



King George County Schools Athletics Handbook 2022-2023



KGCS RETURN-TO-LEARN (RTL) PROTOCOL

				GREEN ZONE 4*	NEXT STEPS SYMPTOM FREE
RED ZONE 1	ORANGE ZONE 2	YELLOW ZONE 3		Full Recovery to Academics	Return to Play
<p>NO SCHOOL Complete Physical and Cognitive Rest until Medical Clearance</p> <ul style="list-style-type: none"> Parents should contact the school anytime a student sustains a concussion, regardless of where/how the concussion occurred. School based RTL Facilitator: <u>Athletic Trainer</u> for concussions sustained by student-athletes. <u>School Nurse</u> for all other concussions. Parents will be requested to sign an "Authorization to Share Information" to allow contact with the licensed medical professional treating the concussion. 	<p>Return to School with Academic Accommodations/ Modifications</p> <ul style="list-style-type: none"> Students should be able to sustain at least 30 minutes of cognitive activities at a time before returning to school. RTL Team meets to develop plan. Examples of what an RTL Plan may include: <ul style="list-style-type: none"> - Part time schedule - Continued limits on technology usage - Reduced assignments to those required for essential mastery of content - Breaks as needed if slight symptoms return - Limited cognitive demands - Avoid physically demanding or loud environments i.e. heavy backpacks, crowded halls, PE, band class, cafeteria, pep rallies, dances, etc. 	<p>Begin Reducing Academic Accommodations/ Modifications</p> <ul style="list-style-type: none"> RTL Team meets to review and revise plan. Examples of what an RTL Plan may include: <ul style="list-style-type: none"> - Attend school full time to the extent possible - Gradually increase work load (testing, homework, etc.) - Allow short breaks as needed if slight symptoms return - Incorporate light aerobic activity ++ <p>++ At the RTL team's discretion, tolerance of light aerobic activity may be monitored by the Athletic Trainer through the Return to Play Protocol (Stage 2) for student-athletes in the Yellow Zone of RTL. If symptoms return during physical activity, or student regresses in the RTL protocol, RTP will end until student has progressed fully through RTL.</p> <p>*See Next Steps</p>		<ul style="list-style-type: none"> Student attends school full time with limited to no modifications. RTL Team meets to review and revise plan RTL Plan may include: <ul style="list-style-type: none"> - Timeline for completing missed assignments - Notice of incomplete grade - Self-advocating at school if symptoms return - Resuming normal activities <p>*See Next Steps</p>	<p>After a student has successfully returned to school full time with no accommodations, (s)he may return to sports following the graduated Return to Play protocol.</p> <p>++ See Yellow Zone</p> <p>Completion of RTL and transfer to RTP must be documented by the RTL Team and approved by the school administrator.</p> <hr/> <p>CONTINUED SYMPTOMS</p> <p>Further Evaluation Research shows that the vast majority of students with concussions resume normal activities within 3-4 weeks.</p> <p>If a student has not reached Step 4 in this timeframe, the RTL team will meet to determine if the student:</p> <ol style="list-style-type: none"> Must obtain a health care plan from a physician in regards to continued accommodations, including consideration of a 504 plan; or in the absence of an evaluation by a licensed medical professional, an expectation to return to school full time with no accommodations.
<p><i>Able to maintain 30 minutes of cognitive activity at a time with no significant symptoms for at least 24 hours?</i></p> <p>Yes: Begin Orange Zone</p> <p>No: Continue Resting</p>	<p><i>Free of significant symptoms for 24 hours?</i></p> <p>Yes: Begin Yellow Zone</p> <p>No: Return to Red Zone and continue rest</p>	<p><i>Free of significant symptoms for 24 hours?</i></p> <p>Yes: Begin Green Zone</p> <p>No: Return to Orange Zone</p>		<p><i>Symptom free for 24 hours?</i></p> <p>Yes: End RTL protocol</p> <p>No: Return to Yellow Zone</p> <p>*See Next Steps</p>	

This chart outlines the general progression from concussion to full Return-to-Learn. Every student and every concussion is unique. Each student is monitored on a case by case basis and progression may be shorter or longer than others.

During Return-to-Learn, a health care plan from a licensed medical professional will be reviewed by the RTL team and may modify these steps.

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The KGCS Athletics Handbook is reviewed annually by a team of coaches, parents, and administrators. Policies, regulations, statutes, and laws are current at the time of publication but are subject to change. Policies, regulations, statutes, and laws in effect at the time of the incident supersede any contained in this document.

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Front Inside Cover: Return-to-Learn (RTL) Protocol

Back Inside Cover: Return-to-Play (RTP) Protocol

I. King George County Schools Athletic Program

The purpose of this handbook is to inform parents and student-athletes of policies set forth governing the athletics and individual student-athletes in King George County Schools (KGCS). The Athletics Handbook is reviewed annually by a committee of coaches, administrators, and parents. The Athletics Handbook is intended to govern all KGCS student-athletes, at both the middle school and high school levels. However, there may be specific sections that apply solely to participation at the high school level e.g. earning letters. Parents and student-athletes should direct any questions to their athletic director (AD).

Participation in sports provides a wealth of opportunities and experiences which will assist students in the real-world atmosphere long after graduation. A properly structured, well-organized, sports program will facilitate students learning the value of setting goals, sportsmanship, citizenship and self-reliance. Ultimately, the student-athlete will develop an understanding of the necessity of self-discipline and hard work to attain success.

The KGCS Athletic Department Staff is committed to the educational development of the student-athlete during their tenure here at KGCS. It is the intent of the KGCS Athletic Department to conduct a program that is educationally sound in purpose and will enhance each student-athlete's personal growth. The athletic department is student centered with the best interests of the student-athletes always at the forefront - including the commitment to prepare students for the academic, civic, and social challenges of the future, rather than a "win at all costs" approach.

II. Virginia High School League Guidelines

The Virginia High School League (VHSL) is a member of the National Federation of State High School Associations. To be eligible to represent the school in any VHSL sponsored interscholastic contest a student shall meet the eligibility requirements. All rules and regulations governing secondary boys' and girls' interscholastic athletic contests, practices, and eligibility requirements are established by the VHSL, the King George County School Board, and the King George County School Administration.

Student-athletes must meet specific academic requirements, including a specific number of courses they must be enrolled in, as well as minimum grades that must be earned in these courses each semester. For more information on academic eligibility, please contact the athletic-director at your school. The VHSL handbook has additional policies and regulations that are expected to be followed by our student-athletes and can be found on the VHSL website at www.vhsl.org.

