

STUDENT-ATHLETE HANDBOOK

2023-2024



FUQUA SCHOOL

TABLE OF CONTENTS

Introduction.....	3
Fuqua School Mission, Belief Statement, Values.....	4
Athletic Philosophy, Diversity & Inclusion Statement, Non-Discrimination Policy.....	5
Athletic Programs.....	6
School Information.....	7
Athletic Participation & Eligibility Requirements.....	8
Student Eligibility.....	9
Athletic Rules and Procedures.....	10
Sportsmanship.....	13
Student-Athlete Expectations.....	14
Parent/Guardian/Spectator Expectations.....	15
Coaches Expectations.....	16
Parent-Coach Communication.....	17
Chain of Commands.....	19
Closed Practice Policy, School Equipment/Uniforms, Transportation, Overnight Stay Supervision.....	20
Concussion Policy.....	21
Fuqua Concussion Policy Acknowledgment Form.....	23
Proof of Insurance Form.....	24
Athletic Handbook Acknowledgment Form.....	25

INTRODUCTION

The purpose of the Fuqua School Athletic Handbook is to provide an understanding for student athletes, parents/guardians, and coaches as to the expectations and procedures of the athletic department and the administration of Fuqua School. This handbook will serve as a helpful guide and point of reference for those seeking information on the policies that govern Fuqua School's athletic program. Students who are involved in athletics not only represent themselves, but their school and community.

The rules and regulations outlined in this handbook are consistent with those of the VHSL/VISAA and Fuqua School.

MISSION STATEMENT

The mission of Fuqua School is to create a safe and supportive learning environment which fosters the development of boundless individual potential.

BELIEF STATEMENT

- Education is the collaborative responsibility of students, teachers, administrators, and parents.
- Learning is enhanced through the blending of advanced technologies, strong curriculum, and proud traditions.
- High expectations promote optimal growth and personal accountability.
- Integrity, ethics, leadership, and service must be honored and developed.
- An effective learning environment provides a balance of academic, artistic, athletic, and social opportunities.
- Diversity strengthens a school community and should be embraced.
- A strong sense of teamwork and mutual respect are imperative for a school to flourish.

FUQUA SCHOOL VALUES

Since Fuqua School is a community of students, teachers, and parents, it is necessary that each individual recognize and uphold his/her responsibility in all phases of school life. A student's behavior should reflect the Fuqua School values, which are the essential underpinnings of good character:

- Honesty
- Responsibility
- Kindness
- Compassion
- Respect
- Commitment
- Perseverance
- Cooperation
- Fairness

ATHLETIC PHILOSOPHY

Fuqua School is committed to excellence in athletics as part of a broad commitment to its mission while promoting academics, sportsmanship, teamwork, responsibility, focused effort, and a healthy competitive spirit.

Junior varsity teams place priority on skill development and inclusive participation appropriate for the developmental needs of these students and as preparation for future varsity competition.

A comprehensive athletic program is provided that includes twelve sports. While emphasis remains on academic performance, the school prides itself on athletic excellence.

DIVERSITY AND INCLUSION STATEMENT

Diversity strengthens a school community and should be embraced. Embracing diversity means helping people through a commitment to continued education about multicultural topics, meaningful dialogue about social identity, and access to opportunities and resources that will enable all members of the Fuqua community to thrive. We believe all students benefit from this focus on social responsibility and inclusiveness. Our goal is for each member of the Fuqua community to demonstrate respect for the dignity of every person.

NOTICE OF STUDENT NONDISCRIMINATORY POLICY

Fuqua School admits students of any race, sex, color, national and ethnic origin, or religion to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, sex, color, national and ethnic origin, or religion in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

ATHLETIC PROGRAMS

Fall: (August-November)

Varsity & JV Football
Varsity, B Team, and JV Volleyball
Varsity & JV Co-ed Cross Country
Varsity & JV Cheerleading

Winter: (November-March)

Varsity & JV Boys Basketball
Varsity & JV Girls Basketball
Varsity & JV Cheerleading

Spring: (March-May)

