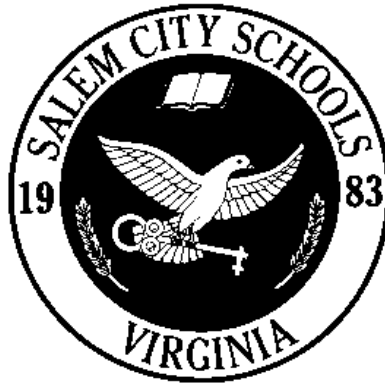


Salem City Schools

Drug Testing Regulations for VHSL Activities, Required Notices, and VHSL Eligibility Requirements



The Mission of the Salem City School Division is to provide a loving and engaging environment that inspires children to reach their full potential.

Love, Engage, Inspire!

SCHOOL BOARD MEMBERS

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Andy Raines, Vice Chair

Teresa Sizemore

Stacey Danstrom

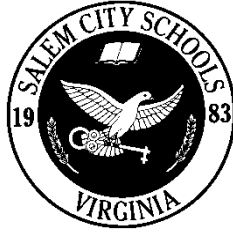
Macel Janoschka

Dr. Curtis Hicks, Superintendent

Additional information regarding the Enhanced Student Pledge Program can be accessed at <http://www.salem.k12.va.us/salem-pledge-program/>

Additional information regarding concussions and Sudden Cardiac Arrest can be accessed at www.cdc.gov/headsup/index.html and www.sca-aware.org/about-sudden-cardiac-arrest/latest-statistics

Salem City Schools does not unlawfully discriminate on the basis of race, color, national origin, disability, gender, or age in employment or in its educational programs and activities.



CITY OF SALEM SCHOOL DIVISION

In 1986, Salem City Schools initiated the Salem Student Pledge Program with the realization that students who are actively using alcohol, tobacco, or other drugs while participating in sports put themselves and their teammates at risk. The primary goal of the program was to maintain an atmosphere of both physical and mental well-being for student-athletes. Since that time, all student-athletes and their parents have been required to attend seasonal meetings where information about the program is communicated. In order to participate, the athletes must sign the Pledge Card indicating they will not use alcohol, tobacco, or other illegal or synthetic drugs during the season. In addition, their parents must sign the Pledge Card noting that they understand and support the program.

Since the program began in 1986, parents, students, and coaches have been surveyed regularly regarding their perceptions of the Pledge Program. In general, survey participants indicate overwhelming support for the program but were indecisive regarding the expectation that students report their peers and the perception that the Pledge Program is fairly enforced, both of which limit the effectiveness of the program. In addition, student-athletes have consistently admitted to breaking their pledge during their athletic season at rates similar to national norms and the rates reported by students not involved in athletics. These indicators appear to illustrate the need for program improvements in order for the Pledge Program to act as a deterrent to alcohol, tobacco and illegal drug use by students and to ensure an atmosphere of physical and mental well-being.

When asked to provide suggestions for program improvement, Salem athletes, parents, and coaches have consistently recommended adding randomized drug and alcohol screening to the Pledge Program. In fact, this has been the number one recommendation from SHS and ALMS coaches and students for many years. In addition, survey results indicate that parents and coaches agree that, "drug and alcohol testing should be administered to students randomly during their athletic seasons if the Pledge Program is going to have a real effect on Salem students."

After carefully considering intervention and survey data, suggestions from stakeholders, and research related to randomized drug screening, Salem City Schools piloted the use of randomized alcohol, tobacco, and drug screening as an additional component of the Student Pledge Program during the 2010-2011 and 2011-2012 school years. During the pilot period, Salem students in grades 7-12 who chose to participate in sports and/or

competitive VHSL-sanctioned extracurricular activities were selected randomly using a unique identification number to participate in the screening program during their sport or activity season.

In the spring of 2011, the Division asked students to provide feedback regarding the enhanced pledge program. The results for the survey were presented to the Board during a work session on June 21, 2011. The results indicated that 86% of students who participated in VHSL sanctioned, competitive activities chose **not to use** illegal drugs, alcohol, or tobacco during their activity season, a 39% increase. The results also indicated a high level of student support (74%) for the drug testing program.

The results of the two-year enhanced pledge program pilot were presented to the School Board on July 10, 2012, for their consideration. As a result, the Board voted to continue to include random urinalysis drug screening as a component of the Salem City Student Pledge Program.

