



Limestone Walters Rockets

2024-2025

Activities Handbook

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**Forms that are required to be completed & returned to the coach.*

Activity Offerings

The following activities are offered at Limestone Walters #316: Refer to www.IESA.org for further information.

<u>Boys</u>	<u>Length of Season</u>	<u>Grades</u>
Baseball	July through September	6 th – 8 th
Basketball	Mid October through early February	6 th – 8 th
Track	March through May	6 th – 8 th
Scholastic Bowl	January through May	6 th – 8 th
Cross-Country	July through October	6 th – 8 th
Cheerleading	Mid October through early February	6 th – 8 th
Speech	September through November	6 th – 8 th

<u>Girls</u>	<u>Length of Season</u>	<u>Grades</u>
Softball	July through September	6 th – 8 th
Basketball	September through early December	6 th – 8 th
Volleyball	December through mid March	6 th – 8 th
Cheerleading	Mid October through early February	6 th – 8 th
Track	March through May	6 th – 8 th
Scholastic Bowl	January through May	6 th – 8 th
Cross-Country	July through October	6 th – 8 th
Speech	September through November	6 th – 8 th

Students in 5th grade may be allowed to participate in activities and/or on teams if numbers allow, and with the approval of the Athletic Director and Coach/Sponsor.

Athlete/Parent Commitment

Being a part of a team is a commitment that should be seriously taken by both student athlete and parent/guardian. While we understand there are other commitments outside of the school environment, the student athlete and parent/guardian need to evaluate the time requirement for their sport to determine if sufficient time is available to devote to the team and its activities. If you feel an outside commitment may interfere with participation, please discuss this commitment with the coach prior to the start of the season.

Concussion Information

The National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.”

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally

works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness.

Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Change in sleep patterns
- “Don’t feel right”
- Irritability
- Fatigue or low energy
- Nervousness or anxiety
- More emotional
- Concentration or memory problems
- (forgetting game plays)
- Confusion
- Repeating the same question/comment
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Drowsiness
- Sensitivity to light or noise
- Blurred, double, or fuzzy vision
- Amnesia
- Feeling foggy or groggy
- Feeling sluggish or slowed down
- Sadness

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Forgets plays
- Answers questions slowly
- Confused about assignment
- Slurred speech
- Can’t recall events after hit
- Can’t recall events prior to hit
- Seizures
- Convulsions
- Moves clumsily
- Loses consciousness
- Displays in coordination
- Is unsure of game, score, or opponent
- Shows behavior or personality changes

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2011, Reviewed 4/24/2013, Reviewed 7/16/2015

Limestone Walters Return to Play Protocol

It is important for an athlete's parent(s) and coach(es) to watch for concussion symptoms after each day's return to play progression activity. An athlete should only move to the next step if they do not have any new symptoms at the current step. If an athlete's symptoms come back or if he or she gets new symptoms, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's medical provider should be contacted. After more rest and no concussion symptoms, the athlete can start at the previous step.

Baseline: Back to School First

Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has the green-light from their health care provider to begin the return to play process.

Step 1: Light aerobic activity

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

Step 2: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).

Step 3: Heavy, non-contact activity

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

Step 4: Practice & full contact

Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 5: Competition

Athlete may return to competition.

Limestone Walters Return-to-Learn Protocol

To initiate the Return-to-Learn protocol, the student must be evaluated by a licensed healthcare professional and documentation must be provided to the school.

- The protocol emphasizes allowing the student to participate in school in a modified fashion so as not worsen symptoms. Determining "how much is too much" may be a trial and error process.
- The student should be granted adequate time to complete missed academic work based on the amount of time needed for complete recovery.
- The student should report to a teacher daily in order to monitor symptoms and assess how the student is tolerating the accommodations (a symptom checklist is recommended), as well as assess how staff are implementing the modified learning plan.
- As the student's recovery progresses through the outlined phases, teachers should be prepared to apply "mastery learning" criteria within their subject matter. By identifying essential academic work, teachers can facilitate recovery by reducing the student's anxiety levels related to perceived volume of work that will be required once he/she is medically cleared to resume a full academic load.