Varsity & JV Baseball
Varsity & JV Softball
Boys Lacrosse
Girls Lacrosse
Varsity Co-ed Golf
Co-Ed E-Sports

** Teams reflect the interest of the students each season.*

SCHOOL INFORMATION

Fuqua School

605 Fuqua Drive

PO Box 328

Farmville, VA 23901

(434) 392-4131

Head of School: Paul “Chance” Reynolds: reynoldsch@fuquaschool.com

Administrative Assistant to Head of School: Ashley Newcomb: newcombaw@fuquaschool.com

Division Head of Upper School: Diane Stubbins: stubbinsdc@fuquaschool.com

Athletic Director: Tyler Cristo: crisotyler@fuquaschool.com

Division Head of Lower School: Mary Quinn Ferguson: fergusonmq@fuquaschool.com

Fuqua School is a member of the Virginia Colonial Conference (VCC) and the Virginia Independent Schools Athletic Association (VISAA).

VCC Members
Amelia Academy Banner Christian Blessed-Sacrament Huguenot Brunswick Academy Fuqua School Kenston Forest School Southampton Academy Tidewater Academy

ATHLETIC PARTICIPATION & ELIGIBILITY REQUIREMENTS

Grades 6-12

Rules and regulations governing the interscholastic athletic program at Fuqua School come from The Virginia High School League (VHSL) and the Fuqua School Athletic Department and apply to all students participating on athletic teams.

- An athlete must be enrolled at Fuqua School as a full-time student and in regular attendance.
- An athlete must not reach his/her 19th birthday on or before August 1st of the academic year.
- Students must have a current VISAA physical form. Physicals are valid from May 1 of the current year through June 30th of the following year. Physicals must be on file and documentation of health insurance in the athletic office. Health insurance must be carried on the student throughout the season.
- All students who participate on an athletic team are required to sign and abide by the Fuqua School Student Athletic Handbook.
- Eligibility to participate on an athletic team is determined by the student's GPA and behavior record for the grading period prior to the season. Once a student is selected for participation on an athletic team, he/she must maintain at least a 2.0 GPA and be a student in good standing in all areas throughout the season. Grades earned in summer school may be applied in determining the GPA for the fourth grading period.

Fuqua School Academic Monitoring System for Student-Athletes

Student athletes at Fuqua School will be monitored in a joint cooperation between the athletic director, coaches, teachers, division heads, and parents during each season. Each player will be responsible for maintaining their eligibility throughout the course of the season.

STUDENT ELIGIBILITY

- Students must have a current VISAA physical form. Physicals are valid from May 1 of the current year through June 30th of the following year. Physicals must be on file and documentation of health insurance in the athletic office. Health insurance must be carried on the student throughout the season.
- If a student's GPA falls below a 2.0, they will be deemed ineligible, and:
 - the student may practice with the team, but may not dress out or compete until the quarter grades are posted and a 2.0 GPA is earned. If a student chooses to practice with the team, this choice reflects a commitment to attend practices on a regular basis. Failure to attend practices will terminate the possibility of full team participation for the remainder of the season.
- If a 6th – 12th grade student has an incomplete for any class at the end of a grading period (without extenuating circumstances approved by the division head), he/she will not be permitted to participate on a team until the incomplete has been removed and the student's GPA is computed to be at least a 2.0.
- Students in grades 6-12 who are ineligible to play at the beginning of a season due to grades may try out for a team if their interim progress report suggests they will qualify academically at the end of the quarter grading period. If the student makes the team, he/she may practice with the team but may not dress out or compete until the end of quarter grades are posted and a 2.0 GPA is earned. Decisions regarding the student's eligibility to try out will be made by the division head, in conjunction with the athletic director.
- In grades 9-12, grades for summer school classes must be turned into the upper school division office one week prior to the first day of the first semester for a student to be eligible to try out for an athletic team.
- All participants must be in good standing with their division head during their participation. Excessive absences, tardies or misconduct may result in suspension of eligibility.
- Any student who quits an athletic team will not be eligible to join another athletic team within that same season.
- Students must have a signed athletic handbook acknowledgement form on file with the athletic director.