This Enhanced Student Pledge Program is based on the following facts:

- Student participation in extracurricular activities is voluntary. Students who choose to participate do so with the understanding that their participation is a privilege based on their adherence to high moral, ethical, and academic standards.
- Medical studies have established that drug use affects motor skills, learning, memory retention, reasoning ability, and coordination.
- Except in extreme cases, drug use is difficult for laymen, or even physicians, to detect by casual observation.
- No safe level of drug use has been established. Any measurable amount of a mind-altering drug or alcohol in a person's body can cause some degree of impairment, even if that impairment is not readily apparent to the layman.
- The use of alcohol and tobacco products is illegal for anyone under the age of 21. All forms of drug use without a prescription are illegal.

This program is not intended to be disciplinary or punitive in nature. The primary emphasis in administering this program will be directed toward deterrence and remediation rather than punishment of students who test positive for alcohol, tobacco, or illegal or synthetic drugs. No student shall be expelled or suspended from school as a sole result of any verified positive test conducted by the school under this program.



CITY OF SALEM SCHOOL DIVISION

Random Alcohol, Tobacco, and Drug Testing Regulations

Testing Coordinator

- The Director of Administrative Services will coordinate and supervise the testing program.

Eligibility for Testing

- Salem City students in grades 7-12 who choose to participate in athletics and/or VHSL-sanctioned, competitive, extra-curricular activities not required by the Board of Education for graduation, will be required to participate in the random testing program for illegal and synthetic drugs, alcohol, and tobacco in order to participate in their chosen activity.
- Students become eligible upon submission of a consent form. Students must submit a consent form before the first game of their season or on the first day of practice following the distribution of the Random Alcohol, Tobacco, and Drug Testing Regulations.
- Students remain eligible for random drug, alcohol, and tobacco testing from the date the consent form is turned in through the end of their sport or extracurricular activity season. In the event that a student eligible for random drug, alcohol, and tobacco testing ceases to participate or withdraws from an athletic team or extra-curricular activity, he or she will no longer be subject to random drug, alcohol, and tobacco testing associated with this program.

For what Substances will Students be Tested?

- In administering the program, the division will test for the presence of certain substances that may include, but are not limited to, the following substances or their metabolites: alcohol, nicotine, marijuana (THC), synthetic cannabinoids, opiates, cocaine, methamphetamines, anabolic steroids and phencyclidine (a/k/a PCP), MDMA (a/k/a Ecstasy), and/or any other substance defined as a "controlled substance" by either Virginia or Federal law.
- Please keep in mind that some over-the-counter medications may result in a positive drug test. Use of over-the-counter (non-prescription) drugs will not be an acceptable excuse for a positive drug screen. It is your responsibility to be aware of the active and inactive ingredients in over-the-counter (non-prescription) medications and to avoid those which may result in a positive drug screen. If you have questions please consult your child's physician.

Selection of Students for Random Testing

- A confidential testing schedule will be created by the Program Coordinator to ensure that testing of eligible students is conducted in a manner that is random.
- Testing will only occur on student contact days during each sport or extracurricular activity's designated season.
- Selection of eligible students for testing will be conducted in a purely and entirely random basis using a computer program provided by a third-party vendor selected by Salem City Schools to administer the Random Drug, Alcohol, and Tobacco Testing Program.
 - A separate group of students will be selected by sport or activity and designated as alternates to be used in the event of student absence.
 - The Random Drug Testing (RDT) Supervisor will notify the individual(s) selected for testing and escort them to the designated location for testing.
 - The testing site will be at the participant's respective school in an area that has a secured bathroom which will maximize the privacy of the participant or in the office of an approved collection agency contracted by the school division to collect and test urine samples.
 - The names and/or any other personally identifiable information of the participants will remain confidential.
 - Participants are encouraged to protect their own confidentiality.

Suspicion Based Testing

- In the event that a coach, sponsor, or other school staff has reasonable suspicion to believe that a member of a team or extracurricular activity has been using drugs, alcohol, or tobacco, he/she will provide that information to the athletic director and/or a school administrator.
- A school administrator will meet with the player to further investigate the suspected use. If the administrator believes there is reasonable suspicion of the use of alcohol, tobacco, or drugs, he/she will contact the student's parents to inform them that the student will be required to submit to a drug screen which will be administered according to the procedures outlined below.

