



SALISBURY
CHRISTIAN SCHOOL

Athletic Handbook

School Year 2022-2023

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Purpose

The purpose of this handbook is to provide information to student-athletes, parents, and coaches regarding the Salisbury Christian School Athletic Department. This document will serve as the general expectations for all Salisbury Christian School teams. Coaches may have additional expectations and guidelines that pertain to their specific philosophy; those must be communicated early, clearly, and effectively. The information provided in this handbook is intended by the Salisbury Christian School Athletic Department to help create competitive athletics at all levels and to nurture young men and women of character, integrity, and faith, remembering “In all things... Christ preeminent” (Colossians 1:18).

Salisbury Christian School Mission Statement

Salisbury Christian School exists to honor Jesus Christ by offering a comprehensive educational program founded upon Biblical truth and academic excellence.

Salisbury Christian School Vision

Salisbury Christian School leads students to spiritual, intellectual, social, and physical maturity, in partnership with parents and the church, so that students become disciples of Jesus Christ, walking in wisdom, obeying His Word, and living their faith.

Athletic Department Mission Statement

Athletics at Salisbury Christian School are a vital part of the student experience and the development of young men and women. Athletics will assist in the overall mission of growing in spiritual, intellectual, social, and physical maturity. The values of teamwork, commitment, dedication, servant leadership, sportsmanship, and fitness are crucial to this mission.

Goals of the Salisbury Christian School Athletic Department

- Student-athletes learn how to become Godly men and women.
- Student-athletes learn the fundamentals of their sport.
- Student-athletes exemplify the ideals reflected in a successful athletic program.
- Student-athletes subscribe to the idea of “Team First” (I Corinthians 12:20-25).
- Student-athletes grow in their love of the game.

Expectations of the Salisbury Christian School Athletic Department

Students participating in athletics as part of their experience at Salisbury Christian School are held to high expectations regarding behavior, character, and academics. Student-athletes are a representation of Salisbury Christian School and, paramount, the faith that is essential to the school community. Student-athletes come in contact with many people on and off-campus and should represent SCS and Jesus Christ well at all times (Matthew 5:14-16).

These expectations extend also to coaches and fans that are associated with Salisbury Christian School. Coaches and parents not only represent Jesus Christ and the school, they are also called to be examples of character and integrity for our students.

Academic Eligibility

Early intervention is a critical component to the academic success of a student-athlete who is showing signs of academic decline. The Academic Eligibility Policy is designed to help student-athletes refocus on their academic studies and seek the appropriate assistance for improvement.

Status	Criteria	Description
Academically Eligible	All grades of a “C” or above	Eligible for participation in extracurricular activities
Academic Warning	A grade of one “D” with all other grades “C” or above	Eligible for participation in extracurricular activities if a weekly meeting is held with the Guidance Counselor and/or extracurricular advisor to monitor progress and develop success strategies
Academically Ineligible	Any failing grades or “Academic Warning” exceeding two consecutive marking terms	Ineligible for participation in extracurricular activities

Additional clarification:

- Academic eligibility status is evaluated four (4) times per year, at the issuance of report cards.
- Eight (8) times per year, at the issuance of progress reports and report cards, academic warnings will be issued. Students can be removed from ineligibility at this time, as well.
- Any student placed on Academic Warning can be moved to ineligible at any time during their warning period based on the determination of a school administrator.
- Eligibility status begins the first school day following the distribution of progress reports/report cards for each term, including Term 4 into Term 1 of the subsequent school year. While students will be notified of the academic eligibility status via letter shortly after the issuance of progress reports/report cards, it is the responsibility of the student to monitor their grades and seek academic assistance.
- If ineligibility continues into a second marking term, a mandatory meeting will take place with the student, parent, Guidance Counselor, and Principal. All final decisions regarding eligibility rest with the Upper School Principal.
- An Academic Contract may also be established by the administration as an additional level of support and accountability. The Academic Contract may extend beyond the period of ineligibility.
- Up to two (2) summer credit recovery courses may be completed prior to Term 1 of the new school year in order to be considered for academic eligibility at the start of the year.

