

Richland School District

Concussion Information Sheet

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time".

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

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A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
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Signs observed by teammates, parents and coaches include:

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| <ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness |
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SUMMER CAMP PARTICIPANT EXPECTATIONS FORM

We are pleased that your daughter or son has decided to attend an overnight summer camp. We believe that by bringing together the students in our school in a camp environment, we can make huge progress in preparation for our next school year. During the camp, we count on the students to behave in a mature and responsible manner and to remember that they are representing their school and community at all times. Because we wish to ensure the safety of your student as well as other participants, we have developed the following behavioral expectations that we would like you to review with your student.

All camp attendees are expected to:

1. Attend all camp activities at the designated times and places. Students who cannot commit to the entire camp may not attend, unless prior arrangements are made with the Activities Director, Athletic Director or Coach. For the duration of the camp, students cannot deviate from the stated schedule. Students may not accompany anyone else with alternate plans during the sports camp.
2. Always display the appropriate mode of attire and behavior that is representative of any student. Students may dress casually, but appropriately, when not participating in the camp activities, practices or games. Students wearing controversial clothing will be asked to change. No clothing with ads for alcohol, tobacco, drugs, or with profanity, sexual pictures, or inference to these items is allowed. Students will refrain from the use of electronic devices, including cell phones and hand-held games during any meeting, workshop or general session.
3. Respect the rights and safety of others. Students exhibiting irresponsible behavior that endangers the health, safety, or welfare of themselves, or any student engaging in inappropriate conduct as determined by the Richland School District and the Camp Coordinators, will be sent home immediately at his or her own expense.
4. Inform an adult if a problem arises. The safety and well being of all students attending this camp is of the utmost importance. For this reason, if at any time during the camp an incident occurs that makes the student feel threatened or intimidated, he or she should tell his or her advisor, coach or a Camp adult staff member.
5. Be courteous to the hosts. As guests at the camp, students should observe any reasonable requests or rules made by the hosts. All students must remain in assigned quarters for the duration of the sports camp. Once a student reaches the time of evening bed-check, they are expected to stay in their rooms.
6. Stay only in their assigned rooms and take care of that room. Students must notify their advisor/coach if they are having serious difficulties in a room. If necessary, another room will be assigned. Students should keep their rooms clean and neat during the camp. Students are responsible for any damage to the room during their stay there.
7. Understand that the use, sale, or possession of tobacco, alcohol, or illegal drugs as well as the possession of any type of weapon is strictly prohibited. Any student found possessing or under the influence of any illegal drug or alcohol, or possessing a weapon will be expelled from the camp, turned over to their advisor/coach and sent home immediately at participant's expense. The student's school principal and parents will be notified of the infraction. Participants should also be aware that they are subject to federal, state and local laws, and may be prosecuted by the appropriate authorities for alcohol or drug related offenses.
8. Stay in a safe, supervised environment. Unsupervised students may not leave the camp at any time.
9. Respect the property of others. Students are not to take objects from the camp areas or any property visited. Students are expected to leave the facilities cleaner than when they arrived. Students must take great care not to do any damage to the facilities that they use during camp.
10. Fill out all RSD clearance forms for camp.
11. Campers must travel to and from camp in RSD provided transportation unless prior arrangements are made with the Activities Director, Athletic Director or Coach. Campers may not transport themselves to camp. Campers may travel with a parent, or travel with a parent of another camper with their parent's, advisor's, Activities Director's, coach's or Athletic Director's prior permission and appropriate paperwork. There shall be NO driving of any motor vehicle (including motorcycles and mopeds) by student campers during the camp. Campers may not ride in a motor vehicle being operated by a student.

Your signatures below indicate that you have read and discussed the above guidelines with your student and are in agreement with these expectations.

Parent/Guardian Signature

Date

Student Signature

Date

School/Facility Name

Camp Title

Location of Camp

Dates of Camp

Richland School District # 400

Participant Anti-Hazing Agreement

The Richland School District (RSD) recognizes that membership in co-curricular student organizations can significantly enhance the learning and growth experiences of students. In accordance with state and federal laws, the RSD adamantly prohibits any form of hazing by any student extra-curricular or co-curricular organizations. All new member orientation, initiation activities, and other group activities are expected to refrain from hazing in any form. Further, these activities should support the attainment of all purposes stated in the goals and objectives of the RSD.

No student activity, student team, individual student, volunteer, or employee shall conduct nor condone hazing activities. Hazing activities are defined as:

"...any action taken or situation created, intentionally, whether on or off RSD property, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Such activities may include but are not limited to the following: use of alcohol or other drugs; paddling in any form; creation of excessive fatigue; physical and psychological shocks; quests, treasure hunts, scavenger hunts, road trips, or any such activities carried on outside or inside of the confines of the RSD; wearing of public apparel that is conspicuous and not normally in good taste; engaging in public stunts and buffoonery; morally degrading or humiliating games and activities; and any other activities that are not consistent with academic achievement and/or the regulations and policies of the RSD, or applicable state and/or federal law(s)."

Any individual or organization suspected of authorizing or tolerating the occurrence of a hazing incident will be subject to an investigation by either the RSD or law enforcement officials. The investigation may be followed by formal charges or a formal disciplinary hearing in accordance with the student or employee conduct due process procedures outlined in the RSD policies and procedures and/or contracts. The express or implied consent of participants or victims will not be a defense.

All student organizations that are a part of the RSD must agree to the rules and policies of the RSD. The acceptance of this agreement will allow the organization to exist and represent their school and district.

I have been informed of and will comply with the RSD Anti-Hazing Policy.

Student Signature Date

Parent Signature Date

Camp Attending

Dates Attending