III. NCAA College Eligibility Standards

The NCAA Eligibility Center outlines the NCAA academic requirements for high school athletes who aspire to participate in athletics at the collegiate level, including: high school course requirements, scoring requirements for the SAT and ACT, and GPA requirements. All potential college student-athletes must register with the NCAA Eligibility Center and meet NCAA academic requirements. It is the student-athlete's responsibility to assure all requirements are met. Please visit the NCAA Eligibility Center at <https://web3.ncaa.org/ecwr3/> for additional information.

If collegiate play is a goal, please consider the following:

- Selection of classes
- Letters of recommendation
- Clean discipline record
- Realistic outlook and expectations

IV. King George County Schools Athletics Policies and Procedures

It is expected that student-athletes, parents, and coaches understand, embrace, and adhere to the rules, regulations, and policies of the VHSL, KGCS Athletic Handbook, and the KGCS Code of Conduct. Please review these documents and all relevant policies and regulations. From the KGCS Student Code of Conduct:

Discipline of Student-Athletes and Members of other Co- and Extracurricular Activities

"In addition to the information provided here, students found to be in violation of the Student Code of Conduct or Honor Code may face additional consequences specific to their sport or activity.

Further, sports and activities may have member handbooks, by-laws, and codes of conduct separate

from and in addition to this Student Code of Conduct. Participation in such activity constitutes acceptance of those handbooks and codes of conducts. Students should address any questions or concerns with their coach or activity advisor.”

A. Sports Physicals

1. A current and complete physical form must be submitted prior to any participation.
2. Physicals must be completed each school year. Physicals are valid from May 1 of the current year through June 30 of the succeeding year.
3. Physicals must be completed using the VHSL Athletic Participation/Parental Consent/Physical Examination Form.

B. Eligibility Check

1. The athletic director must confirm the eligibility of each student-athlete prior to any participation in sports, including conditioning.
 - a. The Athletic Director verifies applicable VHSL and/or school eligibility, including but not limited to grades, acknowledgement of receipt of Athletics Handbook, current sports physical, medical insurance, and concussion training.
 - b. Student-athletes should provide documentation of personal medical/accident insurance and should maintain coverage throughout participation in the KGCS athletics program. Student-athletes in need of insurance may purchase insurance through the school sponsored insurance program that covers athletic participation. Information can be found on the KGCS website.
2. New/transfer students must be fully registered and enrolled prior to participating in tryouts or workouts and must adhere to the same eligibility as above.

C. Student Fees

1. Some athletic activities require parents to purchase or pay fees for equipment, uniforms, or other materials and supplies not provided by KGCS.
2. Students who are financially unable to pay fees, including but not limited to, families receiving unemployment benefits or public assistance, including TANF, SSI, SNAP, or Medicaid; children in foster care; and families who are homeless may be eligible for a reduction of fees. If you have concerns regarding the payment of any fee, please speak with your child’s coach or the Athletic Director.

D. School Attendance

1. All student-athletes must be in attendance for a full day of classes to practice or play that day. An “excused” absence, in accordance with the KGCS Student and Family Handbook, will not count against the athlete’s attendance requirement, with the following exception:
 - a. A hand-written note for “illness” is not acceptable for a student-athlete that is absent the majority of the day for illness. In these cases, the student-athlete should not be participating in practice or competition. In accordance with section IV. Athletic Trainer, all illnesses must be reported to the KGAT.
 - b. The Principal or the Athletic Director are the only personnel authorized to excuse anything outside of an excused absence (as defined by the Student and Family Handbook) in order to have game or practice rights reinstated.
2. School sponsored activities, such as field trips, count towards meeting the attendance requirement.

E. Sport Attendance

1. All student-athletes are required to attend practice, scrimmages, team meetings, games, and other events as scheduled by their coach and team rules.
 - a. Notification to coaches regarding such absence, whether excused or unexcused, anticipated or unexpected, should be in accordance with team rules.
 - b. Failure to do so could result in consequences including a loss of playing time up to dismissal from the team.
2. Student-athletes must come to practice in the proper, required practice clothing and equipment for their sport. Failure to be properly dressed and prepared for practice is considered an unexcused absence.

F. Dual-Sport, Same Season Student-Athletes

1. Student-Athletes are permitted to participate in multiple sports in a single season.
2. Sharing and scheduling of the student-athlete must be coordinated and agreed upon by the head coach of each sport prior to the start of the season.
 - a. The student-athlete has the responsibility to keep both coaches informed.
 - b. Coaches have the responsibility to communicate with each other to ensure the student-athlete is not the communication go between.

G. Out of Season Workouts

1. Workouts outside of the VHSL designated season can be provided by any member of the coaching staff and can consist of weight room activities and skill improvement. These are offered only as a way for the student-athlete to enhance their skills under a coach's instruction.
 - a. Attendance at out of season workouts has no bearing on a student-athlete making the team or not during tryouts. They are strictly voluntary and dependent on availability of the coach and student-athlete.
 - b. If a student-athlete is dismissed from, suspended from, or quits a team that is in season, he/she will not be able to attend any out of season practices until the season he/she left is over. If extenuating circumstances exist, the athletic director may review this on an individual basis.
2. In season, restricted participation: If a student-athlete is on a team that is in season, attendance at any out of season workout conducted by another KGCS sports team is permitted under the following conditions:
 - a. Participation in out of season workout must only consist of sport specific skill development and/or sport specific conditioning.
 - b. Participation in out of season workouts does not include scrimmages or similar practice competitions.
 - c. Participation in out of season workouts must conclude at least ten (10) days prior to the in season sport's post season competitions, including district, regional, and state events.
 - d. Participation in out of season workouts is secondary to in season training and competition schedule.

H. Team Transportation

1. From KGCS to events: All student-athletes will be required to ride school transportation or school arranged transportation to their athletic events when it is provided.
2. From away events, returning to KGCS: All student-athletes are expected to ride school transportation or school arranged transportation back to KGCS following athletic events when it is provided. All standard school rules apply regarding pick up from away events:
 - a. Student-athletes must get permission from and sign out with the head coach prior to leaving the site of an away athletic event. This includes leaving and returning (such as during a break in competition) and leaving after the event is over.
 - b. Rides home from the event must be established with the head coach and can only be with a legal parent/guardian. If a student-athlete will be riding home with an adult other than their own parent/guardian, written permission from the parent must be given to and approved by the head coach prior to the competition.

I. Quitting a Team

1. If a student-athlete quits one sport, they will not be able to participate in any other in-season sport (conditioning, practice, or competition) until the sport they quit has completed their season.
2. This does not apply to dual-sport, same season, student-athletes.