Test Administration

- All aspects of the program, including the taking of specimens, will be conducted so as to safeguard the personal and/or privacy rights of the participant to the maximum extent possible. The program treats a participant's test result as a confidential health record pursuant to both federal and state regulations 42C.F.R. 2.1 and 2.2; VA Code § [32.1-127.1:03](#). As such, any information obtained by the program which would identify the participant as a drug or alcohol user may be disclosed only for those purposes and under those conditions permitted by federal regulations in accordance with 42C.F.R. – Part II. No testing record of any participant will be used to initiate or substantiate any criminal charges against a participant or to conduct any investigation of him or her, and the division will not share participants' individual test results with law enforcement authorities unless legally required by court order or subpoena.

- The RDT Supervisor will coordinate the collection of specimens from the selected students in accordance with federal Substance Abuse and Mental Health Services Administration (SAMHSA) standards and forward the specimens to a licensed laboratory for testing. The drug testing contractor may conduct an initial on-site test on the specimen before sending the specimen to the laboratory.
- The participant shall complete a specimen control form.
- The participant shall submit a urine specimen according to the Salem City School Division's Random Testing for Illegal and Synthetic Drugs, Alcohol, and Tobacco Consent to Test Form.
- All students selected for testing must remain at the testing site under the direct supervision of the RDT Supervisor or a designee until he/she can produce an adequate specimen for testing.
- Students who are selected for testing will not be allowed to check out of school unless he/she provided documentation for early dismissal prior to the arrival of the RDT Supervisor and is on the early dismissal list. Students who were not approved for early dismissal prior to the start of testing will be required to remain at school until they can provide a sample. If the student leaves school without providing a sample, their decision to leave will be treated as a resignation from all extracurricular activities for a period of 365 days except in cases where a positive sample would constitute the 3rd violation. In such cases, the student will be banned from any further participation for the remainder of his/her enrollment in the Salem City School Division. However, in cases where a positive result would constitute a 1st or 2nd violation, a student and his/her parents may choose to participate in a program of intervention consistent with the consequences for a 1st or 2nd violation in order to be reinstated.
- Any attempt by a participant to tamper with the specimen collection process or refusal by the participant to provide a sample will be treated as a resignation from all extracurricular activities for a period 365 days except in cases where a positive sample would constitute the 3rd violation. In such cases, the student will be banned from any further participation for the remainder of his/her enrollment in the Salem City School Division. However, in cases where a positive result would constitute a 1st or 2nd violation, a student and his/her parents may choose to participate in a program of intervention consistent with the consequences for a 1st or 2nd violation in order to be reinstated.
- All efforts will be made to minimize the instructional impact of testing and to maintain the confidentiality and privacy rights of participants. All urine testing will be conducted in a closed-door restroom without direct observation by adult monitors.
- Specimens that test positive for the presence of illegal or synthetic drugs, alcohol, tobacco, or their metabolites will be kept by the testing facility for at least one hundred eighty (180) days pending an appeal of the test result.

Notification of Testing & Testing Results

- Students who choose to participate in division athletic programs and VHSL-sponsored competitive, extra-curricular activities, not required for graduation, are

required to complete and sign the Salem City School Division's Random Testing for Illegal and Synthetic Drugs, Alcohol, and Tobacco Consent to Test Form.