ATHLETIC RULES AND PROCEDURES

School Attendance

Athletes must be present by 10:00 AM and be in attendance the remainder of the school day to practice or play in a game/contest. For weekend practices or games, the student must be present by 10:00 AM and be in attendance the remainder of the school day on Friday. Family emergencies and medical appointments (doctor's note required) may be excused by the division head.

Transportation

Transportation provided by the school must be utilized by student athletes both to and from contests. When approved by the head coach, students may ride home with a parent. Parents must sign out their child with their team's coach.

Equipment & Uniforms

Each athlete is responsible for all school equipment that is issued to him/her. All equipment must be returned by the next school day. No athletic awards, letters, or academic reports cards will be given to any athlete with outstanding equipment. Athletes will be charged the replacement cost of any equipment and/or uniform not returned.

Eighth Graders Participating at the High School Level

Eighth graders may try out for a varsity team at Fuqua School (i.e., football, lacrosse, baseball, softball, volleyball, golf, and basketball) and may be added to the varsity roster as needed.

Workouts / Open Gyms

Students participating in any workouts, including the weight room, open gym or conditioning programs, must have a current VHSL physical on file with the school and be supervised by a member of the Fuqua School faculty or staff. **The student must also be enrolled at Fuqua School.**

Medical Procedures and Warning

The Fuqua Athletic Department attempts to make participation in our athletic programs as safe as possible. However, injuries do occur in athletics and athletes and parents are warned that serious injury may result from participation in our athletic program.

In the event of an injury to an athlete the following procedures will be used:

1. first aid will be administered to the injured athlete;
2. if the injury is of a serious nature, the parents or emergency contacts, and if necessary, the rescue squad will be called; and
3. athletes under a doctor's care must be released by the doctor before returning to competition.

Newly enrolled students

Newly enrolled students may try out for a team in mid-season with the approval of the coach and athletic director.

Attendance at Team-Related Activities

Team members are expected to attend all team related activities unless prior approval is obtained for such absences by the head coach and athletic director. Unexcused absences from practices, games, or related events may result in make-up conditioning and/or loss of playing time.

Excused absences may include illness, injury, death in the family, remedial academic tutoring, and approved participation in other school functions. 3 or more unexcused absences may result in removal from a team.

Loss of Athletic Privileges Due to Inappropriate Behavior

A coach may apply consequences to an athlete whose behavior during the school day has warranted a referral. Decisions regarding consequences will be made in consultation with the athletic director.

Upper School students who commit a Level II behavior violation will be unable to participate in athletic (excluding try-outs) during the hours of the after-school detention (see Behavior Guidelines on page 51 of Fuqua School's Student-Parent Handbook)

Upper School students who commit a Level III or Level IV behavior violation will be prohibited from participating in athletics (including try-outs) on the days of the suspension. This includes practice and games/contests.

A student on probation who is ineligible to participate in athletics may try out for a team and practice with a team during the probation period but will not be issued a game uniform, may not travel with the team, and may not play in any game or be on the sidelines/bench during a competition until he/she is released from probation.

If the student opts to practice with the team, he/she must participate on a regular basis. Students in grades 6-12 on behavior probation who becomes ineligible to participate in athletics during a season, but who has been a member of a team for at least half of that season, may attend the athletic awards night and can letter if he/she meets team requirements for lettering. He/she will not be eligible to receive team awards.

Removal from a Team

A coach may dismiss a student from a team for attendance or disciplinary reasons with the approval of the athletic director and the division head. A student who is dismissed from the team is no longer a member of that team for the remainder of the season and is ineligible to letter, receive a team award, or attend the awards ceremony.

Participation in Two Sports in One Season

Upper School students who are proficient in both an individual sport and a team sport during the same season may participate on both teams. The team sport will be considered the primary activity and take precedence over the individual sport regarding practice time and games/matches that fall on the same day. 6th grade students may participate in two sports in the same season only with permission from the division head and the athletic director.

A student who is cut from one sport may go out for another sport during the same season with permission from that sport's head coach. A student who quits a sport after being selected as a team member may not play a different sport during the same season.

