Division Hotline: 890-5000

The purpose of Division Hotline is to report incidences of misconduct, such as threats, bullying, discrimination and/ or harassment, to the York County School Division. It is completely anonymous. Voicemail is available 24/7 and will be checked twice daily. After the call has been received, necessary steps and precautions will be taken to ensure the safety of our students and staff.

The York County School Division does not discriminate on the basis of race (Title VI), color, religion, national origin, veteran status, sex, gender (Title IX), age or disability (Section 504), or any other protected class in its educational programs, activities or employment and provides equal access to the Boy Scouts and other designated youth groups. The following positions have been designated to handle inquiries regarding the non-discrimination policies:

Title IX Coordinator
Chief Human Resources Officer
302 Dare Road
Yorktown, VA 23692
757-898-0349

Section 504/ADA Coordinator
Director of Student Services
302 Dare Road
Yorktown, VA 23692
757-898-0300
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York County School Division Athletic Directors

Bruton High School
185 East Rochambeau Drive
Williamsburg, VA 23188
(757) 220-4050
Visit us online at:
https://ycsd.yorkcountyschools.org/domain/117
Twitter: @BHSPanther @BHSAD00
Richard Onesty
Athletics Director
(757) 220-4066

Grafton High School
403 Grafton Drive
Yorktown, VA 23692
(757) 898-0530
Visit us online at:
https://ycsd.yorkcountyschools.org/domain/308
Twitter: @GHSAD
Laura Parker
Athletics Director
(757) 898-0563

Tabb High School
4431 Big Bethel Road
Yorktown, VA 23693
(757) 867-7400
Visit us online at:
https://ycsd.yorkcountyschools.org/domain/1063
Twitter: @TabbSports
J. Clark Ward
Athletics Director
(757) 867-5306

York High School
9300 George Washington Hwy
Yorktown, VA 23692
(757) 898-0354
Visit us online at:
https://ycsd.yorkcountyschools.org/domain/797
Twitter: @YorkFalcons @YorkHSAD
John Ashley
Athletics Director
(757) 898-0421

York County School Division Athletic Directors
Overview

The Athletics Mission
The overall objective of athletics programs within the York County School Division is to provide an opportunity for student participation in properly supervised and controlled activities under guidelines established by the Virginia High School League (VHSL) and the York County School Board. The school division’s athletics programs encourage and support broad participation for as many boys and girls as possible, with teams competing on an equitable basis with other schools without sacrificing sportsmanship, scholarship, general welfare, and the health of the school and student.

Our Beliefs
The York County School Division believes that:

- Athletics is a partnership among students, parents/guardians, and school personnel
- Athletics help foster success in an honest and sportsmanlike manner
- Athletics provide experiences that mirror events students will face in the real world, and help students prepare for adulthood
- Student-athletes should represent the highest ideals of any school
- Student-athletes should balance athletic participation and academic responsibility

York County School Board Policy - Bay Rivers District Code of Conduct
Participation in athletics is a privilege—not a right—that provides student-athletes with the opportunity to grow athletically, academically, emotionally, physically, and socially. All stakeholders must view athletics participation and competition as a lifelong learning experience. Good sportsmanship not only is required of the division’s student-athletes and coaches, but also of all persons who support and attend athletic-related events. Spectators, including parents/guardians, are expected to support the events through courteous behavior at all times toward all participants, coaches, officials, staff, and fellow spectators. Persons who engage in inappropriate behavior are subject to immediate removal from the event and the event premises, and possible additional attendance restrictions. The School Board empowers principals, athletic directors, and coaches to enforce the good sportsmanship code at all times.

Requirements and Responsibilities

High School Academic Requirements
All student-athletes must be currently enrolled in not fewer than five courses, or equivalent, offered for credit and which may be used for graduation and have passed five courses, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credit on a semester basis.

A student has four years of athletics eligibility. All students entering the ninth grade are automatically eligible for their fall semester. A student-athlete’s eligibility begins upon entry into the ninth grade and continues for four consecutive years.
Athletic academic eligibility/ineligibility is determined on the date each semester ends in accordance with the School Board’s annual academic calendar.

The Athletic Department has the right to have higher academic standards throughout the school year.

A player must attend school for at least a half (10:30 a.m.) of the school day to be eligible to practice or participate in a VHSL event. Extenuating circumstances may be presented to the athletic director or principal.

