

STERLING COMMUNITY SCHOOL

● SPECTATOR CONDUCT - COURTESY AND SPORTSMANSHIP CODE

In the belief that good sportsmanship on the part of the spectators at school athletic contests is as important as good sportsmanship on the part of the players, the following guidelines for spectator conduct are suggested as a means of continuing and strengthening the ties that exist between competing schools.

Basic Philosophy: Visiting team members, students and adult spectators are to be accorded the courtesy and consideration that a friendly and well-mannered host would normally give. When visiting other schools, student-athletes and team supporters should behave like invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

It is recommended that each spectator, both student and adult, be encouraged to follow the following sportsmanship code:

1. I will consider my athletic opponents and the officials as my guests and will treat them as such.
2. I will cheer both teams as they come on the field of play.
3. I will applaud good plays made by either team.
4. I will not applaud errors.
5. I will not boo or taunt the players of either team or anyone officially connected with either team.
6. I will consider the officials as the proper authorities to make decisions and I will accept their decisions.
7. I will not stir up any unfriendly rivalry among the fans or players.
8. I will recognize that the good name of the school is more important than the result of contests.
9. I will advocate that any spectator who continually evidences poor sportsmanship be directed not to attend future contests.

● SPORTSMANSHIP STATEMENT

All spectators at our athletic events are reminded that they are guests at those contests and proper behavior is expected. Any spectator not abiding by the principles of good sportsmanship will be asked to leave the contest and may have the privilege of attending future contests revoked. Civility by all concerned promotes a positive atmosphere for athletic competition.

● EXPECTATIONS OF PARENTS

1. **Be positive with your athlete**, let him/her know that he/she is accomplishing something simply by being part of the team.
2. **Don't offer excuses to your athlete if he/she is not playing**. There is usually a reason for it. Encourage your athlete to work hard and do his/her best.
3. **Don't put down the coaches or other athletes**. If you are constantly berating your athlete's coach, do not expect positive results from the season. Be supportive in a positive way!
4. **Insist on good grades**. Check the number of hours your athlete spends on homework. Remember to remain eligible to participate in interscholastic athletics; student-athletes must meet certain academic standards. Check with your student's guidance counselor or the athletic office with any eligibility concerns.

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STUDENT AND PARENT CONCUSSION INFORMED CONSENT FORM

This consent form was developed to provide students, parents and legal guardians with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit; and Section 10-149c: Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

What is a Concussion?

National Athletic Trainers Association (NATA) - A concussion is a "trauma induced alteration in mental status that may or may not involve loss of consciousness."

Centers for Disease Control and Prevention (CDC) - "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 rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain." - CDC, Heads Up: Concussion. http://www.cdc.gov/headsup/basics/concussion_what.html

Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious." - CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_face_sheet_coaches.pdf

Section 1. Concussion Education Plan Summary

The Concussion Education Plan and Guidelines for Connecticut Schools was approved by the Connecticut State Board of Education in January 2012. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum, the following:

1. The recognition of signs or symptoms of a concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

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|---|--|
| ● Confusion/disorientation/irritability | Acts silly, combative or aggressive |
| ● Trouble resting/getting comfortable | Repeatedly asks the same questions |
| ● Lack of concentration | Dazed appearance |
| ● Slow response/drowsiness | Restless/irritable |
| ● Incoherent/slurred speech | Constant attempts to return to play |
| ● Slow/clumsy movements | Constant motion |
| ● Loss of Consciousness | Disproportionate/inappropriate reactions |
| ● Amnesia/memory problems | Balance problems |

Symptoms of a concussion may include (i.e. what the athlete reports):

- | | |
|----------------------------|--------------------------------------|
| ● Headache or dizziness | Oversensitivity to sound/light/touch |
| ● Nausea or vomiting | Ringing in ears |
| ● Blurred or double vision | Feeling foggy or groggy |

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an Individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/.he has received written medical clearance from a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse(ARPN, athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete shall return to participation in the athletic activity on the same day of a concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete **MUST** be transported immediately to the hospital.
3. Close observation of an athlete **MUST** continue following a concussion. The athlete should be monitored following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated by a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse(ARPN, athletic trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain an initial written clearance from one of the licensed healthcare professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (at least one full day between steps recommended)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic; School activities may need to be modified	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity less than 70% of maximal exertion; no resistance training	Increase heart rate
3. Sport-specific exercise No Contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add movement
4. Non-contact sport drills	Progression to more complex training drills, such as passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she.he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and do not resolve, the athlete should be referred back to her/his medical provider.

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**SUDDEN CARDIAC ARREST AWARENESS
STUDENT AND PARENT CONCUSSION INFORMED CONSENT FORM**

NOTE: This document was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by the student-athlete's associated school district annually to comply with Connecticut General Statutes Chapter 163, Section 10-149f: SUDDEN CARDIAC ARREST AWARENESS EDUCATION PROGRAM.

Part I - SUDDEN CARDIAC ARREST - What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

PART II - HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is a leading cause of death for student athletes.

According to an April 2014 study for PubMed the incidence was

- 0.63 per 100,000 in all students (6 in one million)
- 1.14 per 100,000 athletes (10 in one million)
- 0.31 per student non-athletes (3 in one million)
- The relative risk of SCA in student athletes vs non-athletes was 0.65
- There is a significantly higher risk of SCA for boys than girls

Leading causes of sudden death among high school and college athletes, according to the National Collegiate Athletic Association (NCAA) (on CBS News, June 28, 2012)* are heat stroke, heart disease and traits associated with sickle cell anemia. Prevention of sudden death, the same study concludes, is associated with more advanced cardiac screening with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices. SCA can be prevented if the underlying causes can be diagnosed and treated.

PART III - WHAT ARE THE WARNING SIGNS AND SYMPTOMS?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart. These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death. With fast, appropriate medical care, survival is possible. Administering cardiopulmonary resuscitation (CRR) - or even just compressions to the chest - can improve the chances of survival until emergency personnel arrive. (<http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/>)

WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

REMOVAL FROM PLAY

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed healthcare professional trained specifically in the treatment of cardiac care. The Symptoms can happen before, during or after activity.

RETURN TO PLAY

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

To summarize:

- **SCA is by definition, sudden and unexpected.**
- **SCA can happen in individuals who appear healthy and have no known heart disease.**
- **Most people who have SCA die from it, usually within minutes.**
- **Rapid treatment of SCA with a defibrillator can be lifesaving.**
- **Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone who has had an SCA**

(National Heart, Lung, and Blood Institute)