Phase 1: No School/Complete Cognitive Rest

- Symptom Severity: In this phase, the student may experience high levels of symptoms that at best prohibit the student to benefit from school attendance and may cause symptoms to increase in intensity.

During this stage, physical symptoms tend to be the most prominent and may interfere with even basic tasks. Many students are unable to tolerate being in the school environment due to severe headache, dizziness or sensitivity to light or noise.

- Treatment: Emphasis on cognitive and physical rest to allow the brain and body to rest as much as possible.
- Intervention Examples: - No School - Avoid activities that exacerbate symptoms. Activities that commonly trigger symptoms include reading, video games, computer use, texting, television, and/or loud music. - Other symptom “triggers” that worsen symptoms should be noted and avoided in the effort to promote healing
- No physical activity- this includes anything that increases the heart rate as this may worsen symptoms - No tests, quizzes or homework - Provide students with copies of class notes (teacher or student generated)

Phase 2: Part-Time School Attendance with Accommodations.

- Symptom Severity: In this phase, the student’s symptoms have decreased to manageable levels. Symptoms may be exacerbated by certain mental activities that are complex or of long duration. Often students can do cognitive activities but only for very short periods of time (5-15 minutes) so need frequent breaks to rest and “recharge their batteries”.
- Treatment: Re-introduction to school. Avoid settings and tasks that trigger or worsen symptoms. In the first few days of returning to school the goal is not to immediately start catching up on the missed work or learn new material. Rather the initial goal is simply to make sure the student can tolerate the school environment without worsening symptoms. This means the first few days often include just sitting in class and listening (no note-taking or reading). Once the student can tolerate this, he/she can try short intervals (5-15 minutes) of cognitive work per class.
- Intervention Examples: - Part-time school attendance, with focus on the core/essential subjects and/or those which do not trigger symptoms; prioritize what classes should be attended and how often. Examples: (1) half-days, alternating morning and afternoon classes every other day; or (2) attending every other class with rest in the nurse’s office, library or quiet location in between. - Symptoms reported by the student should be addressed with specific accommodations - Eliminate busy work or non-essential assignments or classes. - Limit or eliminate “screen time” (computers, phones, tablets, smart boards), reading and other visual stimuli, based on the student’s symptoms. - Provide student with copies of class notes (teacher or student generated) - No tests or quizzes. - Homework load based on symptoms. There should be no due dates on homework assignments. This allows students to work at a pace that does not exacerbate symptoms and reduces their anxiety about completing the assignments. Many students have heightened anxiety during concussion recovery and due dates exacerbate this. Allow to leave class 5 minutes early to avoid noisy, crowded hallways between class changes. - No physical activity including gym/recess or participation in athletics - If this phase becomes prolonged and/or the student is unable to tolerate the school environment or do any work for even short periods of time, a tutor can be helpful (either in school or at home) to implement oral learning at a pace that does not worsen symptoms. A tutor can also help students organize their work and plan how they will spend their limited time studying (i.e. which assignment should I do first, second, third, etc), as many students are unable to do this basic “executive function” task during concussion recovery.

Phase 3: Full-Day Attendance with Accommodations.

- Symptom Severity: In this phase, the student’s symptoms are decreased in both number and severity. They may have intervals during the day when they are symptom-free. Symptoms may still be exacerbated by certain activities.

- Treatment: As the student improves, gradually increase demands on the brain by increasing the amount, length of time, and difficulty of academic requirements, as long as this does not worsen symptoms.
- Intervention Examples: - Continue to prioritize assignments, tests and projects; limit students to one test per day with extra time to complete tests to allow for breaks as needed based on symptom severity - Continue to prioritize in-class learning; minimize overall workload - Gradually increase amount of homework - Reported symptoms should be addressed by specific accommodations; Accommodations are reduced or eliminated as symptoms resolve - No physical activity unless specifically prescribed by the student's physician or health care provider. If the student has not resolved their symptoms after 4-6 weeks, health care providers will often prescribe light aerobic activity at a pace and duration below that which triggers symptoms. This "sub-symptom threshold exercise training" has been shown to facilitate concussion recovery (14). The student can do this at school in place of their regular PE class, by walking, riding a stationary bike, swimming, or jogging. No contact sports are allowed until the student is completely symptom-free with full days at school and no accommodations, and has received written clearance from a licensed health care professional.

