

Southeast Delco School District



Student & Parent Athletic Handbook

Southeast Delco School District Athletic Mission

The mission of the Southeast Delco School District is to develop, motivate and inspire all students through a partnership of success. The Southeast Delco School District interscholastic athletic program is an extension of the classroom and an essential component of the educational experience that will challenge each involved student to achieve his or her personal best, pursue competitive excellence, and to be a contributing team member and responsible citizen by providing varied opportunities, quality facilities, resources and staff in partnership with parents and a developing community rich in tradition

Academy Park Athletic Dept.
300 Calcon Hook Road
Sharon Hill, PA 19079
610-522-

Mr. William Vogt, High School Principal
610-522-4330
Mr. Michael Hooven, Athletic Director
610-522-

Dear Parents/Guardians,

Welcome to our athletic program. The value of an athletic program cannot be measured simply in terms of wins and losses. A beneficial athletic program is one that provides personal growth and development, both physically and mentally. Athletics give students opportunities to learn to accept personal responsibilities for success and failure, and to recognize the limitations and strengths of both. Our athletic program helps them develop motivation, self-discipline, self-confidence, loyalty, leadership, perseverance, a sense of commitment and a positive attitude.

Research confirms that there is a direct correlation between success in later life and participation in extracurricular activities such as athletics. It is also a fact that participation in interscholastic sports enhances student's chances of gaining entrance to the college of their choice.

This booklet focuses on two areas- programs and health care. It is intended to inform parents and athletes of the Southeast Delco athletic family about the entire program.

Support your child's participation.

Sincerely,

Dr. Brenda G. Wynder
Superintendent

Mr. William Vogt
HS Principal

Mr. Michael Hooven
Athletic Director

TABLE OF CONTENTS

	PAGE
Philosophy.....	4
Code of Conduct.....	5
Eligibility.....	6
School Attendance.....	6
Practice/Meetings/Competitions.....	7
Travel.....	7
Equipment/Uniforms.....	7
Completion of Extracurricular Activities.....	8
Code of Behavior.....	8
Drug & Alcohol Awareness.....	8
Tobacco Use.....	8
Team Rules.....	9
Statement on the Pennsylvania Crimes Code.....	9
Hazing/Harassment/Bullying.....	9
Parent-Coach Relationship.....	10
Spectator Conduct Guidelines.....	11
Preparticipation Physical Evaluations.....	12
Insurance Coverage.....	12
Risk of Injury.....	12
Game Schedules and Bus Times.....	12
Admission Charge to Night Contests.....	13
Admission Charge to Playoff Contests.....	13
Foreign Exchange & International Students.....	13
Home Schooled Students.....	13
Charter & Cyber Schooled Students.....	13
Transfer Students.....	14
Athletic Training	15
Injuries and Follow-up Care.....	15
Concussion Protocol.....	16

PHILOSOPHY

The Board of School Directors believes that the purpose of an interscholastic athletics program is to provide learning experiences that will contribute to the personal, physical, and psychological development of the individual student athlete. These learning experiences will be consistent with the educational goals of the Southeast Delco School District. Participation in interscholastic athletics can serve an important role in meeting the needs of secondary-level students within the total educational process.

The Southeast Delco School District interscholastic athletics program is both voluntary and competitive and will be designed to meet the needs of student athletes. In order to participate, student athletes must be physically healthy, academically qualified, and willing to make a significant personal commitment to maximize the development of their knowledge, skills, and attitudes relative to their sport.

All athletic teams will operate under the leadership and supervision of an effective coaching staff committed to accomplishing the educational goals of the school system. Members of the coaching staff will employ safe and educationally sound techniques designed to actively promote the development of the student athlete as a whole person. Also, coaches will be expected to continually improve their coaching techniques through participation in appropriate professional development programs.

The school administration, especially the athletic director and secondary principals, will provide a supportive environment for the coaches and athletes at all levels. All district administrators will be committed to the philosophy stated herein.

The interscholastic athletic program will be increasingly competitive as students' progress through the middle school, the junior varsity, and varsity levels. The earlier levels will serve as developmental programs for the more advanced levels. Team goals will reflect these goals. Varsity coaches will work with junior varsity and middle school coaches to coordinate the developmental aspects of the program in each particular sport.

At the middle school level of interscholastic competition, coaches will place a strong emphasis on instruction and maintain sufficient levels of participation in that sport to allow the individual student athlete to develop his/her athletic potential while preparing them to participate at the high school level. Participation and development of skills in a sport will be valued above the winning of contests. The needs of the team should be balanced with the developmental needs of the individual team members. The number of participants accepted for membership on a team, however, must support this commitment to high levels of instruction and participation.