V. Student-Athlete Responsibilities

A. Student-Athlete Code of Ethics

1. Student comes before athlete.
2. Maintain self-control always.
3. Be modest in success and gracious in defeat.
4. Participation in athletics is a privilege. Treat it as such.
5. Be courteous to all coaches, administrators, opponents, and officials.
6. Respect the facilities of host schools and the trust entailed in being a guest.
7. Compete to the limit of your ability, do not give up, argue, cheat, or taunt opponents.
8. Maintain a high standard of physical fitness.
9. Understand and observe the rules of VHSL, KGCS, the Athletic Department, and your sport.
10. Work to keep open communication with the coaching staff and Athletic Trainer.

B. Hazing, Bullying, and Harassment

1. Hazing means to recklessly or intentionally endanger the health or safety of a student or students or to inflict bodily harm on a student or students in connection with or for the purpose of initiation, admission into or affiliation with or as a condition for continued membership in a club, organization, association, fraternity, sorority, sports team, activity, or student body regardless of whether the student or students so endangered or injured participated voluntarily in the relevant activity.
 - a. No student-athlete shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the school.
 - b. The principal of any school at which hazing which causes bodily injury occurs shall report the hazing to the local Commonwealth Attorney. VA Code §18.2-56, defines and prohibits hazing and imposes a Class 1 misdemeanor penalty for violations, that is, confinement in jail for not more than 12 months and a fine of not more than \$2,500, either or both.
2. The Code of Virginia 22.1-276.01, defines bullying as any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and victim; and is repeated over time or causes severe emotional trauma. Bullying includes cyber bullying. Bullying does not include ordinary teasing, horseplay, mutual arguments, or peer conflict.
 - a. All incidents of bullying, teasing, intimidation or hazing should be reported to a coach, teacher, school administrator, counselor, or other school staff immediately. A bullying report form is available at all schools and online on the KGCS website. Bullying report forms may be turned in to any school staff.
 - b. The Code of Virginia 22.1-279.6. directs the principal to notify the parent of any student involved in an alleged incident of bullying of the status of any investigation within five school days of the allegation of bullying.

C. Social Media – See Appendix: Battlefield District Social Media Guidelines for Student-Athletes

1. Student-athletes are responsible for their actions and content posted on social media and other web-sites, including but not limited to: Facebook, Twitter, Instagram, Snap Chat, YouTube, and so forth.
2. Any photos, comments, or other evidence that suggests an Athletic Handbook or Code of Conduct violation has occurred will be investigated by the coach and Athletic Director.
3. Any evidence that shows a student-athlete using or in possession of Alcohol/Drugs/Tobacco/Alternative Smoking Devices will fall under the consequences of this Handbook and applicable Student Code of Conduct.
4. Inappropriate postings to any social media or blog sites by a student-athlete will be handled on an individual basis by the coach and Athletic Director.
5. Inappropriate postings include but are not limited to obscene or vulgar language; graphic images or videos; sexually explicit language, imagery, or videos; threats; and unkind or inflammatory remarks about KGCS, its faculty, staff, and administration, coaches, and students, or other schools and their coaches and athletes, faculty and staff and so forth.

6. Violations under this section may be reportable to school officials and law enforcement as provided by School Board policy and the Code of Virginia.

D. Substance Use - Alcohol/Drugs/Tobacco/Alternative Smoking Products

1. A student shall not possess, attempt to possess, use, consume, procure and/or purchase, or distribute restricted substances.
 - a. A student shall not be under the influence of any of these substances or products, regardless of whether the student's condition amounts to legal intoxication.
 - b. Restricted substances include but are not limited to alcohol, inhalant products, and other controlled substances, including stimulants, depressants, hallucinogens, marijuana, imitation and look-alike drugs, drug paraphernalia, tobacco products or related paraphernalia to include but not limited to cigarettes, smokeless tobacco, nicotine vapor product, or alternative nicotine product, cigars, pipe tobacco, snuff, chewing tobacco, or any other form of tobacco or nicotine dispensing articles. This includes any prescription or non-prescription drug possessed in violation of School Board policy.
2. Any Alcohol/Drugs/Tobacco/Alternative Smoking Products violation under this section shall result in dismissal from the team and removal from athletics pursuant to the Suspension Rule.
 - a. 1st offense: Suspension/Removal from athletics for the remainder of the season;
 - b. 2nd offense: Suspension/Removal from athletics for the remainder of the school year.
3. Additional consequences, including school discipline and law enforcement reporting as required, may occur. Athletics suspension into the next season/school year may occur under certain circumstances.

E. Court Disciplinary Action

1. School officials may suspend a student from participation in a sport when the student-athlete has been arrested or charged by a law enforcement officer with an act which would be a crime if committed by an adult and in accordance with School Board policy JFC, which can be found on the KGCS website and in the Student Code of Conduct.
2. The student-athlete or parent must immediately report the incident, arrest, or any charges, to the Principal or the Principal's designee (Athletic Director). The Principal, or the Principal's designee (Athletic Director), will determine participation eligibility. School officials may suspend the student from participating until the disposition of charges.
3. Upon the disposition of charges and/or further disciplinary action by the school, further consequences may result that could affect participation in athletics.

F. Team Specific Rules

1. In addition to the KGCS Athletic Handbook and Student Code of Conduct, each student-athlete agrees to follow the specific team rules developed by the coach. A clear understanding of these rules makes for a positive relationship among the parent, coach, and athlete.
2. At the beginning of each season, each coach will discuss the rules and procedures for his/her specific sport concerning the following:
 - a. Citizenship and behavior expectations
 - b. Reporting of concerns and violations
 - c. School and practice attendance
 - d. Practice schedule
 - e. Training rules
 - f. Academic development and Honor Code expectations
 - g. Sickness/return from injury/emergency care
 - h. Competition participation criteria
 - i. Parental involvement and contact information
 - j. Criteria for receiving participation certificates, letters, and other awards
 - k. Transportation to and from competitions
 - l. Concussion Information
3. School discipline that results in KGHS or KGMS administration action in accordance with the KGCS Student Code of Conduct or KGCS Honor Code, may also lead to specific team discipline that will be administered by the head coach of the student-athlete's team. Based on the severity of the violation, the Suspension Rule may apply.

4. After the 2nd offense that leads to disciplinary action taken by the KGHS or KGMS administration, the coach and Athletic Director will schedule a meeting with the student-athlete and parent to review the history of offenses and communicate an appropriate plan of action. Based on the severity of the violation, the Suspension Rule may apply.