Athletic Awards

At the conclusion of the spring sports season all coaches and student-athletes are invited and expected to attend the Varsity Awards Banquet. Coaches will provide a short recap of the season and distribute varsity letters, pins, and individual awards. Coaches and student-athletes are expected to “dress for success” for these events. The annual awards are intended to represent the core mission of leading students to spiritual, intellectual, social, and physical maturity, in partnership with parents and the church, so that through athletic participation students become disciples of Jesus Christ, walking in wisdom, obeying His Word, and living their faith.

The end-of-the-year JAGS awards are as follows:

- **Joy** – The word joy appears in the Bible over 200 times and should not be confused with happiness. Joy is from the heart, not an emotion, it is present even during adversity. Coaches should choose the player on their team that brings “the joy.” Who had a great attitude at all times and helped elevate the mood, especially in the more dreary moments? This is akin to the former coaches’ award, intended for the player that had the intangibles that don’t show up in the scorebook.

“For the joy of the LORD is your strength.” - Nehemiah 8:10.

- **Academic Achievement** – There is a reason that the term student precedes athlete in student-athlete; it defines the order of importance. God knows everything and has created an elaborate system of laws that govern physics, biology, and mathematics. We glorify Him by investing in a solid education. The student with the highest GPA or greatest academic scholarship as judged by the administration will be honored.

“The mind of the prudent acquires knowledge, and the ear of the wise seeks knowledge.” - Proverbs 18:15

- **Grace** – Grace is one of the most important concepts of Christianity. It is defined as “God’s favor toward the unworthy.” It is only through God’s grace that we can approach redemption and ultimately salvation. In athletics, grace is often defined as sportsmanship (helping others who have fallen; competing with self-control; coachable attitude; respect of opponents and officials). Coaches should select the player that most exhibits these characteristics.

“For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works, so that no one can boast.” - Ephesians 2:8-9

- **Service** – Jesus gave us the example of true service when he washed the feet of his disciples. The Bible calls us to follow his example. We strive to build servant leaders, those that look to lead not by commanding others, but by humbling themselves and attending to the needs of others. It is through our service that others may come to know the love of God. Coaches should select the player that volunteers the most; that encourages the most; that lifts others the most; and thus best exemplifies a servant leader.

“So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up.” - Ephesians 4:11-12

- **Most Valuable Player** – Value is a term that can be defined in many ways. At Salisbury Christian School we value those characteristics that reflect our Savior, Jesus Christ. The MVP may not always be the “best” athlete, nor the most accomplished scorer, or even the senior captain. Value is seen in those that most exemplify the character of Jesus; including Love, Leadership, Humility, Integrity, Perseverance, Wisdom, Compassion, Dedication, and, of course, Excellence. Coaches should select the athlete that most personifies these values on a daily basis.

“Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” - 1 Timothy 4:7b-8

Athletic Transportation

Student-athletes are encouraged to ride to and from athletic competitions with the team, to assist with team spirit and camaraderie. In the event that SCS cannot provide transportation for student-athletes to and from an away game, written permission from the student's parent must be provided to the coach prior to allowing a student-athlete to ride with another SCS parent, coach, or employee to that event. Parents may transport their student home from athletic competitions after communication with the coach. Students are prohibited from driving themselves to or from athletic competitions without explicit written permission from the students' parents. Students are prohibited from transporting other students to or from athletic competitions with the exception of siblings with parental permission.

Boosters Club

The Boosters Club at Salisbury Christian School is intended to:

- Increase school spirit through creating and implementing strategies for increasing attendance and participation in Salisbury Christian School athletics.
- Observe and address issues with athletic policies and procedures.
- Address areas necessary for growth and/or improvement and to create and implement strategies for improving these areas.
- Assist in the fundraising tasks of the Salisbury Christian School Athletic Department in order to provide the optimal athletic experience for all coaches, fans, and student-athletes.

