Monday through Saturday). Grades will be pulled from the student information system beginning the third Monday of each semester and each Monday thereafter. Eligibility for each week will be determined on Monday of that week at 11:00 am. In the event of an all-day Monday event, eligibility will be determined on Friday morning of the preceding week.
3. Academically ineligible students will not be permitted to participate in school-sponsored activities as listed below:

Football, Volleyball, Softball, Basketball, Baseball games
Cross Country, Wrestling, Track, Golf meets
FBLA, FFA, FCCLA conventions, workshops, contests, or conferences
Student Council- conventions, workshops, or conferences
Speech, One-Act contests and productions
Conference Honor Band and Choir
Music contests and performances
Quiz Bowl competitions

Cheerleading

4. Academically ineligible students will not represent the school by suiting up or participating in athletic contests; however, they are expected to travel and sit with the team provided they do not miss school time to do so. Students are still expected to attend and participate in practice or study sessions as deemed appropriate by the coach/sponsor during the period of ineligibility.
5. The Principal's office will release the failing grades list each week. Reports will be e-mailed to instructors and are deemed confidential.
6. Students in special programs will have their academic eligibility determined by an I.E.P. written by the Special Education instructor in conjunction with the Principal or Counselor.
7. These regulations shall also apply to junior high eligibility.
8. Students that miss performances due to ineligibility status of any type will not be nominated for Academic All-State status. **NOTE: Expectations listed under #2 have been approved by the Twin River Board of Education and exceed the minimum state requirements in this area.**

VI. RESPONSIBILITIES

1. *Responsibilities of an Athlete*
 - The team's goals, welfare, and success must come before any individual.
 - An athlete needs to consistently attend all practice sessions.
 - Players must be receptive to coaching.
 - Team members are responsible for all issued uniforms and equipment.
 - As a member of the team, an athlete must agree to and follow team rules. Athletes need to remember that they are ambassadors and represent not only themselves, but also the coaching staff, school and community.
 - If injured, an athlete must report all injuries to either the coach or athletic director.
2. *Responsibilities of a Coach*
 - The selection of the squad
 - The determination of the style of play, including the offensive and defensive philosophies.
 - The teaching and instruction at practice sessions and contests.
 - The determination of who starts and how long an athlete plays.
 - The decision of who plays in what position.
 - The establishing of team rules.
 - The selection of captains.
 - The establishing of the requirements to earn a letter.
 - The communication between athletes and parents with respect to where the practice sessions will be held, and when the sessions will start and finish.

VII. LETTERING

Lettering in activities will be determined by that activities coach/sponsor and approved by the athletic administrator. Criteria for lettering will be made available to all participants prior to the start of the season.

VIII. SPORTSMANSHIP AND GENERAL CONDUCT

The responsibility of student athletes/participants for sportsmanship is of primary importance in high school educational activities. Because athletes/participants are admired and respected, they exert a great deal of influence over the action and behaviors of other students and spectators.

Student-Athletes/Participants should:

- Accept seriously the responsibility and privilege of representing Twin River Schools and its communities
- Treat opponents with respect.
- Shake hands with opponents and wish them good luck before the contest.
- Exercise self-control at all times, accepting decisions and abiding by them.
- Respect the judgment of the officials and their interpretations of the rules. Never argue or make gestures indicating dislike of a decision. The officials are doing their best to help promote you and your sport.
- Only the coach or captain should communicate with the officials regarding the clarification of a ruling.
- Accept both victory and defeat with pride and compassion, never being boastful or bitter.
- Cooperate with the coach and fellow athletes in trying to promote sportsmanship.
- Live up to the standards of sportsmanship established by the NSAA, the school administration, and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students.
- Treat opponents the way you would like to be treated—as a guest or friend.
- Refrain from making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial, or sexual nature.
- Wish opponents good luck before the game and congratulate them in a sincere manner with which you would like to be greeted following either victory or defeat.
- Win with humility; lose with grace. Do both with dignity.

Extracurricular activities should be educational in nature. Because of this it is important that all parents/guardians demonstrate good sportsmanship and serve as role models for our athletes and students.