- When a participant tests positive for an illegal drug, alcohol, or tobacco, the participant's parent(s) or guardian(s) will be contacted directly by a Medical Review Officer (MRO) to conduct a consultation. The consultation will address the reasons for the positive test and a decision will be made by the MRO regarding the legitimacy, validity, or accuracy of a positive test. Parents will have 5 business days to provide documentation of a legal prescription that may have caused the positive test. The MRO will determine if that substance has been taken pursuant to a legal prescription.
- Please keep in mind that some over-the-counter medications may result in a positive drug test. Use of over-the-counter (non-prescription) drugs will not be an acceptable excuse for a positive drug screen. It is your responsibility to be aware of the active and inactive ingredients in over-the-counter (non-prescription) medications and to avoid those which may result in a positive drug screen. If you have questions please consult your child's physician.
- Results of student tests confirmed by the MRO will be provided to the Program Coordinator within twenty-four (24) hours of the MRO's consultation with the participant and his or her parent(s) or guardian(s).
- The division respects the privacy of its students and shall maintain confidentiality regarding any alcohol and drug testing for this program. The results will only be released to designated division personnel. All records and subsequent actions shall be kept by the Program Coordinator in a file separate from the student's school records. The Program Coordinator will not release records of drug and alcohol tests or any resulting action to anyone other than designated school personnel and the student and/or his/her parent/guardian without written authorization from the student and/or his/her parent/guardian in accordance with 42C.F.R. – Part II. Student drug testing information will not be turned over to any law enforcement authorities except under circumstances in which the division is legally compelled to surrender or disclose such test results.
- The Program Coordinator will destroy all records for each student when they have no remaining eligibility to participate in VHSL activities due to the fact that they have graduated, they are over the maximum age for participation, or they have completed four years of eligibility.
- The testing company will maintain testing records according to their records retention policies.

Appeal Procedure

- A student or his/her parent(s) or guardian(s) may request a retest of his/her specimen at his/her own expense at a laboratory of their choice which follows federal Substance Abuse and Mental Health Services Administration (SAMHSA) standards concerning drug testing protocols and procedures. A written request must be made within twenty-four (24) hours of receiving the results of the drug test from the Program Coordinator. The specimen previously submitted will be forwarded to the approved lab in cooperation with the division approved outside agency responsible for confirmatory testing.

- Results of the re-test will be provided to the Program Coordinator by the approved laboratory. During the appeal period, students may not participate in athletics or VHSL-sanctioned, competitive, extra-curricular activities.

Consequences

Consequences will result from any of the following:

- a confirmed positive test for alcohol, tobacco, or illegal or synthetic drugs;
- refusal to participate in testing when selected;
- leaving school without proper documentation after being selected to provide a sample;
- tampering with the specimen collection process; and/or
- a violation of rule 5 of the Student Conduct Code.

Students will be ineligible for participation in any athletics or VHSL-sanctioned competitive, extra-curricular activities unless they complete the *Salem City Schools Random Testing for Illegal or Synthetic Drugs, Alcohol, and Tobacco Consent to Test Form*.

Any attempt by a participant to tamper with the specimen collection process or refusal by the participant to provide a sample will be treated as a resignation from all extracurricular activities for a period 365 days except in cases where a positive sample would constitute the student's the 3rd violation. In such cases, the student will be banned from any further participation for the remainder of his/her enrollment in the Salem City School Division. However, in cases where a positive result would constitute a 1st or 2nd violation, a student and his/her parents may choose to participate in a program of intervention consistent with the consequences for a 1st or 2nd violation under the supervision of the Program Coordinator in order to be reinstated.

Upon confirmation of a positive test or a student's confession of illegal drug, alcohol, or tobacco use as a result of an investigation based on suspicion of use, the student will be ineligible to participate in athletics or extracurricular activities until they adhere to the consequences outlined below.

It should be noted that the consequences outlined below are cumulative across each participant's athletic and/or extracurricular "career" in the Salem City School Division. Each student's "career" begins in the 7th grade or upon initial participation in an athletic and/or VHSL-sanctioned, extracurricular, competitive activity and ends when they graduate or cease to participate in athletics or VHSL-sanctioned, extracurricular, competitive activities. For example, if a student has a positive test for an illegal drug, alcohol, or tobacco in the 8th grade and, a second positive test for an illegal drug, alcohol, or tobacco in the 11th grade, they will be subject to the consequences outlined for a second offense.