Captains

Solid leadership is important to the success of any group or team. Team captaincy is an honor and privilege that is to be earned. Captains are expected to maintain high character and integrity at all times, communicate well with the team, lead by example in word and deed, and attend leadership training and meetings. Captaincy will be determined by the coach and should not simply be reserved for the best athlete or oldest athlete on the team unless deserved. Captain designations will be shared with SCS faculty and staff.

Coaches

Quality coaching is important to the success of teams and the development of student-athletes at Salisbury Christian School. Coaches should be knowledgeable in their respective areas and should have experience playing and/or coaching. Coaches are representatives of Salisbury Christian School and should conduct themselves professionally at all times. Coaches are expected to incorporate Biblical integration in practice and game plans and, therefore, must be of good moral standing and have evidence of Christian faith. Coaches should lead by example in the way they teach and instruct teams and student-athletes, teaching and encouraging student-athletes to grow in character and faith. All coaches and volunteer helpers are required to complete an SCS Staff Application and background check prior to the start of his/her first athletic season.

Conference Affiliations

Salisbury Christian School is a member of the Eastern Shore Independent Athletic Conference (E.S.I.A.C.). The ESIAC distributes All-Conference and Player of the Year awards in several sports. SCS also competes on a regular basis against both public and private schools from the Delaware Interscholastic Athletic Association (DIAA), Bayside Conference, and the Virginia Public School Conferences. In addition, SCS is a member of the National Christian School Athletic Association (NCSAA) and may attend its yearly national tournaments. Athletes have the opportunity to gain national recognition through the NCSAA with All-Northeast Super Regional Team and All-American Team awards.

Conflict Resolution

Salisbury Christian School expects all constituents to follow the Biblical principle of conflict resolution found in Matthew 18:15-17. Conflicts should be addressed directly with the coach/teammate with whom there is an issue before involving other coaches, the Director of Athletics, and other administrators, in that order, as appropriate. Open, clear, and direct communication is Christ-like and healthy for believers who should always strive to be of one accord (Philippians 2:1-11).

Cuts

Due to limited roster sizes, cuts may be made for any team at any level, depending on the desired number of participants and the number of students who try out for any team. Cuts will be determined by the Head Coach after conferring with the Assistant Coach(es) and/or Director of Athletics. Concerns about these decisions should be addressed directly by the player in question. The player should arrange a mutually convenient time to meet with the coach(es) and Director of Athletics (if necessary).

Discipline

The nature of interscholastic sports places a high degree of attention on student-athletes, thus, they are held to high behavioral expectations. Discipline will follow the procedure below. This process may be adjusted for any excessively inappropriate behavior. All behavior issues will be reported to the Director of Athletics, who will then report to the School Administration. While most sports-related infractions will be handled on the team level, Salisbury Christian School reserves the right to implement additional discipline strategies if necessary. This policy refers to infractions that occur outside the realm of sports. Please refer to the “School Culture / Discipline Policies and Procedures” portion of the SCS Parent / Student Handbook for information regarding school discipline.

- The first time a student-athlete is written up or a parent/staff member informs the Director of Athletics that a student-athlete is having behavioral issues, appropriate discipline will be handled in practice by coaches.
- Upon the second incident, or in the case of an egregious infraction (as determined by the Director of Athletics and the Administration), the athlete will be disciplined by game suspension(s).
- After repeated violations, or in the case of an extreme infraction, the continuation of the student-athlete’s membership on the team will be discussed by parents, coaches, and the Director of Athletics.

Ejection/Excessive Penalties

Any coach or student-athlete that accumulates an excessive number of penalties or is ejected from competition will be subject to a suspension from competition imposed by the Director of Athletics, in accordance with E.S.I.A.C. policy.