Phase 4: Full-Day Attendance without Accommodations.

- Symptom Severity: In this phase, the student may report no symptoms or may experience mild symptoms that are intermittent.
- Treatment: Accommodations are removed when student can participate fully in academic work at school and at home without triggering symptoms.
- Intervention Examples: - Construct a reasonable step-wise plan to complete missed academic work; an extended period of time is recommended in order to minimize stress - Physical activities as specified by student's physician (same as phase 3)

Phase 5: Full School and Extracurricular Involvement:

- Symptom Severity: No symptoms are present. Student is consistently tolerating full school days and typical academic load without triggering any symptoms.
- Treatment: No accommodations are needed
- Interventions: - Before returning to physical education and/or sports, the student should receive written clearance and complete a step-wise return-to-play progression as indicated by the licensed healthcare professional.

Expectations of the Coach

- Expect high academic achievement from all players
- Teach, model, and demand good sportsmanship
- Treat all athletes with fairness and respect
- Develop player expectations for the season
- Enforce school rules during practice and during games
- Conduct pre-season meetings with the players to review rules, procedures, schedules, expectations, and answer questions
- Meet with parents concerning questions
- Keep track of attendance and eligibility
- Coaches have final decision on matters relating to student participation

Practices/Tryouts

Practices/Tryouts may be held for all sports offered. To be eligible to try out, the student must be in the grade required to participate in that activity. **In addition, the student must have a current sports physical on file with the office.** Practices/Tryouts are closed to the public. Coaches will notify the athletes when they are posting the roster.

Physicals

State law requires that all athletes have a current physical on file in the office the athlete attends school in order to play in sports. Sports physicals are good for 395 days, but it is recommended to have a sports physical completed prior to the beginning of each school year to ensure that the athlete is eligible for all sports for that year. If a student does not have a physical on file, they are not allowed to try-out, practice, or play for that particular team. Physicals may be completed through the athlete's family doctor or through any qualified doctor's office.

Fees

Uniform damage may result in the cost of replacing a school uniform. If the uniform is kept in proper care over the course of the season, there is no fee collected.

Attendance/Absence Policy

If a student is absent on the day of a game or practice, they are unable to participate in those events that night. A student who is absent due to illness must complete a half of the school day (225 minutes of instructional time) or may not participate in extracurricular activities on that date. Students must arrive at school no later than 11:30 AM in order to participate in extra-curricular activities. In addition, students that leave ill in the afternoon may not attend that evening's event. Unexcused absences, such as detentions, not informing a coach personally that a practice or game will be missed, or not showing up to a practice or a game are examples of behavior in which the discipline will be left to the discretion of each coach.

Discipline

Drug, Vapes, E Cigs, Tobacco and Alcohol Policy

Any member of an extracurricular roster caught with possession, distributing, or using, will be subject to the following consequences:

1st Offense: Removal from current team.

2nd Offense: Removal from all activities for the remainder of the school year.

School Suspension

- An athlete serving out-of-school suspension will not be allowed to participate in practices or games during the suspension period.
- An athlete serving in-school intervention will not be allowed to participate in games or practices on the day of the in-school intervention as determined by the coach and administration.
- If there is not a game that falls within the time of the suspension, the athlete will not be allowed to participate in the next game that is scheduled.

Student athletes are expected to be respectful to the rules set forth by the school and their teachers. Students that are unable to follow the rules within the classroom may have to face additional consequences administered by the coach.

If a student engages in an activity that is deemed to be of gross misconduct, the athlete, parent, coach and school administrator will meet to discuss the future participation in that sport and subsequent sports for the remainder of the year. Gross misconduct includes: profane or vulgar language, disrespect to coach or teammates, fighting, bullying or harassing teammates, or other actions that are deemed of that nature by the coach.

Transportation

Transportation is provided to all away games during each season via bus or van. Team members are **required** to ride the bus/van with the team to the location of the event. Bus transportation to away games is one way only. There is no return bus for any away games. If a transportation issue arises, the coach will communicate with parents to set up alternate methods of transportation.