To maintain eligibility, a student may not have reached their 19th birthday on or before the first day of August of the current school year.

A player must dress out and participate fully in physical education class to be eligible to attend practice and/or play in a game.

**Attendance Expectations**

School attendance is critical to learning. Student-athletes have great demands on their time, and attendance will be monitored to facilitate academic success. The attendance office will notify the athletic director when a student-athlete has had excessive absences during the school year. The principal (or his/her designee), athletic director, coach/sponsor, and counselor may decide on a course of intervention to help improve an athlete’s attendance.

Student-athletes who are tardy the day after an athletic contest (excused or unexcused) more than two times in a season may face consequences.

**Behavior Requirements**

Student-athletes are required to follow behavior requirements established for all students in York County schools in accordance with School Board Policy. Because of the leadership status afforded student-athletes by their peers, coaches/sponsors may require higher behavior standards. Participation in practices and games and continued membership on a team depends largely on the athlete’s behavior. Principals, athletic directors, and coaches have authority to decide appropriate disciplinary actions for their athletes.

From the time a student becomes a YCSD student-athlete, he/she is a student-athlete 365 days per year. A student-athlete has a responsibility to self-report to the school athletic director any inappropriate behavior, including any legal charge or complaint, conviction, or deferred disposition or any other student handbook violation.

The YCSD Student Code of Conduct and consequences issued by principals may have additional impact on a student’s participation in athletics or any other co-curricular activity.

**Consequences of Misbehavior**

Student-athletes who violate the YCSD Student Code of Conduct, the Bay Rivers District Code of Conduct, VHSL rules and regulations, or violations of law may, at the discretion of the principal, incur penalties that impact athletic participation.
Any student-athlete identified through the legal system who has been arrested and/or charged with a crime either in or out of school shall be suspended from the next competitive event, current sports team and/or the next sports season in which the student-athlete would participate for a period of time to be determined by the principal.

Any student-athlete convicted of a crime and/or penalized through the court system shall be suspended from the next scheduled competitive event, the current sports team, and/or the next sports season in which the student-athlete would participate for a period of time to be determined by the principal.

Whether in or out of school, student-athletes shall not use, distribute, sell, be under the influence of, or have in their possession, tobacco (including smokeless tobacco, electronic cigarettes, vaporizers and JUULs), alcohol products or illegal substances. The penalty for such use or behavior may be suspension from athletic participation for a time to be determined by the principal. Any student-athlete suspended for violating the YCSD drug and alcohol policy, or who is suspended for any serious disciplinary violation, shall be suspended from the next competitive event, current sports team, and/or the next sports season in which the student-athlete would participate for a period of time to be determined by the principal.

Any student-athlete who receives in school alternative to suspension (ATS), after-school or out-of-school (OSS) suspension will be subject to further athletic discipline to be determined by the athletic director and the administrators involved. Any student-athlete who receives a second out-of-school suspension during the season will be dismissed from the team.

Any student-athlete who is referred to the School Board for the purpose of a disciplinary hearing will be immediately suspended from participation in any school-sponsored athletic activity until after the hearing. Following the hearing, additional disciplinary measures may be taken by the principal and/or athletic director.

Hazing is defined as an activity that humiliates, degrades, abuses or risks emotional and/or physical harm, regardless of the person’s willingness to participate.

Hazing occurs when an act is committed against a student or when a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any group, club, athletics team, grade level, activity, or organization.

Bullying is the systematic and chronic inflicting of physical hurt or psychological distress on another person. 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, the use of electronic means for purposes of bullying, harassment, and intimidation. Bullying does not include isolated incidents of ordinary teasing, horseplay, argument or peer conflict.

The York County School Division School Board adopts the definitions of bullying and cyber bullying as stated in the Code of Virginia and expounds upon it for further clarification to ensure an anti-bullying learning environment is maintained in all schools.

Bullying involves physical and emotional behaviors that are intentional, controlling, and hurtful that create harassing, intimidating, hostile or otherwise offensive educational environments. Bullying is unwanted and repeated written, verbal, or physical behavior, including any threatening, insulting, or dehumanizing gesture, by a student or adult that is severe or pervasive enough to create feelings of intimidation,
alienation, or humiliation and/or unreasonably interferes with the school performance or participation of others.