G. Suspension Rule

1. Violations of the division's Student Code of Conduct, the Battlefield District Social Media Guidelines for Student Athletes (Appendix), or rules and regulations specific to each team will result in penalties.
2. Disciplinary action taken by the coach/sponsor for violating school or team rules may range from a conference with the student to dismissal or suspension from the team, depending on the nature and severity of the violation.
3. Incidents which may result in consequences including suspension from the team must be referred to the Athletic Director for appropriate disposition.
 - a. Prior to deciding and imposing an exclusionary consequence, the Athletic Director shall give students the opportunity to explain their conduct and provide a written statement.
 - b. The Athletic Director shall record in writing the factors which led to the decision to exclude the student from the team and shall stipulate the consequence(s) to the student.
4. Dismissal or suspension from a team precludes a student-athlete from participating (including practice or conditioning) in any other sport during the same season. Suspensions under this section may apply to dual-sport, same season, student-athletes. If extenuating circumstances exist, the athletic director may review this on an individual basis.
5. Athletics suspension into the next season/school year may occur under certain circumstances.
6. The Principal may review such suspension at the request of the parent/guardian if the parent/guardian believes the student was not in violation of the rule.
 - a. This request must be presented in writing within two (2) days of the suspension and must document why the rule was not violated.
 - b. Students shall not participate in practices, competitions, or other team activities during the review.
 - c. The Principal will review the decision with the Athletic Director and provide notice to the parent/guardian of the outcome.
 - d. The decision of the Principal is final and cannot be appealed.

VI. Coaching Staff Responsibilities

A. Code of Ethics

1. Exemplify the behavior expected of your student-athletes.
2. Demonstrate integrity, high ideals, good habits, and a desirable attitude and demand the same of the student-athletes entrusted to you.
3. Maintain self-control always.
4. Be modest in success and gracious in defeat.
5. Be courteous to all coaches, administrators, opponents, and officials.
6. Respect the facilities of host schools and the trust entailed in being a guest.
7. Understand and observe the rules of VHSL, KGCS, the Athletic Department, and your sport.
8. Recognize the purpose of KGCS Athletics is to promote physical, mental, social, and emotional well-being of individual student-athletes.
9. Maintain open communication with the student-athletes and parents.

B. Required Training

1. VHSL/NFHS Course
2. Concussion Education Course
3. Sport Specific Training
4. Child Abuse Awareness and Reporting
5. CPR and AED Training
6. Cardiac Arrest Prevention Education
7. Other training as required by VHSL and/or KGCS

- C. Communicating with Parents and Student-Athletes
Open communication is encouraged between the coach, student-athlete and parents. The following are communications expected from the coaching staff:
1. Philosophy of the coaching staff
 2. General Expectations
 3. Team Rules, Guidelines, and Consequences for infractions
 4. Locations and times of all practices, events, and contests
 5. Communication tools and resources such as Team App, Game Changer

VII. Parent and Spectator Responsibilities

- A. Parent and Spectator Code of Ethics
1. Let the coaches coach.
 2. Maintain self-control always.
 3. Be a positive role model.
 4. Be a team fan and a fan of KGCS athletics, not only a fan of your student-athlete.
 5. Be courteous and respectful of all coaches, administrators, opponents and officials.
 6. Praise your student-athlete for their efforts to improve.
 7. Gain an understanding of the sport specific rules.
 8. Teach your child that success is measured by the development of skills, not by the scoreboard.
 9. Maintain open communication with the coaching staff and your student-athlete.
- B. Communication with Coaches & Parents of Student-Athlete
1. If you have a concern to discuss with a coach, contact the coach to set-up an appointment.
 2. Do not contact a coach to discuss a concern before, during, or after a contest or practice. These can be emotional times for all involved, and generally do not promote positive resolutions.
 - a. Appropriate concerns to discuss with the coach include, but are not limited to: mental and physical well-being, strategies for improving individual performance, and issues of behavior.
 - b. Inappropriate issues to discuss with the coach include, but are not limited to: playing time, starting positions, team strategy, play calling, other student-athletes.
 3. If you do not receive satisfactory resolution to your concern after meeting with the coach, please call the Athletic Director to make an appointment.
- C. Parent and Spectator Responsibilities
1. All spectators represent KGCS and have an obligation to practice good sportsmanship at all times, home and away.
 2. Spectators should recognize 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.
 3. All spectators should recognize that because the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is of secondary importance.
 4. Treat visiting teams and officials as guests, extending to them every courtesy.
 5. Be modest in victory and gracious in defeat.
 6. Spectators must respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.
 7. Any sportsmanship violations by a parent or spectator could lead to removal from the event with no refund of ticket price and prohibition from attending future events.

Smoking, vaping, or the use of any other alternative nicotine product, the use or possession of any illegal substance, and the possession of weapons as defined by local policy, state, or federal law, is prohibited at all school facilities - including outside and in parking lots.

Schools may implement additional security procedures at any time, including but not limited to: metal detectors, canines, security personnel, or the prohibition of additional items including but not limited to bags.

Failure to comply with any rules or directives of school staff or security personnel will result in removal from the facilities without refund and may include additional law enforcement involvement.

VIII. Student-Athlete Health and Well-Being

** KGMS does not have an Athletic Trainer on staff. Therefore, portions of Section IV may not apply or may apply in a different context if required. If you have questions, please contact the KGMS Athletic Director or administrator. If the KGAT responds to an injury or illness for a middle school student-athlete, all applicable guidelines apply as determined by the KGAT and AD.*

A. Injuries and Illnesses Occurring Off Site

1. All injuries, on or off site, must be reported to the coach and King George Athletic Trainer (KGAT) as soon as possible.
 - a. When possible, student-athletes should be seen by the KGAT before being taken to medical appointments for non-emergency injuries.
 - b. Any injury/illness that may keep a student-athlete out of practice or a game must be reported to the coach and/or KGAT.
 - c. If a student-athlete is injured, he/she may not return to practice or competition until the KGAT releases him/her to return. While the Athletic Trainer may consult and collaborate with the student-athlete's private physician, the KGAT makes the final determination regarding returning to play.
 - d. Failure to comply with treatment or restrictions while under the KGAT's care could result in disciplinary action, including suspension from athletics.
 - e. If a doctor has given a note to the student-athlete, this note must be on file with the coach and/or KGAT. The coach and/or KGAT cannot release the student-athlete to return to competition before the date indicated by the doctor's note.
2. Student-athletes must meet with the KGAT as required. However, being in the athletic training room for unexcused reasons will not excuse a player from being late to practice. Student-athletes will be provided notes to their coaches when appropriate.
 - a. The training room is a treatment area and is not for socializing. Please only enter to get help.
 - b. The KGAT is the only person authorized to pass out materials from the training room.