Practices

Coaches will issue dates and times of practices at the beginning of each season. Attendance at all practices is mandatory. Athletes must notify coaches prior to that day if they will not be able to attend practice that night. Unexcused absences will result in appropriate discipline action by the coach, resulting in loss of playing time to suspension. Practices are closed to the public, unless invitation has been given by the coach. Students dropped off for practice are to be dropped off no more than 15 minutes before practice and picked up no more than 15 minutes after practice to ensure proper supervision of all athletes.

Athletes are to come dressed in athletic clothing. This means indoor athletic shoes, shorts, or athletic shorts/pants and a t-shirt or t-shirt like top. Boys' basketball will provide a practice top for the athletes to use. No jeans, inappropriate shoes for the location (ex: hard soled shoes on gym floor), jewelry of any kind, or anything else that the coach deems to be distracting or harmful to the athlete.

Games/Meets

The coaches prior to the beginning of the season will provide game/meet schedules. An athlete that misses the bus for a game may not be eligible to play for that day's contest, unless contact has been made to the coach prior to the event.

Upon the completion of the first contest of the night, those athletes that participated in the first contest may be asked to stay to support their fellow teammates. Track athletes may leave once their events are completed and they are not scheduled as an alternate for any other events. Before leaving the event, athletes must check out with the coach or designated person prior to departure.

Playing Time

The coach will determine playing time. There is no guaranteed playing time for any of the sports. Coaches will make every effort to provide opportunity for playing time, however, as a competitive sport the athlete may not play in every game. If there is ever a question about playing time, the student athlete and/or parent/guardian must make an appointment to speak with the coach first.

Cell Phones

Cell phone use is not permitted unless given specific permission by the coach to the athlete. Cell phones should never be used inside of a locker room for any reason. Cell phone usage is up to the discretion of each coach, competing school, and administration. Cell phones that contain inappropriate content will be dealt with by the administration and local law enforcement agencies. Students who do not follow the above guidelines will be subject to discipline and potential removal from their team for repeat violations. The school district is not responsible for the loss or damage of personal property, including cell phones.

Uniforms/Extra Equipment

Students are responsible for the care of school uniforms and equipment issued by coaches. Uniforms are to be washed and cared for properly throughout the season. Volleyball and basketball uniforms should not be worn to games. Baseball, softball, cheerleading and track uniforms may be worn at the coach's discretion. The district allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modification.

If a uniform is lost, stolen or damaged, the player is responsible for its replacement at their own expense.

The following equipment is to be purchased by the athlete or each sport:

Baseball/Softball: cleats, glove, batting gloves, and pants

Basketball: shoes

Volleyball: shoes and knee pads

Cheerleading: Cheer bow

Scholastic Bowl: activity shirts

Cross Country/Track and Field: Shoes or Spikes

Locker Rooms

Athletes should respect each other and property while in the locker room. Equipment and clothes should be placed in a locker or sports bag. Misbehavior in the locker room will result in appropriate consequences determined by the coach or administration.

Academic Eligibility

Eligibility rules have been established by the IESA, however, Limestone Walters coaches and administration personally believe academics come first. Eligibility is determined on **Friday** of each week and returned to the appropriate coach. Therefore, if an athlete is failing any course, they will not practice for that next week and will use practice time as a study hall. In addition, they are not allowed to dress for games that occur during that week. If a player is ineligible 3 times, they may be dismissed from the team. Eligibility runs from Monday to Saturday. It is important for the athletes to achieve the best education they can. If being on the team is a conflict with being successful in the classroom, the athlete, parent, and coach will discuss a plan to ensure the best success for that athlete.

As a member of the Illinois Elementary School Association (I.E.S.A), Limestone Walters is required to follow the state guidelines pertaining to eligibility. They are as follows:

Scholastic Standing

- All contestants shall be in grades five through eight and shall not have passed eighth grade standing.
- A student shall be doing passing work in all school subjects determined by the local school district and the school shall certify compliance with this by-law. Use of a player, contestant, or participant shall be deemed such certification.
- Passing work shall be checked weekly to govern eligibility for the following Monday through Saturday.
- The eligibility check shall be the same day each week except when school is not in session, and then it must be taken on the last day of student attendance that week.