Cyber bullying which occurs off school grounds and or does not involve the use of the York County School Division network or computers may result in disciplinary actions if it causes a substantial disruption to the operation of a school or the School Division, if it threatens the safety and mental or physical well-being of students or staff, or if it threatens the safety of school buildings or school property.

Participation in any hazing/bullying will result in suspension for a period of time, to be determined by the principal, from the next competitive event, current sports team, and/or the next sports season in which the athlete would participate.

Participation in any hazing/bullying will result in suspension from the next competitive event, current sports team, and/or the next sports season in which the athlete would participate for a period of time to be determined by the principal.

Violation of any portion of the YCSD Student Code of Conduct, Bay Rivers District Code of Conduct, VHSL Rules and Regulations herein and all student-eligibility requirements may result in one or more of the following actions by the coach and/or principal:

- Suspension of the student-athlete from the team for one or more games
- Removal of the athlete from the team for the remainder of the sports season
- Forfeiture of award(s) for the particular sport
- Restriction or prohibition from any further interscholastic competition
- Other appropriate disciplinary action deemed necessary and appropriate by the athletic director or school principal

Coaches are granted broad discretion and autonomy over general team matters, including team rules, roster selection, participation, playing time, selection of starting athletes, recognition of athletes, and recommendations for award recipients.

Administrators will notify the athletic director of any behavioral concerns during a student-athlete’s off-season. An administrator, athletic director, coach/sponsor, and counselor may require intervention or assistance for a student-athlete who demonstrates a need.

**Game and Practice Attendance**

Student-athletes are expected to be present for all competitive events, regular season, post-season, and make-up games. Exceptions are not made for vacations, Saturdays, work schedules, or other sports activities.

There are no consequences for student-athletes who miss a practice or game for absences due to school-sponsored trips or other academic activities **required** by the school.

For all other missed games or practices, the consequence is at the discretion of the coach; in such cases, consequences may include dismissal from the team.
**Sportsmanship**

YCSD student-athletes are expected to exhibit good sportsmanship during practices and competitive events. Sportsmanship refers to the ethical framework and standards of conduct that define the honorable pursuit of victory in competitive activities. Trustworthiness, respect, responsibility, fairness, caring and good citizenship are the six core principles embodied in the concept of sportsmanship. (Josephson, Michael. (2002). *Making Ethical Decisions. Josephson Institute of Ethics*).

Consequences for poor sportsmanship:

1. Repeated offenses of unsportsmanlike behavior may result in suspension from the team at the discretion of the principal.
2. Observed offenses by the athletic director or principal may result in suspension of future competitive events.
3. Ejections/Removals from game:
   - **Technical or referee ejection** – addressed by VHSL regulations.
   - **Coach removal** – the student-athlete may be suspended from future competitive events.
4. Gross unsportsmanlike conduct, such as fighting:
   - **First Offense** – the student-athlete will be declared ineligible for the next three games.
   - **Second Offense** – the student-athlete will be declared ineligible for the remainder of the sports season.

Profanity and other forms of inappropriate conduct will not be tolerated. Student-athletes who exhibit this type of behavior during a game will be disciplined by their coaching staff.

**Transfer Eligibility**

Any student-athlete who transfers within the YCSD boundaries or to another school division may not be immediately eligible for participation at the new school. For more information, please see the school’s athletic director or [http://vhsl.org](http://vhsl.org).

**Transportation**

All student-athletes must ride in school division vehicles, when transportation is provided by the school division, to and from athletic events that are held off school grounds. Failure to comply with this policy will result in immediate suspension of the student-athlete from the team pending a meeting with the athletic director. On special occasions, parents/guardians may request, in writing, permission to transport their own child to and from an athletic event. Only parents/guardians may transport their child to and from an athletic event. Under no circumstances will an athlete be allowed to leave with another student.

In an emergency, which includes injury, illness, family problems, and/or an unusual academic situation, only a parent/guardian may secure permission from the coach to transport his/her student-athlete. Identification will be required by the coach.
Uniforms/Equipment
Sports uniforms are selected by the athletic director and coach with the approval of the principal. Any change of style must be approved by the Athletic Committee. Any uniforms, warm-ups, or spirit wear must be approved by the athletic director before purchase.