B. Injuries Occurring at the Playing Site

1. The KGAT is in charge of any injury scene. Any person, including medical professional(s), that enters the playing area will be asked to identify him/herself and will remain only as determined by the KGAT or AD in the best interest of the student-athlete.
2. Parents: If your student-athlete is injured during a contest, the best way to help is to remain on the sidelines. Please do not enter the playing area. The coach and/or KGAT will contact the parent regarding the condition of the student-athlete if the parent is not present.

C. Mental Health and Wellbeing

Anyone having concerns regarding a student-athlete's mental health should immediately report these concerns to appropriate resources such as the student-athlete's parent.

Parents, student-athletes, and KGCS school staff, including coaches, are required to report any such concerns immediately to the head coach and athletic director and follow all required protocols outlined in the KGCS Suicide Prevention and Awareness Protocols.

D. Cardiac Arrest Prevention Education

In accordance with KGCS Policy JJAF, and VA Code. § 22.1-271.8., KGCS will provide student-athletes and families with information, policies, and procedures regarding the nature and risk of sudden cardiac arrest, removal from and return to play procedures, and the dangers of not reporting symptoms.

This information will be provided in accordance with guidelines established by the Virginia Board of Education, which were under review as of the date of this publication (June 2022). More information will be provided once the guidelines are finalized.

- E. Concussion and Brain Injury Awareness and Education
In accordance with KGCS Policy JJAC, VDOE’s Virginia Student-Athlete Protection Act (Code of Virginia § 22.1-271.5) and the Virginia Board of Education’s Guidelines for Policies on Concussions in Students, KGCS provides the following information, policies, and procedures regarding concussions and brain injury. See Appendix B: Return-to-Learn, Appendix C: Return-to-Play, and School Board Policy JJAC: Student-Athlete Concussions during Extra-Curricular Activities for more information.

Definitions

1. **A concussion** is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e., a helmet to the head, being knocked to the ground).
 - a. A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual.
 - b. Concussions may be caused either by a direct blow to the head, face, or neck or by an impact elsewhere on the body that transmits force to the head.
 - c. Concussions typically result in the rapid onset of temporary impairment of neurologic function that resolves spontaneously, but may evolve over a number of minutes, hours, or days.
 - d. Concussions may result in neuropathological changes, but often there is no structural injury or abnormality seen on standard medical imaging.
 - e. Concussions result in a graduated in a set of clinical symptoms that may or may not involve loss of consciousness. Resolution of symptoms typically follows a sequential course. It is important to note, however, that symptoms may be prolonged in some cases.
2. **A Concussion Baseline Assessment (CBA)** is an assessment given prior to an event to provide a reference point for the skills, knowledge, and so forth being assessed. In regards to concussions, a Baseline Assessment tests cognitive function at the beginning of a sports season. The scores on the CBA provide a reference point for medical professionals to gauge a suspected injury and/or progression of healing.
3. **Return-to-learn (RTL)** is the gradual return to full participation in academic activities by a student who has suffered a concussion or other head injury. School personnel accommodate the gradual return to full participation in academic activities of a student who has suffered a concussion or other head injury as appropriate, based on the recommendation of the student’s licensed health care provider as to the appropriate amount of time that such student needs to be away from the classroom.
4. **Return-to-play (RTP)** is a progressive return to sports participation facilitated by a licensed health care professional (the athletic trainer). Following a concussion, a student-athlete progresses through a series of assessments until they are released to return to full participation in a non-medically supervised practice or athletic competition.
5. **The Return-to-Learn Team (RTL Team)** is a School Based Intervention Team that collaborates with each other to determine a short-term (typically less than 4 weeks) plan for a student’s return to academic activities using necessary modifications, accommodations, or other supports following a concussion. The RTL Team may include the student’s school nurse, counselor, teachers, parents, athletic trainer, and coach. If symptoms continue beyond the short-term RTL plan, the student-athlete may be referred for additional evaluation and/or support.

F. Signs and Symptoms of a Concussion

1. Signs and symptoms reported by the student-athlete may include headache, nausea, balance problems/dizziness, double vision/fuzzy vision, feeling sluggish, feeling foggy/groggy, concentration/memory problems and confusion. See Appendix A: Signs and Symptoms of Concussions.
2. Signs and symptoms observed by parents, friends, teammates, or coaches include appearing dazed/confused, confused about what to do, unsure of game/score/opponent, moves clumsily, answers questions slowly, loss of consciousness, cannot recall events prior to hit, or cannot recall events after the hit. See Appendix A: Signs and Symptoms of Concussions.

3. In some cases, symptoms and signs may evolve over a number of minutes, hours, or days. All symptoms need to be reported to the school nurse, parents, and the school's athletic trainer immediately.
4. Parent's Role: Recognize and report any signs, symptoms or change of behavior to the school's coach, teacher, nurse and athletic trainer immediately.
5. Student-Athlete's Role: You know yourself better than anyone else. Report any signs or symptoms immediately. Be aware of your teammate's behavior on and off the field. Report problems immediately.
6. Coaches Role: Report any signs or symptoms immediately. Coaches will follow all guidelines as established and will support the recommended progressive return to physical activity.
7. Headaches that worsen and will not go away, repeated vomiting, seizures, slurred speech, and extreme drowsiness represent a medical emergency, whether they happen immediately or days following a head injury. **Call 911 and take student-athlete to the hospital.**

G. Procedures regarding Concussions in Student-Athletes

Before Athletic Participation

1. In order to participate in any extracurricular physical activity, each student-athlete and the student-athlete's parent or guardian must annually participate in a school-sanctioned concussion awareness and education program, and meet all requirements of KGCS regarding concussion education. Each student-athlete and the student-athlete's parent or guardian must sign a statement acknowledging participation in the program, including understanding the short- and long-term effects of concussions.
2. Student-athletes will take a Concussion Baseline Assessment (CBA) every year. Student-Athletes must pass the baseline test before participating in the first scheduled game.
3. Coaches and school personnel are provided information on and shall be alert to cognitive and academic issues that may be experienced by a student who has suffered a concussion or other head injury, including (i) difficulty with concentration, organization, and long-term and short-term memory; (ii) sensitivity to bright lights and sounds; and (iii) short-term problems with speech and language, reasoning, planning, and problem solving. School staff, coaches, athletic trainers, team physicians, and volunteers receive current training annually on:
 - how to recognize the signs and symptoms of a concussion;
 - strategies to reduce the risk of concussions;
 - how to seek proper medical treatment for a person suspected of having a concussion;
 - when the student-athlete may safely return to the event or training.