Consequences – First Offense

- Step 1 Upon confirmation of a positive screen for an illegal drug or alcohol, or a student's confession of illegal drug or alcohol use as a result of an investigation based on suspicion of use, the Program Coordinator will schedule a meeting with the student, his/her parents, and the athletic director as soon as possible following the confirmation of illegal drug use to impose a suspension from athletic/extracurricular participation. A minimum 14-day suspension will begin on the day that the athletic director is notified that the student failed his/her drug test. During this time, the student may continue to attend scheduled meetings, practices, and contests associated with his/her activity. However, they may not participate in any manner. Written notification will be provided to parents that will detail the conditions and the endpoint of the suspension which will be a minimum of fourteen calendar days after its imposition.
- Step 2 The Program Coordinator will provide contact information for a third-party provider to conduct a drug abuse assessment with the student and parents within the 14-day suspension. Based on the assessment, the provider will design an intervention program suitable for the student.
- In the event that the student and his/her parents choose to use a third party professional substance abuse counselor of their choice, they must complete and sign a release and exchange of information form authorizing the Program Coordinator and the third party counselor to exchange information related to the student's positive test result and subsequent treatment program.
- Step 3 During the 14-day suspension and prior to resuming full participation with his/her team, the student will be required to take an additional urinalysis screen to prove that he/she no longer has any trace of illegal substances in his/her system.
- Step 4 The student and parents must participate in the recommended intervention program at their expense. Progress reports must be provided to the Program Coordinator to document the student's successful participation and completion of the treatment program.
- Step 5 The student will be subject to regular non-random testing for illegal and synthetic drugs, alcohol, and tobacco for one calendar year if the student is participating in any VHSL sanctioned extra-curricular activity.
- Step 6 Upon satisfactorily attending all the prescribed intervention sessions, the student will be provided with a notice of reinstatement from the Program Coordinator indicating that he/she is a "student in good standing" and eligible to resume regular participation with his/her team.

Note: Once a student has been reinstated, it will be up to the head coach to determine when the student is ready to resume full participation based on his/her assessment of readiness through careful observation and assessment in practice.

Second Offense

- Step 1 Upon confirmation of a second positive test for illegal/synthetic drugs or alcohol, or the student's admission of continued use of illegal or synthetic drugs or alcohol, the Program Coordinator will schedule a meeting with the student, his/her parents, and the athletic director as soon as possible following the confirmation of illegal drug/alcohol use to impose a twelve-week (84 calendar day) suspension. The suspension will begin on the day that the athletic director is notified that the student failed his/her drug test. Written notification will be provided to the parents that will detail the conditions and the endpoint of the suspension which will be a minimum of eighty-four calendar days after its imposition.
- Step 2 The Program Coordinator will provide contact information for a third-party provider to conduct a drug abuse assessment with the student and parents within the 14-day suspension. Based on the assessment, the provider will design an intervention program suitable for the student.
- In the event that the student and his/her parents choose to use a third party professional substance abuse counselor of their choice, they must complete and sign a release and exchange of information form authorizing the Program Coordinator and the third party counselor to exchange information related to the student's positive test result and subsequent treatment program.
- Step 3 The student and parents must participate in, and complete, the recommended intervention program at their expense. Progress reports will be provided to the Program Coordinator and the school in order to document the student's and parent's successful participation and completion.
- Step 4 The student will be subject to regular non-random testing for illegal and synthetic drugs, alcohol, and tobacco for one calendar year if the student is participating in any VHSL sanctioned extra-curricular activity.
- Step 5 Following the 84-day suspension, and prior to resuming full participation with his/her team, the student will be required to take an additional screen for illegal and synthetic drugs, alcohol, and tobacco to prove that he/she no longer has any trace of illegal substances in his/her system.

- Step 6 Upon satisfactorily attending all the prescribed intervention sessions, the student will be provided with a notice of reinstatement from the Program Coordinator indicating that he/she is a “student in good standing” and eligible to participate in athletics and extracurricular activities.

Third Offense

Upon confirmation of a third positive test for illegal/synthetic drugs or alcohol, or the student’s admission of continued illegal drug or alcohol use, the Program Coordinator will schedule a meeting with the student, his/her parents, and the athletic director as soon as possible following the confirmation of illegal drug or alcohol use to suspend the student from any further athletic and/or competitive extracurricular participation while enrolled in the Salem City School Division. The suspension will begin on the day that the athletic director is notified that the student failed his/her drug test.

Consequences for Tobacco/Nicotine – All Offenses

- Step 1 Upon confirmation of a positive screen for tobacco/nicotine, the Program Coordinator will schedule a meeting with the student, his/her parents, and the athletic director as soon as possible following the confirmation to impose a 14-day suspension from athletic/extracurricular participation. During this time, the student may continue to attend scheduled meetings, practices, and contests associated with his/her activity. However, they may not participate in any manner.