All uniforms and equipment issued to student-athletes must be returned within a week after the conclusion of the season. Student-athletes assume financial responsibility for missing, lost, or damaged equipment or uniforms, and students may not participate in other sports and activities until equipment obligations are met. Students will not be permitted to participate in any other sport until all fees are paid.

Energy Drinks
Because of potential serious safety and health issues, student-athletes may not consume energy drinks during participation in VHSL practice and competition.

Concussions

YCSD Concussion Information
The York County School Division follows concussion guidelines in accordance with Section 22.11-271.5 of the Code of Virginia, as well as best practices suggested by the Virginia Department of Health, Virginia Department of Education, and Virginia High School League, resulting in YCSD policy JJAC: Student-Athlete Concussions During Extracurricular Activities. This policy was first adopted in June of 2011 and revised in May of 2018, and mandates annual concussion education for staff, coaches, volunteers, administrative personnel, students and parents. It establishes appropriate return to play/return to classroom protocols and clearance procedures, and requires that a concussion policy management team annually reviews best practices. To manage concussion procedures, YCSD has partnered with the Children’s Hospital of the King’s Daughters (CHKD) Sports Concussion Program to have certified athletic trainers (ATC) monitor all sports at both middle and high schools.

The information below outlines general concussion information and best practices, and describes the YCSD Concussion and Clinical Management Plan. Although this information is gleaned from the sources listed above, licensed health care professionals must be included in the management of suspected and diagnosed concussions.

What is a concussion?
A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion is caused by a bump, blow or jolt to the head or body. Even a mild bump to the head can be serious. Concussions can range from mild to severe and disrupt the way the brain normally works. A student-athlete does not have to lose consciousness (be “knocked out”) to suffer a concussion. A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms of a concussion will usually go away within 1 to 3 weeks of the initial injury. However, in some cases, symptoms may last for several
weeks, or even months. The symptoms may be subtle and are often difficult to fully recognize. 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. A concussion cannot be seen, and most occur without an outward injury or loss of consciousness. Symptoms may also be subtle and often difficult to fully recognize. If student-athletes report any symptoms of a concussion, or if symptoms of a concussion are noticed, parents are encouraged to seek medical attention right away.

Symptoms may include one or more of the following:

<table>
<thead>
<tr>
<th>Physical</th>
<th>Cognitive</th>
<th>Emotional</th>
<th>Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache, pressure in head</td>
<td>Neck pain</td>
<td>Feeling mentally foggy</td>
<td>Irritability</td>
</tr>
<tr>
<td>Nausea/vomiting</td>
<td>Balance problems or dizziness</td>
<td>Difficulty remembering</td>
<td>Sadness</td>
</tr>
<tr>
<td>Feeling sluggish or slowed down, low energy</td>
<td>Amnesia</td>
<td>Difficulty concentrating</td>
<td>More emotional</td>
</tr>
<tr>
<td>Balance problems</td>
<td>Don’t “feel right”</td>
<td>Confusion</td>
<td>Nervousness</td>
</tr>
<tr>
<td>Visual problems: blurred, double or fuzzy vision</td>
<td>Sensitivity to light or noise</td>
<td>Repeating the same question/comment</td>
<td>Anxiety</td>
</tr>
</tbody>
</table>

Signs observed by teammates, parents, and coaches may include:

<table>
<thead>
<tr>
<th>Appears dazed</th>
<th>Vacant facial expression</th>
<th>Confused about assignment</th>
<th>Forgets plays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Moves clumsily or displays incoordination</td>
<td>Answers questions slowly or with slurred speech</td>
<td>Shows behavior or personality changes</td>
</tr>
<tr>
<td>Difficulty remembering information before the head injury</td>
<td>Difficulty remembering information after the injury</td>
<td>Seizures or convulsions</td>
<td>Loses consciousness</td>
</tr>
</tbody>
</table>

*Symptoms/Signs adapted from the CDC, AAP, and 4th International Conference on Concussion in Sport.

**What should happen if a concussion is suspected?**

Any student-athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No student-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 student-athlete should continue for several hours. YCSD requires the consistent and uniform implementation of well-established “return to learn/play” best practice concussion guidelines:

1. A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.
2. Student-athletes may not return to play until they have been evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to play from that health care provider.