- If a coach or student-athlete is ejected from a competition, she/he will be suspended for the next competition (Example: a red card in a soccer game).
- If a coach or student-athlete amasses a number of penalties, technical fouls, or verbal warnings from officials then the athlete and coaches will meet with the Director of Athletics to determine proper disciplinary measures, including possible game(s) suspension or removal from the team.
- The Athletic Department reserves the right to implement additional disciplinary strategies if necessary.

Hazing

- No student, coach, teacher, administrator, or other school employee, contractor, or volunteer shall plan, direct, encourage, aid or engage in hazing or degrading initiation ritual. No student, coach, teacher administrator, or other school employee, contractor or volunteer shall permit, condone, or tolerate hazing or degrading initiation ritual.
- The National Federation of High School Sports (NFHS) defines hazing as “committing an act that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization. Please visit nfhs.org for more information on activities included within this policy.
- This policy refers to hazing behavior that occurs on or off school property, both during and after school hours.
- Any person who believes that they have been the victim of hazing, or with the knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to a coach, the Director of Athletics, or another school administrator.
- Any school employee, contractor, or volunteer who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the Upper School Principal and Director of Athletics immediately. Submission of a good faith complaint or report of hazing will not affect the complainant or reporter’s future employment, grades, or work assignments.
- The Director of Athletics and the Administration will form a committee to conduct an investigation of the alleged behavior. Immediate steps may be taken during the investigation at the sole discretion of the committee.
- Upon completion of the investigation, the Administration will take appropriate action against those found guilty of hazing, this discipline shall be consistent with past rulings and in accordance to other school policies.

Holidays

Teams may still hold practices on days that Salisbury Christian School is not in session (Christmas break, spring break, federal holidays, professional days, etc.). These practices are strongly encouraged and attendance is expected if stated by the coach. However, these practices may not be stated as mandatory. Salisbury Christian School is mindful that families plan trips and events when school is not in session for such holidays and the Athletics Department is accordingly mindful of the situation. Families should be aware and mindful of their student-athlete(s)’ commitment to the team during the season when scheduling trips and events. Games and competitions may occasionally be scheduled during school holidays, if the schedule dictates such.

Media Relations

It is important that Salisbury Christian School maintain good relations with media outlets in the community. Press coverage is a positive way for the school and the Athletics Department to reach out to the community. Coaches and the Director of Athletics should communicate often with local media outlets. Coaches may be provided with contact information to provide scores to local media outlets. Any special story requests should be processed through the Director of Athletics and the Director of Advertising & Marketing. No athletes, parents, or assistant coaches, or anyone else related to the program shall contact, approach, or provide an interview for any media outlet without first receiving approval from the coach *AND* Director of Athletics or the Director of Marketing. Additionally, all members of the SCS community should be mindful of posts and comments made on social media platforms (see Social Media below).

Notice of Fees

There is an Athletic Participation Fee associated with each sport that a student-athlete participates in each season. The following process will be followed:

- The Athletics Department will email notifications to families of the required fee and deadline, along with the Non-Tuition Student Expenses Payment Form.
- Families should complete and return the Non-Tuition Student Expenses Payment Form to the Athletics Department, indicating either (1) permission to draft the fee, (2) confirmation of online credit card payment or, (3) payment by check with the check attached.
- The Athletics Department will then communicate with the Business Office regarding the payment of these expenses.
- The Non-Tuition Student Expenses Payment Form must be received by the stated due date. If payment is not received by the stated due date, the student-athlete may not be permitted to practice or play until payment is received.

Player Contracts

Coaches may require players to sign player contracts prior to the start of the season, outlining specific expectations held by the coach. All contracts will be reviewed and approved by the Athletics Department in advance and shall act in conjunction with the policies and guidelines set forth in this Handbook. Athletes and parents should review the contract prior to signing and returning it to the coach.