Again this year the NSAA and its member schools will be emphasizing the importance of Good Sportsmanship. As a part of this process they are explaining what good sportsmanship is and the responsibilities we all have as spectators at an athletic contest:

1. *Gain an Understanding and Appreciation for the Rules of the Contest.*

-The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of *Good Sportsmanship* depends on conformance to a rule's intent as well as to the letter of a given rule.

2. *Exercise Representative Behavior at All Times.*

-A prerequisite to *Good Sportsmanship* requires one to understand his/her own prejudices that may become factors in his/her behavior. The true value of interscholastic competition relies upon every one exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. *Recognize and Appreciate Skilled Performances Regardless of Affiliation.*

-Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents *Good Sportsmanship*, but also reflects a true awareness of the game by recognizing and acknowledging quality.

4. *Exhibit Respect for the Officials.*

-The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of *Good Sportsmanship* is to accept and abide by the decision made. The value is critical for students to learn for later applications in life.

5. *Openly Display Respect for the Opponent at All Times.*

-Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

6. *Display Pride in Your Actions at Every Opportunity.*

-Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

WHAT SPECTATORS CAN DO TO PROMOTE GOOD SPORTSMANSHIP

- Realize that a ticket is a privilege to observe a contest and support high school activities, not a license to verbally assault others or be generally obnoxious.
- Remember that student athletes play organized sports for their own fun. They are not pro athletes.
- Be on your best behavior. Don't use profane language or harass players, coaches, or officials.
- Applaud good plays by your own team and the visiting team.
- Show respect for your team's opponents. Without them there would be no games.
- Never criticize a student athlete for making a mistake during a competition.

- Condemn the use of violence in all forms.
- Respect officials' decisions.
- Encourage players to always play according to the rules.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- Respect fans, coaches, and participants.
- Be a fan.....not a fanatic.

IX. RELATIONSHIPS

There are many relationships that are involved in being the parent of an athlete.

1. *Player/Coach Relationship*

Through televised games and the more recent proliferation of cable TV, many adults feel that they understand or perhaps know more than many coaches. Everyone becomes an expert. While this new found expertise might heighten your appreciation of a sport, as a parent, however, you are not the coach.

The player-coach relationship is perhaps the most critical relationship in athletics. A parent can have a pronounced effect on this very important and delicate relationship.

While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child.

If you express a negative opinion in front of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. Your son or daughter will then have to interact with this coach. You, as the parent, can greatly affect this delicate relationship.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and contests. This may ultimately impede your son or daughter's progress and affect their playing time.

2. *Parent/Coach Relationship*

In your role as a parent, you obviously love and are concerned about your child's welfare. You want the best for him or her. But an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects. Parents should expect their children to respect the coach, and the coach should respect each player. Parents have a right to understand what expectations are placed on their child. This begins with clear communication from the coach at the beginning of each season.

If you have any questions or concerns, **do NOT approach the coach immediately at the conclusion of a contest.** At this time, coaches have other responsibilities and it may be an emotional time. Call the coaches and make an appointment for a later time and approach this meeting in a **calm, courteous, and logical manner.** One of the responsibilities a coach has at the conclusion of a contest is to have a brief meeting with his players. Athletes should not pause to talk to parents or friends immediately after contests. These brief meetings with coaches are essential to the learning process involved in athletics.

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH:

1. Coaching philosophy.
2. Expectations the coach has for your child and the entire squad.
3. Locations and times of practices and contests.
4. Team requirements: special equipment, off-season conditioning, etc.
5. Protocol in case your child is injured.
6. Discipline procedures if a student breaks district policies

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Schedule conflicts should be noted well in advance.
2. Any specific concerns regarding a coach's expectations. (These should be addressed directly to the coach.)
3. Any specific medical conditions the child may have.

CONCERNS TO DISCUSS WITH COACHES

1. Physical and emotional treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Skill development of your child.
5. Your child's role as a member of the team.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Team strategy.
2. Play calling.
3. Other student athletes.

IF YOU HAVE A CONCERN AND NEED TO MEET WITH A COACH

1. Call 402-993-2911. Leave a message for the coach to call you.
2. Arrange a convenient time for both parties to meet.
3. If the coach cannot be reached contact, the Activities Administrator.
4. **Parents should not attempt to speak with a coach before, during, or immediately after a contest or practice.**

3. *Spectator/Officials Relationship*

There is an age-old refrain often used by irate fans; "How much are you paying the officials? The home school does not get just any officials. The Athletic Administrator assigns all officials and both teams must agree to the officials that are hired.