- Step 2 The Program Coordinator will provide contact information for a third-party provider to conduct a drug abuse assessment with the student and parents within the 14-day suspension. Based on the assessment, the provider will design an intervention program suitable for the student.

In the event that the student and his/her parents choose to use a third party professional substance abuse counselor of their choice, they must complete and sign a release and exchange of information form authorizing the Program Coordinator and the third party counselor to exchange information related to the student’s positive test result and subsequent treatment program.

- Step 3 The student and parents must participate in the recommended intervention program at their expense. Progress reports must be provided to the Program Coordinator to document the student’s successful participation and completion of the treatment program.

- Step 5 The student will be subject to regular non-random testing for illegal and synthetic drugs, alcohol, and tobacco for one calendar year if the student is participating in any VHSL sanctioned extra-curricular activity.

Step 6 Upon satisfactorily attending all the prescribed intervention sessions, the student will be provided with a letter of reinstatement from the Program Coordinator indicating that he/she is a “student in good standing” and eligible to resume regular participation with his/her team.

COLLECTION PROCESS

Selected students are escorted from class or practice to the collection site. A specimen of urine is collected following this process:

1. No purses, bags or containers may be taken into the collection area with the student. All extra coats, vests, jackets, sweaters, etc., are to be removed before entering the collection area.
2. The collector adds a bluing agent (food coloring) to the water in the urinal or toilet.
3. The student is asked to rinse his/her hands and dry them. If no water is easily accessible, an alcohol-free wipe may be used instead.
4. The Testing Custody and Control Form is completed by the Student and collector.
5. The student is told to urinate directly into the provided container and should provide a sufficient amount of urine (at least 30ml) in one attempt. The student is also told they are to hand the container of urine to the collector.
6. The student enters a closed stall or single-use bathroom to collect the specimen and then hands the container to the collector when he/she exits the stall or bathroom.
7. The collector checks the volume, reads and records the temperature within four minutes of collection, and looks for evidence of tampering. If tampering is suspected, a second specimen will be requested. A second suspected tampered specimen will be considered refusal to test and the Program Coordinator will be notified.
8. With the student watching, the collector will pour the specimen into the two bottles and recap the specimen bottles tightly.
9. The collector takes the properly signed and student initialed bottle seals and places them over the caps and sides of the bottles. The sealed bottles are placed inside the transport bag.
10. The top lab copies of the Testing Custody and Control Form are folded with the top portion visible to the outside and placed in the Requisition Pouch. The transport bag and pouch are sealed as indicated. The student is given the donor copy of the form.
11. The student may wash his/her hands and be released from the testing site.
12. The collector distributes the remaining copies of the form as required, being responsible for getting the appropriate copy of the form to the MRO in a timely manner.
13. The Program Coordinator will be notified immediately of any student who refuses to give a urine sample or is suspected of tampering with the sample.

MEDICAL REVIEW OFFICER (MRO) RESPONSIBILITIES

The MRO will review all results of urine testing. Any urine specimen testing positive for illegal and/or synthetic drugs, banned substances, or adulteration will be handled in the following manner:

1. The MRO determines if any discrepancies have occurred in the Chain of Custody.
2. Depending on the substances found in the urine, if necessary, the MRO will contact the parent/guardian/custodian to determine if the student is on any prescribed medication from a physician.
3. If the student is on medication, the parent/guardian/custodian will be asked to provide documentation from the prescribing physician, within five working days, to document what medication(s) the student is currently taking. Failure to provide such requested information will be considered a positive result.
4. The MRO will determine if the prescribed medications resulted in the positive test result. For example, a positive test result for codeine may be ruled negative by the MRO when he receives a letter from the treating physician that the student has been prescribed Tylenol© with codeine as a pain medication following tooth extraction. Or, if the student has a positive screen for codeine and has no documented physician order for the medication (maybe a parent gave the student one of his/her pills), this would likely be ruled a positive test by the MRO.
5. Finally, the MRO, based on the information given, will certify the test results as positive or negative and report this to the Program Coordinator, initially reporting positive results by phone.
6. Screens positive for illicit drugs (marijuana, heroin, cocaine), alcohol, or tobacco would automatically be considered positive by the MRO.
7. The MRO may use quantitative results to determine if positive results on repeat tests indicate recent use of illicit or banned substances or the natural decline of levels of the illicit or banned substance from the body. If the MRO feels the quantitative levels determined to be above the established cutoffs do not reflect current use but natural decay, then a negative result may be reported.