Playing Time

The coach and Director of Athletics reserve the right to restrict playing time at any level due to absence, tardiness, behavior issues, poor attitude, or poor commitment level. Playing time is non-negotiable at any level.

- Playing time is not guaranteed throughout the season at the JV and Varsity levels. Coaches will make substitutions and base playing time solely on the coach's judgment of what is best for the success of the team.
- At the Middle School level, participation is encouraged, as the main goal is to develop athletic skills, teach the fundamentals of the sport, and build team camaraderie. Each player will play throughout the season. Coaches are encouraged, but not required, to have each student-athlete participate in every game.

Practice and Game Attendance

Attendance of student-athletes at practice and games is vital to the success of the Athletics Department at Salisbury Christian School. Student-athletes are expected to attend all SCS practices and games during the season they are associated with at the time. Excessive absences may result in removal from a team, as directed by the coach and/or Director of Athletics and in accordance with Player Contracts.

- Students are not permitted to miss practice or a game to attend a recreational, club, or organized team practice or game for another team without prior permission from the coach. Such incidents are highly discouraged at the Varsity level.
- Tardiness to practices or games is unacceptable as punctuality is expected at all times. Tardiness will be handled first by the coach. Excessive tardiness may result in additional discipline or removal from a team, as directed by the coach and/or Director of Athletics and in accordance with the Player Contract.
- Practice attendance is important to game participation. If a student-athlete misses the practice prior to a game due to an unexcused absence, the student-athlete will not participate in that game.
- Determination of whether an absence or tardy is excused or unexcused will be made by the coach and Director of Athletics.

Safety

The safety of our student-athletes is paramount to the Athletics Department at Salisbury Christian School. Student-athletes are required to turn in a Physical Examination Form and an Insurance-Release Form each school year. Physicals are valid for 12 months from the date of examination. Failure to turn in these forms will result in the inability to try out and play sports at SCS. If a student is injured while in the care of a coach, the injury should be communicated quickly and clearly to the parent, athletic trainer, and Director of Athletics. Additionally, the Athletic Incident Report Form should be completed and returned to the Director of Athletics within 24-hours.

School Attendance

Students must be present for at least a half-day of school to be eligible for participation in that day's practice/competition. Student-athletes who do not attend school or leave school early because of an illness or any other reason may not participate in that day's practice/competition unless advance permission is granted by an Administrator.

Servant Leadership

Servant leadership is encouraged and expected at Salisbury Christian School. Student-athletes are expected to follow the example of Jesus Christ in the following:

- Matthew 7:12 – “So in everything, do to others what you would have them do for you, for this sums up the Law and the Prophets.”
- Matthew 20:26 – “Instead, whoever wants to become great among you must be your servant.”
- Philippians 2:3-4 – “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others.”

Social Media

Student-athletes should conduct themselves properly on social media at all times. Social media can be very beneficial in regard to communication with friends and family but should be handled with care. Students of Salisbury Christian School are expected to represent the school values and faith in Jesus Christ, honoring God with behavior and interaction with others on all social media outlets. Student-athletes found using social media inappropriately will be subject to discipline within the Athletic Department. All behavior issues will be reported to the Administration. Salisbury Christian School reserves the right to implement additional discipline strategies for inappropriate social media activity.

Spectator Expectations

Spectators should be mindful that their privilege and responsibility is to be encouraging and uplifting during attendance at athletic competitions. Athletics are a way for student-athletes to learn and develop, therefore spectators should do their best to encourage these individuals/teams and to assist in the development of young men and women. Spectators are to be respectful of all players, coaches, and fans at all times, just as they would like to be respected (Matthew 7:12). Spectators should respect the judgments and decisions of contest officials, recognizing the fact that they are human and admiring their willingness to assist in the development of student-athletes. Spectators engaging in inappropriate behavior may be asked by site administrators to leave the premises of the event. Spectators who are asked to leave must meet with the Director of Athletics prior to being allowed to attend subsequent events.