Officials agree to and follow a code of ethics. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest can not be played without them.

So while you may not agree with all of their calls please do not harass or taunt them. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same officials several times during a season. Coaches, athletic administrators and schools often work hard to establish a rapport and good working relationship which can easily be damaged by spectators.

4. *Spectator/Cheerleader Relationship*

The emotion and atmosphere at athletic contests can be very exciting and the cheerleaders need to be allowed to control and direct this aspect. Cheerleaders try to infuse spirit into the fans/spectators and lead them in selected cheers. Taking this responsibility into your own hands is not appropriate. Fans that leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleader directions, therefore, is absolutely necessary at all athletic contests.

X. EQUIPMENT

The activities department tries to furnish the participant with as much of the equipment needed as possible. The equipment is in good condition and should keep our participants well protected in their activities.

All equipment will be checked out to individuals at the beginning of the season by the coach in charge. The participant will be responsible for the equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition. (What an item costs when purchased for replacement may be double the original cost in many cases.)

It is the responsibility of the participant to check in the equipment at the end of the season or immediately should they quit an activity. If a participant fails to check in their equipment at the designated time, they will be expected to pay for the cost of replacement.

At no time should the participant wear equipment checked out to him/her except for practices and contests. Any participant found to be wearing school equipment outside of practice may face penalties by that activities sponsor.

XII. SCHOOL BUS ACTIVITY RULES

Twin River students have the privilege of riding school transportation to and from school events. The goal of activity transportation is to make sure the student's ride on the bus or van is both safe and pleasant. The bus driver is in complete control of bus safety, passengers must obey the driver promptly and respectfully. Activity sponsors riding the buses are to control and supervise all riding passengers. Students will stay seated and conduct themselves in an orderly manner. If a student chooses to disregard instruction and supervision regulations, the bus driver or supervisor will contact the Principal for disciplinary actions. The Principal will discipline in a fair and consistent manner. Violations of bus instruction could result in a two week suspension from riding activity transportation. When a student displays unmanageable conduct at an away contest, parents will be notified and the possibility to come and pick up their child exists. During a student's bus suspension or bus expulsion, parents shall provide transportation to and from activities.

XII. OTHER

1. *The Parent Player*

Some parents may try to live through their child's athletic efforts. Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow you son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

When you speak with your child after a contest, don't dwell on his or her play, how many points they scored or if they started. Instead, first ask how the team did? Did your son or daughter play hard, give 100 % or have a good experience?

2. *The Athletic Chain of Command*

At Twin River Schools, the following chain of command is in effect:

Principal→ Athletic Administrator→ Head Coach→ Assistant/JV Coaches→ Players

3. *Risks of Athletic Participation*

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could also result. All athletes and parents need to be aware and understand this possibility. At Twin River, we will do all that we can to ensure a safe and healthy environment for our athletes.

4. *Recruited Athletes*

Some athletes at Twin River may warrant attention from colleges and college coaches. To protect yourself, your athlete and your athlete's eligibility contact your counselor or activities administrator to make sure they are meeting all college eligibility requirements. Also, guidelines for recruiters to follow or any questions you may have on the recruiting process can be directed to these people.

5. *rSchool programs*

Twin River Public Schools uses the rSchool software programs for a variety of purposes described below.

- a. Activity Registration- all paperwork needed to be eligible to participate in extracurricular activities can be found at <https://twinriverschools-ar.rschooltoday.com/>
- b. Activity Scheduler- this program is used to put together all schedules and also produces calendars that can be synced to the calendar program you use on your smart phone- the calendar can be viewed at <http://www.easthuskerconference.org/public/genie/648/school/12/>
- c. Facility Scheduler- for non-Twin River groups (including youth sports teams) wishing to use our facilities, you will need to go to <http://www.twinriverschools.portal.rschooltoday.com/> and request the facilities you wish to use.