At the freshman and junior varsity levels, instruction and the development of individual skills for all athletes will continue to be emphasized. However, team success in inter-school competition will also be valued. Athletes will become increasingly aware of the importance of teamwork and a positive attitude toward team success. The number of athletes selected for the team will allow the coaches not only to instruct and assist the participants in their individual development but also to teach teamwork as an important factor in interscholastic competition.

At the varsity level of interscholastic competition, coaches will have the dual responsibility of fostering individual skill development and achieving team success. To achieve this end, the most effective student athletes judged by the coaching staff, regardless of grade level, will be given the opportunity to further develop their athletic abilities and to participate at the most advanced levels of interscholastic competition. Coaching emphasis will be placed on helping the members of the team to work together and to develop a strong desire to attain the highest possible levels of team success.

The superintendent is directed by the Board of School Directors to develop, disseminate, maintain, and periodically revise administrative procedures, including but not limited to handbooks for coaches and student athletes, necessary to implement the intent of this policy as well as a seasonal evaluation process for coaches.

CODE OF CONDUCT

Participation in the Southeast Delco School District athletic program is a privilege. Accompanying the privilege is a responsibility to the school and to the team to behave in an appropriate manner at all times.

Interscholastic Athletic Program: All secondary schools in the Southeast Delco School District are members of the Pennsylvania Interscholastic Athletic Association. The PIAA by-laws that pertain to age, awards, attendance, health, transfers and residence participation, representation, curriculum, and seasonal rules will be followed. Any district sponsored interscholastic athletic program will follow the PIAA by-laws.

Sportsmanship/Citizenship: Students in the Southeast Delco School District must keep in mind that they are always in the public eye and that their personal conduct will always be subject to the scrutiny of their fellow students, spectators, opponents, and the media. Therefore, they have an obligation to serve as positive role models by subscribing to the following code of conduct:

1. Show respect for authority and property
2. Maintain academic eligibility
3. Maintain training rules
4. Emphasize the ideals of sportsmanship, citizenship, loyalty, ethical conduct, and fair play
5. Denounce and not participate in actions meant to demean opposing players, teams, spectators and officials.

Any display of unsportsmanlike behavior toward an opponent, official, or spectator during the season will result in counseling by the coach/advisor and possible suspension from the team or activity.

Eligibility: This policy applies to students participating in any activity, which requires use of out-of-school time. Included are members of all athletic teams, activities and clubs. The policy is an attempt to:

1. insure that the focus of school is academic.
 2. prevent academic failure.
 3. encourage students to achieve potential both scholastically and through involvement with activities.
 4. insure parents that time spent on activities will not be to the detriment of academic performance.
 5. have Southeast Delco represented by students who are responsible in meeting their obligations.
- (a) **Age Eligibility** - Generally speaking - an athlete has 4 years of playing eligibility to age 18. This is assuming an athlete progresses through school without grade failures. A student shall be ineligible for interscholastic competition upon attaining the age of nineteen (19) years, with the following exception: if the age of nineteen (19) is attained on or after July 1, the student shall be eligible to compete through that school year.
- (b) **Attendance Eligibility** - All students must be in attendance for a full day in order to participate in an athletic or extra-curricular practice or event, including proms and other dances, taking place that day or evening (lateness past 11:00 a.m. (APMS) or 10:30 a.m. (APHS) is not a full day of attendance). The only exceptions to this regulation are excused lateness with a note from the doctor or dentist or prior approval of an absence or lateness by the administration. To get prior approval, athletes must provide a written note from the parent/guardian explaining the reason for the absence.
- 1) **Late to School** - A student must be in school by 11:00 a.m. (APMS) or 10:30 a.m. (APHS) in order to participate in an athletic contest/practice/activity that day. An exception will be made if the student has an approved medical appointment, in which case, the student must present to the attendance office a signed statement from the doctor regarding the absence. A note from the parent/guardian for illness will not be acceptable.
 - 2) **Early Dismissal** – In order for a student to participate in any extra-curricular activity, he or she must be present in school the day of the activity. If a student does have an early dismissal for any reason, he or she is expected to return at a reasonable time. If the student does not expect to return, he or she must receive prior permission from the administration or the athletic office.
 - 3) **Went Home Ill** – A student who leaves school because of illness may not participate in their athletic activity later that day without administrative approval.
- (c) **Academic Eligibility** - The Athletic Office will monitor academic eligibility on a weekly basis. PIAA regulations permit the SEDELCOSD to establish more stringent academic requirements for athletic eligibility. APHS and APMS have the following individual policies to determine eligibility.
- APHS** - Any student failing two (2) courses with a grade of "F" (0% to 59%) will be declared ineligible.
 - APMS** – Any student failing two (2) courses with a grade of "F" (0% - 59%) will be declared ineligible.