Junior Varsity Players Participating on a Varsity Team

Junior varsity players may be added to the varsity roster for participation during the season as needed or if a varsity team is unable to dress out a sufficient number of players for competition. Junior varsity players may participate on the varsity team.

Dressing for the Game

Team members will be allowed to dress for an athletic event only after they are excused by their teacher from class for the event.

Athletes are expected to refrain from wearing revealing clothing on campus during or following practices/games.

Team members will be allowed to wear their team jersey (buttoned up), team polo, Fuqua School's professional dress, or cheer jacket with dress-code appropriate bottoms as assigned by their sport-specific coach on gameday with prior approval from the division heads. **Students do not have to wear a collared shirt under their jersey or tuck them in.** Failure to dress accordingly may result in gameday spirit dress to be revoked.

Non-Players on Team Buses

Non-players are not permitted to ride the team bus with student athletes to or from games without special permission of the athletic director.

SPORTSMANSHIP

The spectator, athlete, and coach should:

- realize that he/she represents the school just as definitely as does the member of a team, and, therefore, has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others;
- recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team;
- recognize that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well-being of the players through contests, victory or defeat;
- treat visiting teams and officials as guests, extending them every courtesy;
- be modest in victory and gracious in defeat;
- respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them; and
- student athletes, spectators, or coaches are not to “boo” or use abusive language or gestures toward student players, coaches, or officials and to do so may result in the individual being removed from the game.

STUDENT-ATHLETE EXPECTATIONS

Student athletes must:

- serve as role models within the school and are expected to follow all rules and procedures established by administration;
- not participate in athletic events (practice or game) that day if he/she has been assigned in-school suspension or must not participate as a member of an athletic team during the time of suspension when issued out-of-school suspension;
- be present by 10:00 AM and in attendance the remainder of the school day to participate in practice or a contest, unless it was a school sponsored event during school hours resulting in additional classes missed. If a student is absent from school, and it is not for a school sponsored event, he or she may not participate in practice or a contest that day. For weekend practices or contests, students must be present by 10:00 AM and in attendance the remainder of the school day on Friday to participate;
- obey the rules and regulations established by the administration, athletic department, and coaches;
- take proper care of equipment, uniforms and lockers issued to them;
- return all equipment to coaches at the end of the season;
- be respectful of administration, faculty, coaches, teammates, officials, and fans;
- be coachable, listen to what the coaches are teaching and make necessary adjustments in behavior, etc;
- make the coaching staff aware of any illness, allergy and/or physical condition as soon as a problem occurs;
- understand that playing time is not guaranteed and that the coaching staff will determine the amount of playing time for each athlete;
- assist with taking equipment to and from practices and contests;
- place all items of value in a locker and put a lock on the locker during practice and contests with the understanding that it is the athlete's responsibility to secure personal items;
- help maintain the cleanliness of the locker room and playing area by picking up clothing and trash;
- refrain from using cellphones/devices in locker rooms and/or restrooms during school-related events, including taking videos or photos; and
- abide by the Fuqua School Student-Parent Handbook, Fuqua School's "Code of Responsible Technology Use" agreement, and "The Fuqua School Network Acceptable Use Policy" agreement.

PARENT/GUARDIAN/SPECTATOR EXPECTATIONS

Parents, guardians, and spectators are expected to:

- support student athletes in a positive manner;
- support the coaching staff and administration in their efforts to ensure a successful experience for all involved in the athletic program;
- respect coaching decisions regarding playing time and game strategies while understanding that playing time is not guaranteed and the coaching staff will determine the amount of playing time for each athlete;
- make an appointment to talk to a coach about concerns knowing it is not appropriate to confront a coach before or after a game as emotions are high (a 24-hour wait period is expected);
- contact the athletic director or administrator on duty at the game/contest if there is an immediate need to discuss an issue;
- discuss your child and the treatment of your child only;
- make sure that coaches and administration are aware of any health concerns that may affect your child;
- follow the chain of command when concerns arise by first talking to the coach and, if the concerns are not resolved, then making an appointment with the athletic director;
- be modest in victory and gracious in defeat; and
- respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions.