6. *Sports Season Kick-Off meetings*

As part of an effort to inform and educate both student-athletes and their parents on a variety of topics, Twin River will hold at least one Sports Kick-Off meeting each year. At this meeting, one of the primary topics that will be addressed are concussions in sports. In order to compete in contests, a parent AND HIS/HER STUDENT-ATHLETE(S) must attend this meeting. If a family is unable to attend the meeting, they will be required to complete the free NFHS Concussion in Sports online course as an alternative. If neither of these are completed, a student-athlete will be prohibited from competing in any athletic contest for Twin River.

At this same meeting, coaches of each sport will have a meeting with their team and the parents of their team members. If a family is unable to attend this meeting, they must meet with their child's coach prior to being allowed to compete in any competitions.

CONDITIONAL ADMINISTRATIVE RIGHTS

The administration retains the right and privilege to issue penalties for acts of discipline not specifically stated in the Twin River Activities Handbook and to alter any penalties as they consider necessary. Furthermore, the administration reserves the right to amend any provision in the Activities Handbook that they deem to be in the best interest of the student, team, school and community.

HEADS UP: Concussions in Sports...

A Fact Sheet for Parents & Students

On April 14th, 2012, Governor Heineman signed into law LB260, the Nebraska Concussion Awareness Act with the bill taking effect July 1, 2012. The bill affects any schools having athletes 19 years old or younger, as well as any sports organization, including youth leagues, club sports, or any organization sponsoring a sporting activity where there is a cost to participants or where such costs are sponsored. There are three primary components of the act:

1. Education – (a) concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment. (b) Athletes and parents must be provided concussion information prior to an athlete's participation on an annual basis that includes (i) signs & symptoms of a concussion, (ii) risks posed by sustaining a concussion, and (iii) actions athletes should take in response to sustaining a concussion – including informing their coaches
2. Removal of Athlete – an athlete presenting signs or symptoms of a concussion, thereby being "reasonably suspected" of having sustained a concussion, (a) must be removed from participation, and (b) may not return to participation until evaluated by appropriate licensed health care professional, and
3. Written & Signed Clearance for Return to Play (RTP) – an athlete having been removed from participation for the purpose of presenting with signs or symptoms or "reasonably suspected" of having sustained a concussion must have, before RTP or participation is allowed by a coach, (a) written and signed clearance from an appropriate licensed health care professional, and (b) written and signed clearance from the athlete's parents.

A Licensed Health Care Professional means a physician or licensed practitioner under the direct supervision of a physician, e.g. PA-C or APRN; a neuropsychologist, an athletic trainer, or a qualified individual able to (a) provide health care services where doing so falls within one's scope of practice in Nebraska, and (b) is trained in the evaluation and management of traumatic brain injury among a pediatric population.

For further details please visit www.nebsportsconcussion.org

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

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

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

What are the signs and symptoms of a concussion?

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

STUDENTS—If you think you have a concussion:

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

Signs Reported by Students:

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

PARENTS—

How can you help your child prevent a concussion?

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

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

Signs Observed by Parents or Guardians:

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

*Information on concussions provided by the Centers for Disease Control and Prevention, www.cdc.gov/Concussion.

In accordance with Nebraska State Law, Section 79-4,176 paragraph (3) states in part: “Rules and Standards which form the basis for discipline shall be distributed to students and parents at the beginning of each school year or at the time of enrollment.” Students, parents or guardians are requested to sign and return the receipt form below. Families with more than one student in grades 7-12 need to only return one form with all signatures needed on that one form.

I have received and read a copy of the Twin River Public School 2019-2020 Activities Guide for Students, Family and Friends and agree to follow its guidelines. Also, I have received and read the information in the Activity Guide regarding concussions. I also give permission for the Twin River Public Schools to use my child’s name in the Directory list. (to be recognized for achievements such as: Athletic event programs, All Conference, etc.)

_____ Parent or Guardian’s Signature

_____ 1st Student’s Signature (each student sign once)

_____ 2nd Student’s Signature

_____ 3rd Student’s Signature

_____ 4th Student’s Signature

_____ Date

****Please return this form to the Activities Director or to the high school office before the first scheduled activity the student is to participate in.****

CONDITIONAL ADMINISTRATIVE RIGHTS

The administration retains the right and privilege to issue penalties for acts of discipline not specifically stated in the Twin River Activities Guide and to alter any penalties as they consider necessary. Furthermore, the administration reserves the right to amend any provision in the Activities Guide that they deem to be in the best interest of the student, team, school and community.