Sportsmanship

Coaches and student-athletes must always conduct themselves in a manner that represents Salisbury Christian School and Jesus Christ in a positive way. There is an expectation for athletes to extend a helping hand for fallen opponents, and to have dignity in victory and honor in defeat. Sports are intended to be competitive, but that should never extend past the field of play. All student-athletes, coaches, and fans should behave properly on the sidelines at all times. Coaches and players shall comply fully with the rulings of the officials. In no way - by voice, action, or gesture - shall they demonstrate in an unsportsmanlike manner their dissatisfaction with the decisions made. Obscene language or gestures, inciting violence, and general inappropriate behavior are unacceptable at any time for all members of the Salisbury Christian School community.

Stewardship

Appropriate treatment of SCS possessions and resources demonstrates thankfulness for what God has provided (Matthew 25). Student-athletes should demonstrate stewardship in the way they take care of and treat the equipment and facilities that are property of Salisbury Christian School.

Uniforms

As part of their participation on a team, student-athletes will receive a team uniform at the beginning of each season. The upkeep and cleaning of the uniforms is solely the responsibility of the student-athlete. Any damage that occurs during the season must be relayed to the coach and Director of Athletics immediately. At the conclusion of a sports season, the coach and/or Director of Athletics will collect uniforms. All uniforms must be washed and folded prior to being returned. Student-athletes who fail to return their uniforms will be charged for the uniform and the requisite fees for a replacement. As per the Parent / Student Handbook, if the missing uniform fee is not paid, student school records will be retained at SCS until the outstanding balance is resolved.

Varsity Lettering

Earning a varsity letter is an honor and a privilege and is not reserved for all members of athletic teams at every level. The following guidelines will be used in determining which student-athletes receive varsity letters. The coach and Director of Athletics reserve the right to use their discretion in any case regarding varsity lettering.

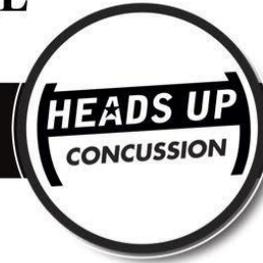
- The student-athlete must be a member of a varsity-level team. Lettering is not a process reserved for middle school or junior varsity teams and athletes.
- The student-athlete must be in good academic standing throughout the season. Any student-athlete deemed academically ineligible at any time in the season will not be eligible for a varsity letter, unless otherwise decided by the coach and Director of Athletics.
- The student-athlete must demonstrate high character and behavior. Students with repeated behavior issues will forfeit eligibility for varsity lettering. The Director of Athletics and Administration will work together to determine which student-athletes are eligible.
- The student-athlete must show a commitment to the team and exhibit attendance and punctuality at all times. A student-athlete that demonstrates repeated unexcused tardiness or absence from games and/or practice will not be eligible for varsity lettering.
- Any student-athlete that is unable to complete a season for any reason other than injury will not be eligible for varsity lettering.
- If a student-athlete participates at both the junior varsity and varsity level, the student-athlete must have at least 50% of their game participation at the varsity level in order to be eligible for varsity lettering.

Weekends

Teams may hold practices on Saturdays, but they are not permitted to hold team activities on Sundays, as Salisbury Christian School believes that families should observe the tradition of the Sabbath, taking Sunday to rest and spend time with loved ones. Coaches should be aware of the other commitments of student-athletes and their families and be mindful of such when scheduling Saturday practices. Games and competitions may occasionally be scheduled on Saturdays, if the schedule dictates such. Saturday should be reserved as the last resort in the case of a make-up competition.

SALISBURY CHRISTIAN SCHOOL

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

► **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

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

SIGNS OBSERVED BY COACHING STAFF

- 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



JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

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SALISBURY CHRISTIAN SCHOOL



FACT SHEET FOR HIGH SCHOOL ATHLETES

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.



WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

REPORT IT.

Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.

GET CHECKED OUT.

If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.

GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