Sportsmanship

Competition is a word that most people will never forget. People continually compete for jobs, recognition, awards, prestige, money, friendship, and in athletic events. In each instance, there will be a winner and a loser. That is why it is so important to be a good sport – at one time or another you will experience the pleasure of being a winner and the pain of being a loser.

The following sportsmanlike behavior is to be adhered to by our players:

- Shake hands with opponents before (captains) and after the contest (except track).
- Respect the official's judgment in interpretation of the rules. Never argue or indicate a dislike for a decision.
- Accept both victory and defeat without being boastful or bitter. Be gracious whether your team wins or loses.
- Cooperate with the coach and fellow players in promoting good sportsmanship.
- Accept seriously the responsibility and privilege of representing the school and community.

- Respect your own team and school by paying attention during the game, take care of equipment, and keep the bench area clean.
- Sit and watch the other contests in the bleachers as a team.
- Dress and act appropriately at contests when not competing. Whether you are in the contest or not, you are ALWAYS part of the team image.

Code of Conduct

As an athlete, I understand that it is my responsibility to:

- Place academic achievement at the highest priority.
- Show respect for teammates, opponents, officials, and coaches.
- Respect the integrity and judgment of game officials.
- Exhibit fair play, good sportsmanship, and proper conduct at all times.
- Refrain from the use of profanity, vulgarity, and other offensive language and/or gestures.
- Any display of unsportsmanlike conduct will result in the player or coach being removed from the team.
- Adhere to the established rules and standards of the game.
- Attend all practices.
- Pick-up trash, personal items, and equipment used during practices and games in the playing facility and locker rooms.
- Respect the host teams' facility and treat it like it was your own school.
- Win with character, lose with dignity.

Parent/Fan Guidelines

Here are some helpful hints to aid in the success of your child.

- Be positive with your child.
- Be a positive fan – please help keep our games a positive, fun experience for the players, parents, coaches, and officials. Children will take note of how adults act, and will act in a similar manner. While sportsmanship may seem an old-fashioned notion, it is still very important to Limestone Walters and the IESA.
- Encourage your child to follow team and school rules – every athlete is expected to abide by school and IESA rules.
- Insist that your child is working to their best academic ability.
- Do not offer excuses for why your child is not playing – there is usually a reason for it, and it starts in practice. Your child's coach sees them in practice every day and is the best person to decide who should play.
- Help the coaches foster a **"TEAM"** atmosphere – Coaches spend a lot of time trying to instill this **"TEAM"** attitude in the players. Coaches believe **"The Team Comes First"** is crucial in the development of a good team program.
- Help your child develop a positive self-image – try to avoid comparing your child to other players on the team and older siblings who might have played the same sport. Help them in any way possible to feel good about their role on the team, whatever role that may be.
- Help the coaches teach life skills – being part of any junior high school team is a responsibility for the player. The coaches feel strongly that qualities such as reliability, loyalty, trustworthiness, the ability to be a team player, and organization can be stressed in the normal course of a team's season.

- Encourage your child to play the sport for the love of the game – getting too concerned with things such as scoring points, breaking records, who is getting the most playing time, etc., can make a player forget why they love the sport they're playing.

Limestone Walters will not tolerate parental unsportsmanlike conduct at any district extracurricular event, regardless where it is held. Unsportsmanlike conduct is defined as "any action, either physical or verbal, that is construed as vulgar, obscene, confrontational, threatening, or inappropriate." Examples include, but are not limited to, the berating or confronting of officials, the use of obscene, abusive, or derogatory language, and other forms of disorderly conduct. Behavior judgments will be based on an observation made by the supervisor of the event, district administration, referees, or other coaches.

The first offense will result in suspension for a designated length set by school administration. Subsequent events could result in further suspension or a ban from all interscholastic events.

Any fan ejected from a contest shall not be allowed to return to future contests until he/she has completed the NFHS Sportsmanship course online and has presented proof of completion to the school administration. Any fan ejected from an IESA state finals tournament may not return to the tournament if there are games remaining to be played in that tournament.