Conflict Resolution

It is desirable for conflicts to be resolved by the athlete with his/her coach. Occasionally, situations may arise where conflicts are not able to be resolved through this experience, then the assistance of the athletic director may be necessary.

Spectator Conduct

Both VHSL and VISAA require school districts to monitor spectator behavior at all school-sponsored activities. Accordingly, an event supervisor(s) or school administrator may request any person involved in misconduct to leave the premises and may contact the police for assistance, if necessary.

COACHES EXPECTATIONS

Coaches are expected to:

- always maintain self-control, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials;
- discourage gambling, profanity, abusive language, and other similar violations;
- exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession;
- demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of your players making sportsmanship priority #1;
- emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court;
- recognize that the purpose of competition is to promote the physical, mental, social, and emotional wellbeing of individual players and that the most important values of competition are derived from playing the game fairly;
- be a modest winner and a gracious loser;
- cooperate with the school administration in the planning, scheduling, and conduct of sports activities;
- pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of the team;
- teach athletes that it is better to lose fairly than win unfairly;
- refuse to criticize an opponent, an official, or others associated with sports activities;
- properly supervise student athletes under your immediate care and specifically observe a coach's responsibilities during events off school grounds;
- provide encouragement and feedback to all athletes;
- provide a safe practice and competitive environment;
- properly supervise all activities related to practices and competitions such as locker rooms, travel, pre- and post practice/competitions, and off-season workouts;
- keep adequate and accurate records; and
- administer first-aid, when needed.

PARENT/COACH COMMUNICATIONS

PARENTS MUST WAIT 24 HOURS FOLLOWING A GAME TO CONTACT A COACH

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student athletes. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communications You Should Expect from Your Child's Coach:

1. philosophy of the coach
2. general expectations
3. locations and times of all practices and contests
4. team requirements, special equipment, strength, and conditioning programs
5. procedure if your child is injured during participation
6. team rules, guidelines, and consequences for infractions
7. team selection process

Communications Coaches Expect from Athletes/Parents:

1. concerns related to your child's general welfare
2. notifications of any schedule conflicts in advance
3. notifications of illness or injury as soon as possible

Appropriate Concerns to Discuss with Coaches:

1. ways to help your child improve
2. concerns about your child's behavior

While it may be difficult to accept your child not playing as much as you hope, coaches are professionals and they make decisions based on what they believe to be the best for all student athletes involved. As noted above, certain things can be and should be communicated with your child's coach.

Topics, such as those listed below, must be left to the discretion of the coach:

1. playing time
2. team strategy
3. play calling
4. other student athletes

Sometimes, there are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position.

If You Have a Concern to Discuss with a Coach:

1. email the coach to set up an appointment
2. if the coach cannot be reached, call the athletic director to help set up the meeting for you
3. please do not attempt to confront a coach before or after a contest or practice as these can be emotional times for both the parent and coach, and meetings of this nature usually do not promote positive resolutions

The Next Step:

If the meeting with the coach did not provide a satisfactory resolution:

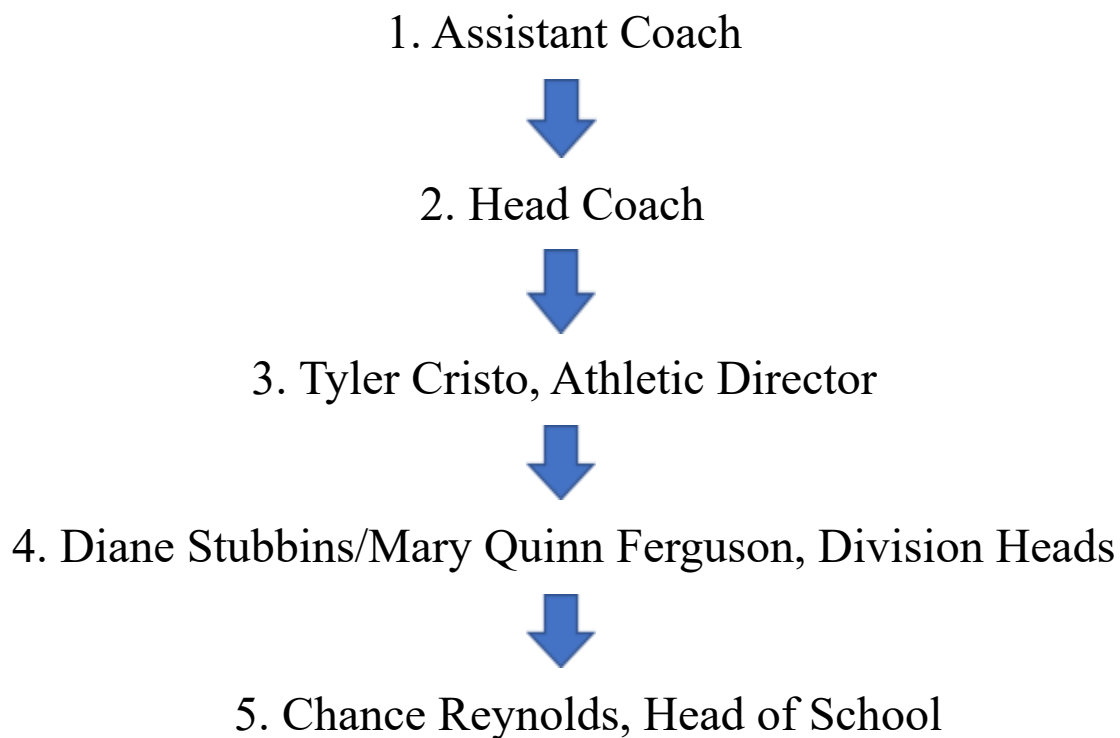
1. email and set up an appointment with the athletic director to discuss the situation
2. at this meeting the appropriate next steps can be determined

Parent Code:

1. be a positive role model through your own actions to make sure your child has the best athletic experience possible;
2. be a "team fan", as well as a "my kid" fan;
3. weigh what your children say - they might slant the situation/circumstances to their advantage;
4. show respect for the opposing players, coaches, spectators, and support groups;
5. be respectful of all officials' decisions;
6. praise student athletes in their attempts to improve themselves as students, as athletes, and as people;
7. gain an understanding and appreciation for the rules of the contest;
8. recognize and show appreciation for an outstanding play by either team;
9. help your child learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose;
10. if you have a concern, take time to talk with coaches in an appropriate manner including proper time and place, and be sure to follow the designated chain of command;

11. please reinforce our drug and alcohol-free policies by refraining from the use of any controlled substance before and during athletic contests;
12. remember that a ticket to a school athletic event is a privilege to observe the contest;
13. be sensible, responsible, and keep your priorities in order. Participating in Fuqua School athletics is a wonderful opportunity for your child to grow physically, socially, and emotionally.

Athletic Department's Chain of Command:



CLOSED PRACTICE POLICY

Practices, which are considered as valuable instructional time, are closed to all parties except for coaches, rostered players, administrators and invited or previously approved guests.

Guests must receive permission from the coach or administrator well in advance. Guests are expected to refrain from disrupting practice (instructional) sessions in any way, including conversing with the coach or players.

SCHOOL EQUIPMENT / UNIFORMS

Each participant shall be financially responsible for all pieces of uniforms and equipment issued and assigned to him/her by his/her coach. At the end of each sport's season, each participant is expected to turn in to his/her coach: all of the equipment, practice gear, uniform, etc. that was issued to him or her during the season. **In the event that a participant fails to turn in any of these items, he or she will be responsible for paying the replacement costs of that item.**

TRANSPORTATION

Transportation to away contests will be provided by the school system and student athletes are required to ride to and from the contest on school-provided transportation. An athlete may ride home from the contest with his/her parents/guardians only if permission is obtained from the coach. A student will not be allowed to ride home with another student's parent(s) without a note from the student's parent/guardian stating that he/she has permission to ride home with that parent(s).