- 1) **Start of the School Year Eligibility** - Any athlete who ended the school year failing two or more classes, or did not meet the SEDELCO academic eligibility requirements from the previous year, is ineligible for the first fifteen (15) days of school unless the failure(s) is removed as a result of summer school. Athletes may practice up to the first student day even if they are ineligible for the first fifteen (15) days of school.
 - 2) **End of the Marking Period Eligibility** - Any athlete who receives two or more “F’s” or did not meet the SEDELCO academic eligibility requirements for the marking period, that athlete will be ineligible for athletic participation for fifteen (15) school days beginning on the day report cards are issued or made available electronically.
 - 3) **Weekly Eligibility** – An athlete who is failing two or more courses will be considered “Near Ineligible” and put on probation for 1 week. If the student does not bring his/her grade up above a 59% during the probation week, he/she will be deemed “Ineligible” and will be unable to participate in any after school team activities (practices/games). Any athlete who receives two or more “F’s” or did not meet the SEDELCO academic eligibility requirements from the previous week, is ineligible for the next week (defined as Sunday through Saturday).
- (d) If, at the end of any ineligibility period the athlete is academically eligible, they may participate in the athletic activity immediately, at the discretion of the supervising adult.

The Principal or Athletic Director may make exceptions to this policy when a student has extenuating circumstances.

Practice/Meetings/Competitions: Each member of any team or organization is required to make a commitment to that sport or activity. Part of the commitment involves attending every scheduled practice, contest and activity. Unexcused absence from scheduled practices/contests/activities will result in counseling by the head coach/advisor and notification of parents, if necessary. Subsequent violations occur can result in suspension from the team/activity and possible dismissal.

Travel: Students must travel to and from away contests/activities, in district provided transportation. The only exceptions to this policy follow:

1. Injury to participant which would require alternate transportation;
2. Prior arrangement made in writing between the participant’s parent/guardian and the Athletic Director/ Coach/Advisor for the student to ride with the parent/guardian due to special situations which may arise; and
3. If transportation is not provided by the school district.

Equipment and Uniforms: Equipment and uniforms are issued to students on a loan basis and are to be worn only when authorized by the coach/advisor. It is the student’s responsibility to take care of this equipment. If any of the equipment is not returned at the conclusion of the season, an obligation will be issued to the student for the fair cost of replacing it. Until the obligation is resolved, the student will not be eligible for athletic/activity awards and will not be permitted to participate in any future extra-curricular activity.

Completion of an Extra-Curricular Activity: In order for the student to be eligible for a letter, team and/or individual awards, it is required that he/she complete the activity including any post-season playoffs, tournaments, and exhibitions where applicable. The only exception will be illness and/or injury that limit participation. No awards will be given to any student suspended and/or dismissed for the remainder of the season for “Extra-Curricular Code of Conduct” violations.

Code of Behavior: The rules and regulations in this code shall apply to any violation that may occur during the period of the extra-curricular activity participation on and off school premises. Period of activity begins with the first competition, meeting or practice and ends with the last contest, meeting or practice, whichever is the later date. For athletes, this applies during their in-season sport as defined by the P.I.A.A.

1. Students who participate in the athletic program act as representatives for the school and are expected to behave in an appropriate manner. Behavior during the school day or away from school that is of such a nature to bring discredit or embarrassment to Southeast Delco may be cause for a joint administrative/coach decision that would deny a student the privilege of participation in school activities.
2. Violation of the SEDELCO’s Procedural Manual, which requires administrative action, will be handled in accordance with the provisions of the specific sections as, outlined in the policies. For example, if a violation involves a suspension from school, the student will also be suspended from participating in practices/contests/activities of that team/organization during the length of the suspension.
 - a. Please note that the student suspension **will not** be adjusted to meet their practice, competition, or activity schedule.
 - b. If an athlete is levied out-of-school suspensions for a Friday and a Monday, they are not eligible to participate in activities for the weekend between the two days out of school.
 - c. The coach will determine when an athlete may return to play following any discipline.

Drug & Alcohol Awareness (SEDELCO Policy 227): Applies to all students while attending school, or involved in a school activity. The policy is in effect for all home and away athletic contests. In addition to the stated policy, athletic participants who violate the policy while under the supervision of a coach will be removed from that activity for the remainder of the season.

Tobacco Use (SEDELCO Policy 222): Southeast Delco School District prohibits the use of tobacco in any form by students during the school day, while on school property, participating in school activities including athletics, or while on school-sponsored trips. Students who violate this policy are subject to suspension from school. In addition, athletes who violate this policy while under the supervision of a coach will be removed from that activity for the remainder of the season unless they participate in a school-sponsored intervention program. Athletes who incur a second offense while participating in the activity will be removed from the activity for the rest of the season.

Team Rules: Athletes who participate in an athletic event are under the direct supervision of a coach and are expected to follow the rules and regulations for that activity as specified by the coach. An athlete may be removed from an activity by the coach consistent with team rules.