Parents should inform coaches if they think their child may have a concussion. It is better to miss one game than to miss an entire season.

**What should parents do in the first 24-48 hours?**
Student-athletes should not be left alone and should be checked throughout the night. It is okay to let him/her go to sleep. Parents only need to wake their child if they are concerned about how they are breathing or sleeping. Student-athletes should not drive while having symptoms. Doctors should be consulted before giving pain medication. The use of an ice pack on the head and neck for comfort is suggested.

**When should student-athletes be taken to the doctor?**
All student athletes who sustain a concussion must be evaluated by a licensed health care professional who is familiar with sports concussion diagnosis and management. Parents should call their student-athlete’s physician and explain what has happened. A follow up appointment should be scheduled with a licensed health care provider or a sports concussion specialist, if directed by the health care provider. If a student-athlete’s signs or symptoms are worsening, he/she should be taken to an emergency room facility immediately.

*Additional symptoms to watch for:*

<table>
<thead>
<tr>
<th>Headaches that worsen</th>
<th>Very drowsy, can’t be awakened</th>
<th>Can’t recognize people or places</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seizures</td>
<td>Repeated vomiting</td>
<td>Increasing confusion</td>
</tr>
<tr>
<td>Neck pain</td>
<td>Slurred speech</td>
<td>Weakness/numbness in arms/legs</td>
</tr>
<tr>
<td>Unusual behavior changes</td>
<td>Significant irritability</td>
<td>Less response than normal</td>
</tr>
</tbody>
</table>

**What medical tests are needed, and when should a student-athlete see a sports concussion specialist?**
Diagnostic testing, which includes CT and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (ex. skull fracture, bleeding, swelling), they are not normally utilized, even by student-athletes who have sustained concussions with severe symptoms. A concussion is diagnosed based upon the student-athlete’s description/story of the injury/event and the licensed health care provider’s physical examination. Any student-athlete who has had significant or recurrent head injuries or the symptoms persist beyond 5-7 days may benefit from a specialty evaluation from a pediatric sports concussion program. Licensed health care provider may also recommend a specialty evaluation if they have any concerns or need further assistance with a student-athlete’s concussion management. Neuropsychological testing, which should be part of the evaluation when possible, can be helpful to assist with return to academic and physical activity.
**What is the best treatment and when can a student-athlete return to play following a concussion?**
The best treatment for a concussion is rest, both physically and mentally. There are no medications that can speed up the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your student-athlete to rest as much as possible in the days following a concussion. As the symptoms lessen, the increased use of computers, phones, video games, etc. can be allowed, but the access must be lessened if the symptoms worsen. After suffering a concussion, no student-athlete should return to play or practice on the same day. Studies have shown that a young brain does not recover quickly enough for a student-athlete to return to activity in such a short time. Student-athletes should not participate in any high risk activities that may result in head injury such as physical education class, recess, ride a bike or skateboard until cleared by a licensed health care professional. Once a student-athlete no longer has symptoms of a concussion for a minimum of 24 hours and is cleared to return to physical activity by a licensed health care professional knowledgeable in the care of sports concussions, he or she should proceed with activity in a supervised fashion to allow the brain to re-adjust to exertion. This should occur over a minimum of 5 days.

**What happens if student-athletes keep on playing with a concussion or return to play too soon?**
Continuing to play with the signs and symptoms of a concussion leaves the student-athlete especially vulnerable to greater injury. There is an increased of significant damage from a concussion for a period of time after the concussion occurs, particularly if the student-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 student-athletes will often under report symptoms of injuries.

**Why is it so important that student-athletes not return to play until completely recovered?**
A second concussion that occurs before the brain recovers can slow recovery or increase the chances of long-term problems. In rare cases, brain swelling can result, leading to permanent brain damage or even death (“second impact syndrome”).

**How can a concussion affect schoolwork?**
Following a concussion, many student-athletes may have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration and organization. In many cases it is best to lessen the student-athlete’s class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

**Helpful websites to reference**
CHKD Sports Concussion Program
http://www.chkd.org/concussions
CDC Concussion in Sports
http://www.cdc.gov/concussion/sports/index.html
American Academy of Pediatrics (AAP) Sport Related Concussion in Children and Adolescents
YCSD Concussion and Clinical Management Plan

YCSD is committed to safe practice and play for student-athletes. Central office and school administrators, athletic directors, coaches, school nurses, teachers, student-athletes, parents, certified CHKD athletic trainers and licensed health care providers will form a team to work together to identify concussions once they occur and to ensure safe return to play.