OVERNIGHT STAY SUPERVISION

Due to the location and/or schedule of some events, it may be necessary for participants to stay overnight. During this time, there will be a clearly defined time of "lights out" when all students will be expected to be in, and stay in, their designated room. Room checks will be made at this time to assure all students are in their designated room. A morning expectation time of awakening will also be given to the students. Between these times, students are expected to remain in their designated room. Students are reminded they are to conduct themselves as leaders and role models of our team, our school, and our community. The location of the supervisor's rooms will be made clear to all students so that they may make contact in the event of an emergency or if other needs arise during the night hours.

CONCUSSION POLICY

The VHSL Handbook (27-2-5) requires that prior to the first practice for all coaches of VHSL fall, winter and spring sports teams, these individuals must take a recognized course providing both education and prevention regarding concussion as it relates to high school activities. The VHSL further strongly recommends that all participants and parents/guardians take advantage of the NFHS's online video, "Concussion in Sports, What You Need to Know" to learn about the signs, symptoms and treatment of concussions. The video takes approximately 15 minutes and is FREE. To access the video go to nfhslearn.com.

What is a Concussion?

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

Common symptoms of concussion include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitivity to light and sounds
- mood changes – irritable, anxious or tearful
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

SIGNS AND SYMPTOMS OF CONCUSSION

Concussions can appear in many different ways. Listed below are some of the signs and symptoms frequently associated with concussions. Most signs, symptoms and abnormalities after a concussion fall into the four categories listed below. A coach, parent or other person who knows the athlete well can often detect these problems by observing the athlete and/or by asking a few relevant questions of the athlete, official or a teammate who was on the field or court at the time of the concussion. Below are some suggested observations and questions a non-medical individual can use to help determine whether an athlete has suffered a concussion and how urgently he or she should be sent for appropriate medical care.

1. PROBLEMS IN BRAIN FUNCTION:

- Confused state – dazed look, vacant stare or confusion about what happened or is happening.
- Memory problems – can't remember assignment on play, opponent, score of game, or period of the game; can't remember how or with whom he or she traveled to the game, what he or she was wearing, what was eaten for breakfast, etc.
- Symptoms reported by athlete – Headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
- Lack of sustained attention – difficulty sustaining focus adequately to complete a task, a coherent thought or a conversation.

2. SPEED OF BRAIN FUNCTION: Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.

3. UNUSUAL BEHAVIORS: Behaving in a combative, aggressive or very silly manner; atypical behavior for the individual; repeatedly asking the same question over and over; restless and irritable behavior with constant motion and attempts to return to play; reactions that seem out of proportion and inappropriate; and having trouble resting or "finding a comfortable position."

4. PROBLEMS WITH BALANCE AND COORDINATION: Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

IF NO MEDICAL PERSONNEL ARE ON HAND AND AN INJURED ATHLETE HAS ANY OF THE ABOVE SYMPTOMS, HE OR SHE SHOULD BE SENT FOR APPROPRIATE MEDICAL CARE.

CHECKING FOR CONCUSSION

The presence of any of the signs or symptoms that are listed in this brochure suggest a concussion has most likely occurred. In addition to observation and direct questioning for symptoms, medical professionals have a number of other instruments to evaluate attention, processing speed, memory, balance, reaction time, and ability to think and analyze information (called executive brain function). These are the brain functions that are most likely to be adversely affected by a concussion and most likely to persist during the post concussion period.

If an athlete seems "clear" he or she should be exercised enough to increase the heart rate and then evaluate if any symptoms return before allowing that athlete to practice or play.

Computerized tests that can evaluate brain function are now being used by some medical professionals at all levels of sports from youth to professional and elite teams. They provide an additional tool to assist physicians in determining when a concussed athlete appears to have healed enough to return to school and play. This is especially helpful when dealing with those athletes denying symptoms in order to play sooner.

For non-medical personnel, the Centers for Disease Control and Prevention (CDC) has also developed a tool kit ("Heads Up: Concussion in High School Sports"), which has been made available to all high schools, and has information for coaches, athletes and parents. The NFHS is proud to be a co-sponsor of this initiative.

PREVENTION

Although all concussions cannot be prevented, many can be minimized or avoided. Proper coaching techniques, good officiating of the existing rules, and use of properly fitted equipment can minimize the risk of head injury. Although the NFHS advocates the use of mouthguards in nearly all sports and mandates them in some, there is no convincing scientific data that their use will prevent concussions.