During Athletic Participation

1. A student-athlete suspected by a student-athlete's coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice, game, or competition shall be removed from the activity immediately, evaluated, and if necessary, referred for further treatment.
2. A student-athlete who has been removed from play, evaluated, and suspected to have sustained a concussion or brain injury shall not return-to-play that same day.
 - a. The determination of whether a student-athlete removed from play is suspected of having sustained a concussion shall be the sole determination of the licensed health care provider or other properly trained individual conducting the concussion sideline assessment. In KGCS, this is typically the KGAT.
 - b. Such determination is final and may not be overruled by another licensed health care provider, coach, assistant coach, school staff, or other person serving in a coaching or advisory role, the student-athlete, or the parent or guardian of the student-athlete.
3. No student-athlete shall be allowed to return to extracurricular physical activities, (including conditioning, practices, games, or competitions) until the student-athlete has successfully completed a progressive return to sports participation program. The length of the progressive return to sports participation program (Return-to-Play) shall be determined by the student-athlete's licensed health care provider (in KGCS this is the Athletic Trainer)

After a Concussion

1. If short-term (up to 4 weeks) academic accommodations are needed, the RTL Team will meet to develop an RTL plan. A student recovering from a brain injury shall gradually increase cognitive activities progressing through some or all of the RTL zones listed in the Appendix. Some students may need total rest with a gradual return to school, while others will be able to

continue doing academic work with minimal instructional modifications. The decision to progress from one phase to another should reflect the absence of any relevant signs or symptoms, and should be based on the recommendation of the student's RTL Team.

2. If symptoms persist or fail to improve over time, additional in-school support may be required with consideration for further evaluation. If the student is three to four weeks post injury without significant evidence of improvement, a 504 plan should be considered.
3. Once a student-athlete no longer has symptoms of a concussion, the Certified Athletic Trainer/Nurse will implement a gradual return-to-play and/or return-to-learn protocol that includes a gradual increase in activity in a fashion so the brain can adjust to physical exertion. No student-athlete shall return to participate in athletics after he/she experiences a concussion unless all of the following conditions have been met:
 - the student attends all classes, maintains full academic load/homework, and requires no instructional modifications;
 - the student no longer exhibits signs, symptoms, or behaviors consistent with a concussion, at rest or with exertion;
 - the student is asymptomatic during, or following periods of supervised exercise that is gradually intensifying; and
 - the student receives a written medical release from the KGAT or acceptable to the KGAT.

IX. APPENDICES

Appendix A: Signs and Symptoms of Concussions

For student-athletes: If I get a concussion, what does it feel like?

Physical Symptoms (Body)

- Headache
- Nausea
- Vomiting
- Balance Problems/Dizziness
- Sensitivity to Light or Noise
- Visual Problems
- Numbness or Tingling
- Neck Pain

Cognitive Symptoms (Mind)

- Fogginess
- Feeling “Slowed Down”
- Trouble Concentrating
- Troubles with Memory
- Change in Smell or Taste
- Ringing in the Ear

Emotional Symptoms (Feelings)

- Irritability (Grumpy)
- Sadness
- More Emotional than Usual
- Nervous or Anxious

Maintenance Symptoms (Energy)

- Fatigue (Body is Tired)
- Drowsy (Mind is Tired)
- Sleeping Less than Usual
- Sleeping More than Usual
- Trouble Falling Asleep
- Trouble Staying Asleep
- Change in Appetite
- Change in Energy Levels

For parents and school personnel: What signs and symptoms should I be aware of that might signal a concussion?

- Appears dazed or confused
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality change
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

For more information on concussions, visit the CDC Heads Up website at:
<https://www.cdc.gov/headsup/highschoolsports/index.html>

Headaches that worsen and will not go away, repeated vomiting, seizures, slurred speech, and extreme drowsiness represent a medical emergency, whether they happen immediately or days following a head injury. Call 911 and take student-athlete to the hospital.

Source: Sports Concussion Institute 2018

Appendix B: Battlefield District Social Media Position Statement

Social Media has become engrained in today's society. Social media technologies such as Twitter, Facebook, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Battlefield District recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. Each student-athlete and coach must remember that participating and competing for the Battlefield District is a privilege, not a right. The student-athlete and coach represent his or her high school and the Battlefield District, and therefore, they are expected to portray themselves, their team, and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, school division, and Battlefield District rules and regulations (including those listed below).

Specifically prohibited behaviors include but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students and/or school personnel.
- Nude, sexually-oriented, or indecent photos, images or altered pictures.

Also prohibited are all on-campus connections to off-campus violations of the policy.

- Use of school computers to view off-campus postings.
- Students accessing posts at school on their own devices.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

Social Media Guidelines for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It's unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember - once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember that photos once put on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.
6. One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.
7. Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity and a recommendation for expulsion.

Virginia Code Ann. Sec. 18.2-60 states "Any person who knowingly communicates, in a writing, including an electronically transmitted communication producing a visual or electronic message, a threat to kill or do bodily injury to a person, regarding that person or any member of his family, and the threat places such person in reasonable apprehension of death or bodily injury to himself or his family member, is guilty of a Class 6 felony."

Virginia Code Ann. Sec. 18.2-152.7 states that "A person is guilty of a crime of personal trespass by computer when he uses a computer or computer network to cause physical injury to an individual... committed maliciously shall be a Class 3 felony."

Virginia Code Ann. Sec. 18.2-152.7:1 states that "If any person, with the intent to coerce, intimidate, or harass any person, shall use a computer or computer network to communicate obscene, vulgar, profane, lewd, lascivious, or indecent language, or make any suggestion or proposal of an obscene nature, or threaten any illegal or immoral act, he shall be guilty of a Class 1 misdemeanor."

Appendix C: Athletic Letters & Awards

A. King George High School

1. Criteria for Varsity Letters

Student-athletes competing at the Varsity Level may earn Varsity Letters. Coaches have discretion in making the final determination regarding the awarding of letters, as long as criteria is followed consistently. The information below is a guideline only. Student-athletes should address any specific questions to the head coach of their sport.