Plan components:
1. Training for athletic directors, coaches, volunteers, administrative personnel, and school nurses on concussion risks, recognition, and management will occur.
2. Education of parents and student-athletes on concussion risks, signs and symptoms, and post-injury management for sports and school will occur. Parents and student-athletes will sign that they are aware of this information.
3. Yearly neurocognitive baseline Immediate Post Concussion Assessment and Cognitive Testing (ImPACT) testing for student-athletes.
4. Immediate removal from play by the student-athlete’s ATC, coach, or team physician of any student-athlete suspected of sustaining a concussion in a practice or game, followed by parent notification of the injury.
5. Written clearance to return to play for the student-athlete by a licensed health care professional trained in the evaluation and management of a concussion, before the student-athlete is allowed to return to play (clearance must be received by the ATC and may not be completed by a parent who is a licensed health care professional). Student-athletes must also successfully return to their normal baseline of the ImPACT testing.
6. As needed, an individualized school care plan for academics will be developed by school personnel and implemented to assist the student-athlete’s recovery.

Steps for suspected concussion/concussion response:
1. Student-athletes will be evaluated by the ATC at the time of injury. If confirmation of a concussion occurs, it will be treated as such, following these possible pathways:
   a. Immediate transport to an emergency room facility via EMS
      i. Deterioration of neurologic function
      ii. Decreasing level of consciousness
      iii. Decrease of irregularity of respirations
      iv. Decrease or irregularity of pulse
      v. Unequal, dilated, or unreactive pupils
vi. Cranial nerve abnormalities
vii. Any signs or symptoms of associated injuries, spine, or skull fracture, or bleeding
viii. Mental sign changes: lethargy, difficulty maintaining arousal, confusion, or agitation
ix. Seizure activity
x. Vomiting

b. Possible transport, dependent on ATC assessment
i. Loss of consciousness on the field
ii. Amnesia lasting longer than 15 minutes
iii. Increase in blood pressure
iv. Motor deficits subsequent to initial on-field assessment
v. Sensory deficits subsequent to initial on-field assessment
vi. Balance deficits subsequent to initial on-field assessment
vii. Cranial nerve abnormalities subsequent to initial on-field assessment
viii. Post-concussion symptoms that worsen
ix. Additional post-concussion symptoms as compared to those on field
x. Student athlete is still symptomatic at the end of the game

c. Referral to a licensed health care provider
d. Referral to a sports concussion specialist
e. Management by the ATC
i. The student-athlete’s signs and symptoms are completely absent within 15 minutes from the time of injury
ii. The physical and cognitive examination are normal within 15 minutes
iii. Balance testing is normal within 15 minutes

2. If the ATC is not available, the coach will remove student-athlete from game and/or practice, contact the parent, and refer the student-athlete to their licensed health care provider or to an emergency room facility.

3. The student-athlete must be evaluated by his/her licensed health care provider or a sports concussion specialist prior to returning to play, unless they are managed by the ATC.

4. The student-athlete must bring written clearance from his/or licensed health care provider.

5. All student-athletes will participate in the YCSD Gradual Return to Sports Participation Program for a minimum of 5 days, after written medical clearance is received by the ATC or if the ATC is managing the process.

6. If the student-athlete develops any signs or symptoms during the Gradual Return to Sports Participation Program after they have rested for 24 hours and tried a second time to progress, they must be re-evaluated by a licensed health care provider.

7. Athletic directors and ATCs will notify school staff of suspected concussions as they occur. Administrators will work with school staff (athletic directors, coaches, teachers, guidance counselors, school nurses) and parents as needed to develop individualized school care plans for academics, to assist the student-athlete’s recovery.

The basic academic concussion management process begins with identifying the injury and notifying the Concussion Management Team (CMT) of the injury, so the process can begin. When the student returns to school, a needs assessment must be performed to determine the student’s medical and academic problems. Once the needs are established, a plan with accommodations can be created and disseminated to team members. Any physician notes and guidelines can be used to help create the basic framework of the plan.
**Gradual Return to Sports Participation Program:**
A student-athlete’s participation in the gradual return to play program will be supervised by the ATC.