Prepared by NFHS Sports Medicine Advisory Committee. 2009

References:

NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
NFHS. <http://www.nfhs.org>.

**National Federation of State
High School Associations**

PO Box 690 | Indianapolis, Indiana 46206
Phone: 317-972-6900 | Fax: 317.822.5700

National Federation of State
High School Associations



SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

EVEN SEEMINGLY MINOR CONCUSSIONS
CAN HAVE DEVASTATING RESULTS



FUQUA SCHOOL CONCUSSION POLICY

Fuqua School recognizes that the cornerstone of concussion management is physical and cognitive rest until symptoms resolve and a gradual program of exertion prior to medical clearance and return to play. The school understands that resulting impairments can be multifaceted and can include cognitive, behavioral, and/or physical deficits. Impairments can be mild or severe, temporary, or permanent, resulting in partial or total loss of function. Because concussions are so varied and unpredictable, it is difficult to forecast the recovery for a student with a brain concussion.

Any Fuqua School student athlete suspected by his/her coach, trainer, or licensed health care provider of sustaining a concussion or brain injury in a practice or game will be removed from play immediately.

Any student athlete who has been removed from play due to a suspected concussion or brain injury, will not return to play the same day of the injury nor until evaluated by an appropriate licensed health care provider and approved by the health care provided to return to play. Approval must be in writing.

Following return to play, coaches will monitor the injured student athlete closely to check for symptoms. If symptoms are observed, the parent will be notified, and the student will be required to be evaluated by an approved health care provided before returning to play.

All student athletes will be advised of the symptoms and dangers of concussions, including the potential dangers of getting a concussion when a prior concussion has not properly healed. They will also be informed regarding what to do if they notice behavior in another player symptomatic of a concussion.

All Fuqua School coaches will be trained in how to recognize the signs and symptoms of a concussion, strategies to reduce the risk of concussions, and Fuqua School's Concussion Policy.

At the beginning of each sports season, parents of the student athletes will be provided information regarding concussions and the school's concussion policy.

Sign below acknowledging you have received this information and have reviewed it with your child. Please return this to the coach.

Print Parent's name

Parent's signature

Date

Insurance

Fuqua School strongly recommends that all participants in our athletic program be covered by a private medical-accident insurance policy. **Adequate health insurance coverage for each athlete is the responsibility of the parent or guardian.**

Fuqua School Athletic Insurance Form

Name of Student: _____ Grade: _____

I hereby certify that the student named above is covered by the health insurance listed below and that I accept the responsibility for the medical costs of this student.

_____ Student is covered by a health insurance.

Insurance Company _____ Policy Number _____

_____ Student is covered by a private medical accident insurance.

Insurance Company _____ Policy Number _____

Date purchased __/__/__

Parent or Guardian Signature

Date

ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

A condition for participating in the Athletic Program at Fuqua School is to sign an acknowledgement that the Student Athlete has read and understands the Athletic Handbook. The student's parent(s) or guardian(s) must also sign an acknowledgement.

By signing this acknowledgement, you are stating that you understand the consequences of engaging in prohibited conduct and understand the potential risk of injury associated with engaging in athletics.

I have read the Fuqua School Athletic Handbook and agree to these rules as a condition for my voluntary participation in athletics. I understand that failure to do so will result in disciplinary measures related to my athletic participation. Please sign and return.

Student's Name _____

Student's Signature _____

Grade _____

Date _____

I have read the Fuqua School Athletic Handbook and understand the requirements for my child's voluntary participation in Fuqua School Athletics. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms. I am aware of the sections dealing with Eligibility, Parent/Coach Communication, Behavior Expectations of Spectators, Concussion Policy & Protocol, and Drug & Tobacco Usage Policy. I agree to abide by the conditions stated therein this handbook.

I agree to allow my Student Athlete's name and photo to be used in all school-related publications, both print and online, so they may be recognized for their accomplishments.

Parent(s) or Guardian(s) Name _____

Parent(s) or Guardian(s) Signature _____

Date _____