FALL SPORTS

Cross Country	Compete as a Top 7 runner in six different events
Competition Cheer	Participate in two contests
Field Hockey	Participate in sixteen halves
Football	Participate in one hundred (100) plays
Golf	Place in the Top 6 in three matches
Volleyball	Participate in half of the matches

WINTER SPORTS

Basketball	Participate in forty quarters
Sideline Cheer	Make team and actively participate
Swimming	Earn twelve team points
Track	Earn twenty team points
Wrestling	Earn twenty team points

SPRING SPORTS

Baseball	Participate in twenty-five innings or twenty at bats
Soccer	Participate in sixteen halves
Softball	Participate in twenty-five innings or twenty at bats
Tennis	Compete as a top scorer in five different matches
Track	Earn twenty team points

2. Criteria for Certificates

- Student-athletes earning a Varsity Letter will receive a certificate of lettering.
- Varsity players not lettering will receive a participation certificate.
- All JV players will receive a participation certificate.

3. Criteria for Season Plaque

- Two Varsity plaques will be awarded by each Varsity Team.
- Two JV plaques will be awarded by each JV Team.

4. Additional Criteria

- Student-athletes may not earn a letter or receive a plaque or certificate if a student-athlete is suspended or removed from a team, quits the team, or is otherwise not in good standing in KGCS athletics.
- Senior student-athletes and injured players may be eligible to earn a letter at the discretion of the head coach or Athletic Director.

B. King George Middle School

KGMS Athletics presents awards and certificates after each season. Team specific awards are determined by each head coach. For more information, please contact the KGMS athletic director or your child's middle school coach.

Appendix D: Attending Athletic Events

1. Tickets

Tickets are available for purchase online via the Ticket Spicket website and app. Visit www.ticketspicket.com to register.

Ticket prices are determined by the district, region, and state depending on the event. Ticket prices will be posted on the KGHS and KGMS webpages.

Employee Entrance

Permanent employees (employees under contract, this does not include substitutes or other temporary employees) of KGCS are given ONE COMPLIMENTARY ENTRY for themselves to each regular season home event. The employee must present their KGCS ID badge and sign in at each event. This complimentary entry is NOT transferable to any other person.

All other guests must purchase a ticket according to the ticket prices listed on the school webpages.

2. Special Event Pricing

District, region, and state tournaments, as well as special events and away competitions, may have different ticket prices in accordance with VHSL and their governing bodies. KGCS Season Passes are not valid at away games or in post-season play, regardless of the location of the event.

3. Event Information

Schedules

- Athletic schedules can be found on the Battlefield District website at <https://www.battlefielddistrictva.org/g5-bin/client.cgi?G5genie=354>. Schedules are subject to change. Please confirm schedules prior to game day.
- Subscribe to KG Alerts and KGCS Messenger for school closing information. When school is closed due to inclement weather, activities are typically suspended as well.
- Follow KGCS Division, KGHS Athletics, and KGMS Athletics social media pages to stay up to date on changes.
- Subscribe to your team's communication application, such as Team App and Game Changer for announcements. Ask your head coach for more information.
- Occasionally, a decision is made to begin play earlier than scheduled. This is often due to impending weather. While KGCS does its best to notify the community, this is not always possible.

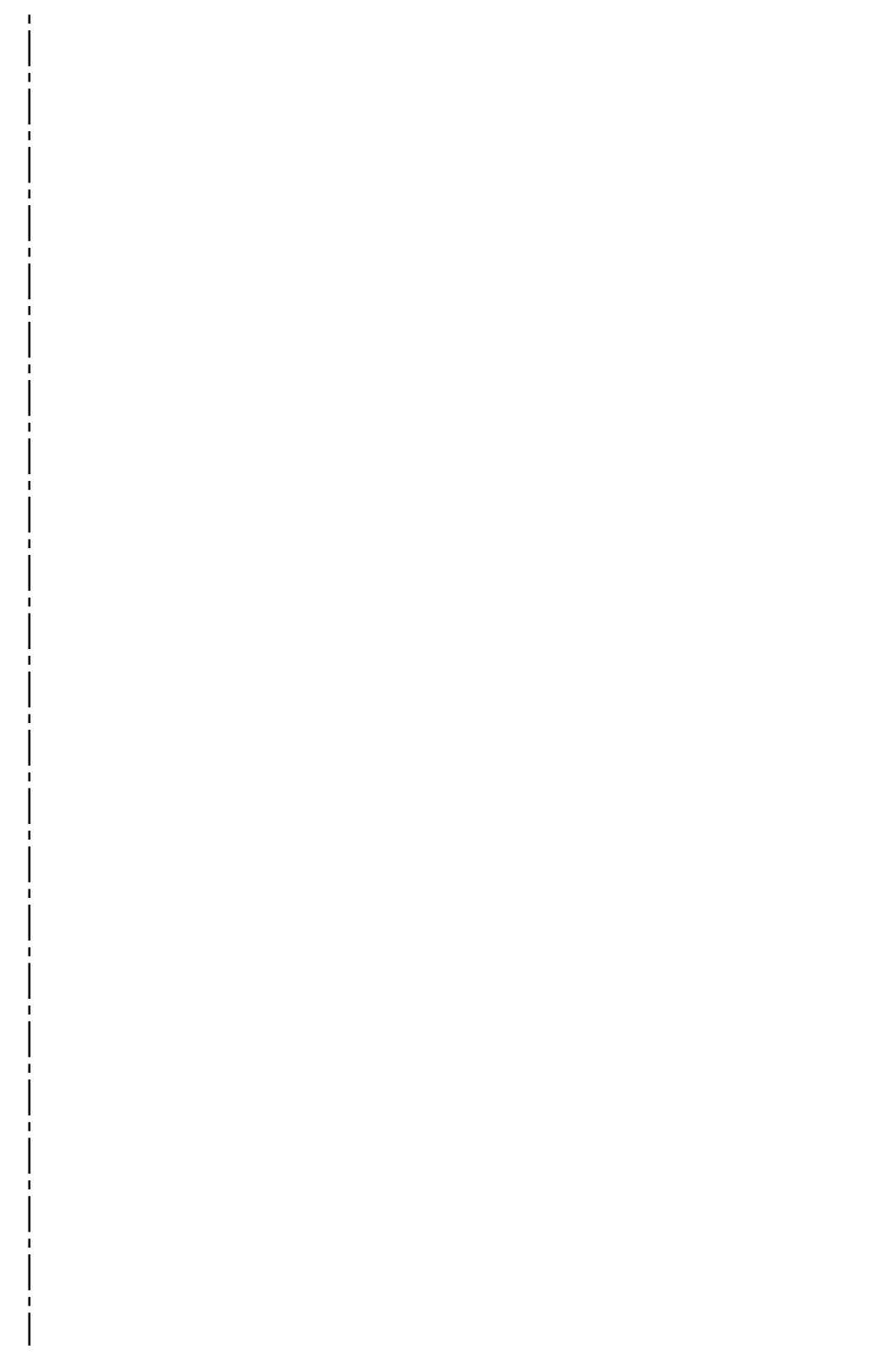
Facilities

- Pets are not permitted at any school facility at any time.
- Smoking, vaping, or the use of any other alternative nicotine product, the use or possession of any illegal substance, and the possession of weapons as defined by local policy, state, or federal law, is prohibited at all school facilities - including outside and in parking lots.
- Schools may implement additional security procedures at any time, including but not limited to: metal detectors, canines, security personnel, or the prohibition of additional items including but not limited to bags.
- Failure to comply with any rules or directives of school staff or security personnel will result in removal from the facilities without refund and may include additional law enforcement involvement.
- An administrator is always on site. If you have any questions or concerns, please let us know.