Virginia High School League (VHSL) Eligibility Rules

The following information provides a basic overview of the eligibility requirements for VHSL participation. Families interested in participating in VHSL sanctioned sports and extracurricular programs should visit WWW.VHSL.org and access the VHSL Handbook and Policy Manual to review the VHSL rules and regulations in their entirety.

VHSL participation is a privilege, not a right. Therefore, it is your responsibility to know the VHSL eligibility rules and to ensure that you/your student meets the necessary requirements.

28A-1-1 AGE RULE -The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to compete.

28A-2-1 BONA FIDE STUDENT RULE-The student shall be a regular bona fide student in good standing of the school which he/she represents.

28A-3-1 ENROLLMENT RULE-The student shall have been regularly enrolled in the school which he/she represents not later than the fifteenth school day of the semester.

28A-4-1 GRADE RULE-The student shall be enrolled in the last four years of high school.

28A-5-1 SCHOLARSHIP RULE-The student shall: (a) For the first semester be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation; and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credit on a semester basis; and (b) For the second semester be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation; and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

28A-6-1 SEMESTER RULE-The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.

28A-7-1 TRANSFER RULE-The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian. The original residence must be abandoned as a residence, that is sold, rented or otherwise disposed of as a residence, and must not be used as a residence by the immediate family.

A Fact Sheet for ATHLETES

HEADS UP CONCUSSION

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.

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 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.



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.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

GOOD TEAMMATES KNOW:

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

HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish or foggy**
-  **Be bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or “down”**
-  **Feel confused**
-  **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something “isn’t right” for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

HOW CAN I HELP MY TEAM?



PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



BE A TEAM PLAYER. You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

To learn more, go to www.cdc.gov/HEADSUP

A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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* or *after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



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GOOD TEAMMATES KNOW:

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

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead.

What do you want your child or teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

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Fact Sheet for Parents & Student Athletes



This sheet has information to help protect your student athlete from Sudden Cardiac Arrest

Why do heart conditions that put student athletes at risk go undetected?

While a student athlete may display no warning signs of a heart condition, studies do show that symptoms are typically present but go unrecognized, unreported, missed or misdiagnosed.

- Symptoms can be misinterpreted as typical in active student athletes
- Fainting is often mistakenly attributed to stress, heat, or lack of food or water
- Student athletes experiencing symptoms regularly don't recognize them as unusual – it's their normal
- Symptoms are not shared with an adult because student athletes are embarrassed they can't keep up
- Student athletes mistakenly think they're out of shape and just need to train harder
- Students (or their parents) don't want to jeopardize playing time
- Students ignore symptoms thinking they'll just go away
- Adults assume students are OK and just "check the box" on health forms without asking them
- Medical practitioners and parents alike often miss warning signs
- Families don't know or don't report heart health history or warning signs to their medical practitioner
- Well-child exams and sports physicals do not check for conditions that can put student athletes at risk
- Stethoscopes are not a comprehensive diagnostic test for heart conditions

Protect Your Student's Heart

Educate yourself about sudden cardiac arrest, talk with your student about warning signs, and create a culture of prevention in your school sports program.

- Know the warning signs
- Document your family's heart health history as some conditions can be inherited
- If symptoms/risk factors present, ask your doctor for follow-up heart/genetic testing
- Don't just "check the box" on health history forms—ask your student how they feel
- Take a cardiac risk assessment with your student each season
- Encourage student to speak up if any of the symptoms are present
- Check in with your coach to see if they've noticed any warning signs
- Active students should be shaping up, not breaking down
- As a parent on the sidelines, know the cardiac chain of survival
- Be sure your school and sports organizations comply with state law to have administrators, coaches and officials trained to respond to a cardiac emergency
- Help fund an onsite AED

What happens if my student has warning signs or risk factors?

- State law requires student athletes who faint or exhibit other cardio-related symptoms to be re-cleared to play by a licensed medical practitioner.
- Ask your health care provider for diagnostic or genetic testing to rule out a possible heart condition.

Electrocardiograms (ECG or EKG) record the electrical activity of the heart. ECGs have been shown to detect a majority of heart conditions more effectively than physical and health history alone. Echocardiograms (ECHO) capture a live picture of the heart.