<table>
<thead>
<tr>
<th>Rehabilitation Stage</th>
<th>Functional Exercise</th>
<th>Objective of Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No activity</td>
<td>Complete physical and cognitive rest</td>
<td>Recovery</td>
</tr>
<tr>
<td>Light aerobic activity</td>
<td>Walking, swimming, stationary cycling keeping intensity &lt;70% maximum heart rate; no resistance exercises</td>
<td>Increase heart rate</td>
</tr>
<tr>
<td>Sport-specific exercise</td>
<td>Specific sport-related drills but no head impact</td>
<td>Add movement</td>
</tr>
<tr>
<td>Non-contact training drills</td>
<td>More complex training drills; may start light resistance training</td>
<td>Exercise, coordination, cognitive load</td>
</tr>
<tr>
<td>Full-contact practice</td>
<td>After medical clearance, participate in normal training</td>
<td>Restore confidence and assess functional skills by coaches</td>
</tr>
<tr>
<td>Return to play</td>
<td>Normal game play</td>
<td>Normal game play</td>
</tr>
</tbody>
</table>

*Adapted from 2010 AAP Sport-Related Concussion in Children and Adolescents, and 2012 Zurich Concussion in Sport Group Consensus.*

Each stage in concussion rehabilitation should last no less than 24 hours with a minimum of 5 days required after activity is started, to consider a full return to competition. If symptoms recur during the rehabilitation program, the student-athlete should stop immediately. Once asymptomatic after at least another 24 hours, the student-athlete should resume at the previous asymptomatic level and try to progress again. Student-athletes must contact their licensed health care provider if symptoms recur. Any student-athlete with multiple concussions or prolonged symptoms may require a longer concussion-rehabilitation program.

Prior to any contact practice the student-athlete may be given a post-injury ImPACT test that will be interpreted by a licensed health care provider. ImPACT results will be used in conjunction with the entire history and assessment to help determine “return to learn/play” status.

As each sports concussion is unique, the concussion management plan will be individualized for each student-athlete. The ultimate goal of the concussion program is to allow a safe return to learn/play while minimizing any long-term health problems from a concussion.

**Other Rules and Regulations**

Student-athletes are required to attend tryouts. Exceptions to this rule may include new students who were not enrolled during tryouts, student-athletes with specific medical conditions, and student-athletes who have not completed the school sports season that precedes the try-out period (medical documentation may be required by the athletic director).
Student-athletes must pass a physical examination and submit a completed VHSL physician’s certificate and parental consent form as required by the Virginia High School League before trying out for an athletic team. Providing or offering false information regarding a student-athlete’s physical condition shall result in suspension from VHSL activities for that school year. Physicals must be dated between May 1 of the current school year through June 30 of the succeeding year.

It is strongly suggested that student-athletes have satisfactory medical insurance before participation will be allowed. YCSD schools provide information about supplemental and/or accident insurance.

Student-athletes may not participate in more than one sport during a sports season unless the athlete has the approval of the two coaches, and the two coaches have met with and received approval from the athletic director. Student-athletes who are given permission will be monitored academically on a more frequent basis to assess their success maintaining dual participation status.

Any student-athlete who quits or is dismissed from a team after tryouts may not play or practice out of season for another team during the same season.

A sports night event will be held at the conclusion of each sports season to honor the student-athletes who have participated in a VHSL activity. All student-athletes are encouraged to attend and celebrate the team with teammates.

Social Media Position Statement

Social media technologies 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 the intent to hurt others.

The York County School Division Athletic Directors recognize and support student-athletes’ and coaches’ rights to freedom of speech, expression, and association, including the use of social networks. In this context the student-athlete and coach must remember that participating in athletics is a privilege, not a right. With this in mind any online postings must be consistent with federal and state laws, as well as team, school, school division 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.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

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 other action as chosen by the principal and athletic director.
**Athletic Participation Fees and Collection Schedule**

The York County School Division’s approved operating budget for the 2020-21 school year includes an athletics participation fee of $50 per student, per season for middle school sports and $60 per student, per season for high school sports. Athletics participation fees cannot exceed $100 per year for middle school students or $120 per year for high school student. Student-athletes who participate in sports in all three seasons will not be charged for the third season. Fees collected by the division will be used to defray the cost of equipment, supplies, officials, transportation costs, and VHSL membership fees.