Discussing Concerns with the Coach

The coaches will be glad to answer any questions or concerns you have at appropriate times. During or after games and during practices **are not** appropriate times. Our coaches request a 24 hour period of time passes before being contacted about a concern. After practices when other parents and team members have left or at a scheduled meeting time is appropriate.

If you have a conflict with a coach, there is a proper chain of command to follow when working toward a solution:

- 1) A meeting will be set up with the coach to discuss the problem. This cannot be with student-athletes around; it must be conducted in private.
- 2) If the conflict cannot be resolved, a meeting will be set up with the coach and school administration.
- 3) If the conflict cannot be resolved, a meeting will be set up with the coach, school administration, and the Athletic Director.

Confidentiality

Due to confidentiality laws, coaches are only able to discuss your athlete with you. Limestone Walters coaches and administration will not discuss the discipline or involvement with any athlete other than your own with you.

Injury/Emergency Treatment

If an injury or illness is serious, the school will first attempt to contact the parents/guardians. If they are not available, the school will attempt to contact the doctor listed on the Emergency Contact information. This information will be kept with each coach and is located at the end of

the handbook. It is of the utmost importance that the information on this sheet is complete, accurate, and up-to-date. Athletes and parents must inform coaches of an injury sustained by the athlete outside of school, or if a pre-existing condition exists.

If a student is excused from physical education due to illness or injury, they are unable to practice or participate in any sporting events in that duration. If a doctor makes the excuse from physical education, the same doctor must also make the re-admittance to physical education/sport. (Also please see the information regarding concussions on page 3.)

Awards/Recognition

Unless injured, an athlete must remain part of the team for the sport during the entire season to obtain an award certificate. Specific awards are given at the coaches' discretion and are determined using criteria of participation, attitude and sportsmanlike conduct.

Extracurricular Activities, Including Interscholastic Competition

Extracurricular Activities, Including Interscholastic Competition A nonpublic school student is eligible to participate in: (1) interscholastic competition, provided his or her participation adheres to the regulations established by any association in which the School District maintains a membership, and (2) non-athletic extracurricular activities, provided the student attends a District school for at least one-half of the regular school day, excluding lunch. A nonpublic student who participates in an extracurricular activity is subject to all policies, regulations, and rules that are applicable to other participants in the activity.

*Please sign and return the
following documents to
your coach*

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon? Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are not different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy. You should inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

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

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

Student

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2011, Reviewed 4/24/2013, Reviewed 7/16/2015

Handbook Acknowledgement

I/We have read the information provided and understand the policies/procedures of the Limestone Walters sports program.

Athlete

Date

Parent/Guardian

Date

Food Allergies

Students enjoy having snacks after school, but some students have allergies to peanuts, tree nuts (including coconuts and coconut oils), eggs, and some milk products. Food allergies can be life threatening. Limestone Walters staff works to provide a safe educational environment for students with food allergies. Here is a list of “safe” foods. Limestone Walters staff will check labels due to product upgrades.

- Pop Tarts- Cherry, Brown Sugar Cinnamon
- Fresh Fruits
- Kitchen Cooked Chips
- Raisins
- Rold Gold Pretzels
- String Cheese (Sargento Popular Brand)
- Cinnamon Toast Crunch Cereal
- Goldfish
- Pops Cereal
- Rice Krispie Treats

I have read and understand the Limestone Walters allergy guidelines and will adhere to these rules when considering after school snacks.

Student Signature _____ Date _____

Parent Signature _____ Date _____

Emergency Contact Information

In order to maintain a high amount of communication, please provide the school/coach with contact/emergency information below.

Athlete Name: _____

Parent/Guardian Name(s): _____

Address: _____

City: _____ Zip code: _____ Home

Phone: _____

Cell Phone: _____

Work Phone: _____

E-mail: _____

Hospital Preference: _____

Family Doctor: _____ Phone: _____

Medical Conditions To Be Aware Of (allergies, prior injuries):

I agree that the above information is accurate with regards to contact information and my child's health.

Parent/Guardian

Date