- Your student should be seen by a health care provider who is experienced in evaluating cardiovascular (heart) conditions.
- Follow your providers instructions for recommended activity limitations until testing is complete.

What if my student is diagnosed with a heart condition that puts them at risk?

There are many precautionary steps that can be taken to prevent the onset of SCA including activity modifications, medication, surgical treatments, or implanting a pacemaker and/or implantable cardioverter defibrillator (ICD). Your practitioner should discuss the treatment options with you and any recommended activity modifications while undergoing treatment. In many cases, the abnormality can be corrected and students can return to normal activity.

What is Sudden Cardiac Arrest? Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure, but their heart has stopped. SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR, and using an automated external defibrillator (AED) as soon as possible.

What CAUSES SCA?

SCA occurs because of a malfunction in the heart's electrical system or structure. The malfunction is caused by an abnormality the person is born with, and may have inherited, or a condition that develops as young hearts grow. A virus in the heart or a hard blow to the chest can also cause a malfunction that can lead to SCA.

How COMMON is SCA?

As a leading cause of death in the U.S., most people are surprised to learn that SCA is also the #1 killer of student athletes and the leading cause of death on school campuses. Studies show that 1 in 300 youth has an undetected heart condition that puts them at risk.

Factors That Increase the Risk of SCA

- ✓ Family history of known heart abnormalities or sudden death before age 50
- ✓ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ✓ Family members with known unexplained fainting, seizures, drowning or near drowning or car accidents
- ✓ Family members with known structural heart abnormality, repaired or unrepaired
- ✓ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

FAINTING IS THE #1 SYMPTOM OF A HEART CONDITION

RECOGNIZE THE WARNING SIGNS & RISK FACTORS

Ask Your Coach and Consult Your Doctor if These Conditions are Present in Your Student

Potential Indicators That SCA May Occur

- ▶ Fainting or seizure, especially during or right after exercise
- ▶ Fainting repeatedly or with excitement or startle
- ▶ Excessive shortness of breath during exercise
- ▶ Racing or fluttering heart palpitations or irregular heartbeat
- ▶ Repeated dizziness or lightheadedness
- ▶ Chest pain or discomfort with exercise
- ▶ Excessive, unexpected fatigue during or after exercise

Cardiac Chain of Survival

Their life depends on your quick action!

CPR can triple the chance of survival.

Start immediately and use the onsite AED.



CALL



PUSH



SHOCK

KeepTheirHeartInTheGame.org

SALEM CITY SCHOOLS

DRUG TESTING CONSENT TO TEST FORM

I understand fully that my participation in athletics and/or VHSL-sanctioned, competitive, extracurricular activities is a privilege and that I must be a “student in good standing” in order to participate. Therefore, I hereby agree to accept and abide by the standards, rules and regulations set forth by the Salem City School Board and the coaches/sponsors for these activities. I acknowledge receipt of the Drug Testing Regulations for VHSL Activities and Required Notices (the “Regulations”).

I also understand that it is my responsibility to be aware of the active and inactive ingredients in over-the-counter (non-prescription) medications and to avoid those which may result in a positive drug screen and that use of over-the-counter (non-prescription) drugs will not be an acceptable excuse for a positive drug screen.

Furthermore, I understand that any use, possession, or distribution of alcohol, tobacco, or other illegal or synthetic drugs is strictly prohibited. I pledge not to use, possess, or distribute these substances under any circumstances and I authorize the Salem City School Division to test my urine for the presence of these substances in my body. I also authorize the release of information concerning the results of such tests to the Medical Review Officer, the Program Coordinator, my coach/sponsor, and my parent(s)/guardian(s).

I understand that I will be subject to testing for illegal and synthetic drugs, alcohol, and tobacco from the first day of my sport or activity season through the last day of competition.

(Student Name – Please Print)

(Student ID Number)

(Student Signature)

(Date)

(Parent/Guardian Signature)

(Date)

CONCUSSION, SUDDEN CARDIAC AREST, & VHSL ELIGIBILITY ACKNOWLEDGEMENT

I further acknowledge that I have reviewed the information regarding concussions, Sudden Cardiac Arrest, and VHSL Eligibility as provided.

Student Signature

Parent Signature