Student-athletes who try out and become an official team member will be required to pay the participation fee prior to the first official contest in order to be eligible to compete. There is no relationship between athletics fees and a guarantee of a student’s playing time. Playing time for student-athletes is at the sole discretion of the head coach and his/her staff. The athletics participation fee is non-refundable.

The fee will be waived for student-athletes who qualify for free or reduced-price meals. Form I-138, Consent to Share Information for Waiver of Athletic Fee, must be completed and submitted to the school for processing.

**The YCSD Athletics Pledge**

By signing the Athletics Pledge, the student-athlete and parent/guardian are advised that participation in interscholastic practice and competition may be dangerous. Furthermore, it is understood that no amount of protective equipment will eliminate potential injury. Even under the safest and most secure conditions, some athletic activity may result in serious, and possibly fatal, injuries. If a student-athlete exhibits unusual symptoms, he or she should immediately stop playing and report the conditions to the coach, athletic trainer, and his or her parents/guardians. The student-athlete will not return to a game or practice until all symptoms are eliminated, the student-athlete has received medical clearance and has met VHSL guidelines. Ignoring this warning may lead to more serious or fatal injury. Remember: anyone deciding to compete in an athletic program does so with a clear understanding of this risk of injury. Additional questions about such risks should be directed to the coach or athletic director prior to participation in practice or competition.

Parents/guardians and supporters of athletics interfering with a game or participants of the game (student-athletes, coaches, and officials) may result in disciplinary action taken by the school division, the Bay Rivers District League, and/or the VHSL. Such actions may be taken against our student-athletes, our teams, and parent/guardian-spectators. Acceptable and appropriate sportsmanship is a fundamental component of our athletic program. Parents/guardians are advised to direct questions and concerns about their student-athlete to the following individuals: (1) team coach; (2) athletic director (AD); (3) principal. Please start with the coach before speaking with the AD or principal. Parents/guardians are not to approach coaches during or after any practice or team competition. If there is a concern to discuss with the coach:

- The student-athlete should talk to the coach
- The parent/guardian should set up a meeting with the coach
- A telephone call should be made to set up an appointment with the athletic director to discuss your concerns

By signing the Athletics Pledge, the student-athlete and parent/guardian indicates that they have read and agree to comply with the contents of conduct, philosophy, and eligibility expectations herein. The
student-athlete and parent/guardian further agree that the student-athlete will attend all practices and games in which his or her high school athletic team participates. This implies that the high school team’s activities take precedence over any club, recreational or non-school events.

Virginia High School League Regulations

VHSL regulations state the following: “Final authority and the ultimate responsibility in all matters pertaining to interscholastic activities of each school, both athletic and non-athletic, shall be vested in the principal who acts under the authority granted by the division superintendent of schools.”
Athletics Pledge

Your signature below indicates that you (student/athlete) and your parent/guardian fully understand, and agree to comply with all regulations as stated in the Student Handbook and Conduct Code and Athletics Handbook for the York County School Division. It also indicates that you have received and reviewed the education information regarding concussions and understand the information and the risks present in sport participation. By signing below, you also indicate that you have had the opportunity to ask questions and have had all your questions answered (either in person, by phone, or electronic communication).

__________________________________________________________
Student/Athlete Name: ____________________________________________
(please print clearly)

__________________________________________________________
Student/Athlete E-mail Address: ____________________________________________
(please print clearly)

__________________________________________________________
Student/Athlete Signature: ____________________________________________

Date: ____________________  School: ____________________________________________

__________________________________________________________
Parent/Guardian Name: ____________________________________________
(please print clearly)

__________________________________________________________
Parent/Guardian Telephone: ____________________  Cell Phone: ____________________

__________________________________________________________
Parent/Guardian E-mail Address: ____________________________________________
(please print clearly)

__________________________________________________________
Parent/Guardian Signature: ____________________________________________

Date: ____________________

Please return this form signed prior to participating in any extracurricular physical activity. Failure to do so will result in the inability of the student-athlete to participate.

By signing the Athletics Pledge, the student-athlete and parent/guardian affirm each has read and understands all the rules, regulations, and expectations listed in the YCSD Athletics Handbook. Further, it is agreed that all student-athletes must abide by the rules.