The KGCS Athletics Handbook is reviewed annually as part of the Student Code of Conduct work group. If you are interested in participating in the annual review of the KGCS Athletics Handbook, please contact Mary Fisher at mfisher@kgcs.k12.va.us.

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Notes



King George County Schools Athletics Handbook

Statement of Understanding

22-23

Student-Athlete's Full Name (Printed)

I will not engage in and will not be tolerant of violent acts, including assaults on persons or property, abusive language, harassment, hazing, stalking, sexual violence, or any other prohibited conduct.

I will not engage in any act, including via the internet or social media, which subjects another person, voluntarily or involuntarily, to abuse, mistreatment, humiliation, harassment, or intimidation.

I will not possess, attempt to possess, use, consume, procure and/or purchase, or distribute restricted substances, including but not limited to alcoholic beverages, illegal drugs, anabolic steroids, tobacco products, or alternative smoking products or what I believe is any of these substances or products. This includes a VHSL ban on energy drinks.

I understand the inherent risk of sports participation. I understand the seriousness and dangers of concussions and will self-report any concerns and be honest with my coaches, parents, and medical professionals about my symptoms. I understand the Return-to-Learn and Return-to-Play protocols will be followed at all times. I understand the decision by the athletic trainer is final regarding my return-to-play for any medical clearance, including concussions. If I observe a fellow student in distress of any kind, I will notify my coach, Athletic Director, Athletic Trainer, or administrator immediately.

I have read and am in compliance with all requirements of the KGCS Athletics Handbook. I understand that participation in school sponsored activities, including athletics, is a privilege and not a right. I understand that failure to conduct myself responsibly, as stated and implied in the Athletics Handbook and the KGCS Student Code of Conduct, may result in sanctions, including but not limited to limited participation, suspension, or dismissal from the team and/or future athletic program participation, and suspension or expulsion from KGCS. If I witness violations of the Athletic Handbook, or if I observe a fellow student in distress of any kind, I will notify my coach, Athletic Director, Athletic Trainer, or administrator immediately.

Student-Athlete Signature

Date

By allowing my child to participate in KGCS Athletics, I acknowledge that I have read, understand, and discussed with my student-athlete, the guidelines governing interscholastic athletics in KGCS as outlined in the KGCS Athletics Handbook, including all team rules, VHSL and school regulations and policies, and applicable laws.

I understand the inherent risk of sports participation. We have been provided education as required by the VHSL and KGCS including but not limited to concussions and cardiac events. We understand the seriousness of injuries, including the short- and long-term effects of concussions, and will self-report any concerns regarding our child. We understand that Return-to-Learn and Return-to-Play protocols will be followed at all times. We understand the decision by the athletic trainer is final regarding any medical clearance.

I understand that together with my student-athlete, we are responsible for upholding these guidelines and agree to follow all expectations as a condition of participation. We understand that sportsmanship and academics are the cornerstones of a successful student-athlete.

I understand that participation in school sponsored activities, including athletics, is a privilege and not a property right. I understand that failure of my student-athlete to conduct him/herself responsibly, as stated and implied in the Athletics Handbook and the KGCS Student Code of Conduct, may result in sanctions, including but not limited to limited participation, suspension, or dismissal from the team and/or future athletic program participation, and suspension or expulsion from KGCS.

Parent/Guardian Printed Name

Signature

Date

KGCS RETURN-TO-PLAY PROTOCOL

			STAGE 4	STAGE 5
			NON - CONTACT TRAINING DRILLS	FULL CONTACT PRACTICE
			(INCREASE EXERCISE, COORDINATION & ATTENTION)	(RESTORE CONFIDENCE & ASSESS FUNCTIONAL SKILLS)
			Non-Contact practice will vary for every sport. This may include: - resistance training - drills such as ball handling, shooting, and agility - modifications to avoid collisions with other players and equipment	If Symptom Free, Return to Normal Training Activities
			The KGAT may provide a list of approved activities to the coach as needed.	
			Heart Rate <90% - 60 min	
STAGE 1	STAGE 2	STAGE 3		
NO ACTIVITY	LIGHT AEROBIC EXERCISE	SPORT SPECIFIC EXERCISE		
Return to Learn Protocol in Progress	(INCREASE HEART RATE)	(ADD MOVEMENT)		
(RECOVERY)	Walking, Swimming, Stationary Cycling.	Skating Drills (Ice Hockey), Running Drills (Soccer, etc.)		
Complete Physical Rest until Medical Clearance	Heart Rate <70% - 15 min	None Impact Activities		
		Heart Rate <80% - 45 min		
Has student successfully returned to school full time with no accommodations?	Free of significant symptoms for 24 hours?	Free of significant symptoms for 24 hours?	Symptom free for 24 hours?	Symptom free for 24 hours?
Yes: Begin Stage 2	Yes: Begin Stage 3	Yes: Begin Stage 4	Yes: Begin Stage 5	Yes: Return to Play
No: Continue Resting	No: Return to Stage 1 and Rest	No: Return to Stage 2	No: Return to Stage 3	No: Return to Stage 4

Adapted from:



This chart outlines the general progression from concussion to full Return-to-Play. Every student and every concussion is unique. Each student is monitored on a case by case basis and progression may be shorter or longer than others. During Return-to-Play, clearance from the student-athlete's medical provider does not supersede clearance from the athletic trainer.

Return-to-Play also includes physical education classes (and recess as applicable). Student-athletes are cleared through the athletic trainer. All other students are cleared in collaboration with the teacher, nurse, and school based RTL team.



**Congratulations to our
2021-2022
Student-Athletes of the Year!**