Head coaches/advisors may establish additional guidelines through their training/meeting rules with the approval of the athletic director/administrator. The Athletic Director/Administrator prior to the start of the program must approve any additional rules and regulations developed by the head coach/advisor of any extra-curricular activity. These additional rules and regulations must be in writing and on file in the Athletic Office/Main Office. These rules cannot be inconsistent with any provisions of this extra-curricular code of conduct.

Statement on the Pennsylvania Crimes Code: Violations of the Pennsylvania crimes code that occur “in season”, outside of school, shall be subject to administrative investigation with the possibility of student being suspended or dismissed from the extra-curricular activity.

Hazing/Harassment/Bullying: Participation in this type of behavior by any member of any athletic team in any form will not be tolerated. The penalty for participation in this type of behavior may include both school disciplinary procedure and team disciplinary procedure, which may include removal from participation. Southeast Delco has school board policies dealing with these activities.

Hazing ([Policy #247](#)) is the potential to endanger the mental or physical health or safety of a fellow team member irrespective of the willingness of the team member to participate. Hazing shall include, but not be limited to, any brutality of a physical nature, forced consumption of foods or liquids, any activity that will subject an athlete to mental stress, or various initiation or rite of passage practices.

Harassment ([Policy #248](#)) shall consist of verbal, written, graphic or physical conduct relating to an individual's race, color, national origin/ethnicity, gender, age, disability, sexual orientation or religion. Sexual harassment is defined as any unwelcome sexual advances, request for sexual favors, and other verbal or physical conduct of a sexual nature when submission to, or subjection to, such conduct: is used as a basis for making a team or participating in team activities; interferes with an individual's performance; creates a hostile environment. Sexual harassment may include, but is not limited to, the following: verbal harassment or abuse of a sexual nature; demeaning sexual remarks directed to an individual; sexually explicit or offensive jokes or anecdotes; unwelcome sexual flirtations; advances, propositions, or requests for sexual activities; suggestions or demands for sexual activities accompanied by implied or expressed threats concerning an individual's involvement with the team; visual harassment by sexually offensive photographs, cartoons, drawing, posters, pictures, or objects; and physical harassment including assault and battery, unwelcome touching, and interference with movement or work.

Bullying ([Policy #249](#)) means an intentional electronic, written, verbal or physical act or series of acts directed at another student or students, which occurs in a school setting that is severe, persistent or pervasive.

PARENT/COACH RELATIONSHIP

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

Communication You Should Expect From Your Child's Coach:

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices
- Team requirements, i.e., fees, special equipment
- Procedure should your child be injured during participation
- Discipline procedures

Communication Coaches Expect From Parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and/or expectations

As your children become involved in the programs at Academy Park Middle & High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss With Coaches:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all

students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches:

- Playing Time
- Team Strategy
- Play Calling
- Other Student-Athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of the concern.

If You Have A Concern To Discuss With A Coach, This Is The Procedure You Should Follow:

- Call the coach directly to set up an appointment.
- If the coach cannot be reached, contact the Athletic Department at 610-522-6017 and they will assist in coordinating a meeting time.
- Please do not wait until the end of the season to discuss your concerns.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

SPECTATOR CONDUCT GUIDELINES

The Southeast Delco School District recognizes the role of interscholastic athletics as an essential component of the educational experience. Therefore, we ask that all spectators:

- (a) Demonstrate a high degree of Sportsmanship.
- (b) Show team support by making only positive comments. Verbal or physical abuse of an official, opposing coach, or player will not be tolerated.
- (c) Show respect for the judgment of coaches, officials and referees.
- (d) Acknowledge that fields, courts and equipment are the player's domain during contests.
- (e) Understand that they may not parade in front of the opposing spectators.
- (f) Monitor the safety of children in bleachers and stands.

- (g) Respect SEDELCO rules: all SEDELCO schools are smoke-free, substance free environments.
- (h) Understand that Athletic contests on/off campus are an extension of the classroom; therefore, all school rules are in effect.
- (i) Understand that they may not leave and re-enter an athletic contest.
- (j) Enjoy watching the game by sitting in the designated area.

Exceptions to this behavior will lead to ejection from the event.

PREPARTICIPATION PHYSICAL EVALUATIONS

All Southeast Delco student-athletes, prior to participation in any sport, must have a pre-participation physical evaluation from a physician of medicine (MD), osteopathic medicine (DO), registered nurse practitioner, a school nurse practitioner or a certified physician assistant.

Pre-participation physical evaluations can be conducted by a family doctor, urgent care, or a minute clinic.

INSURANCE COVERAGE

All Southeast Delco student-athletes participating in interscholastic sports should be covered by health and/or accident insurance. Student-athletes may purchase school accident insurance offered by Southeast Delco that will cover the cost of athletic injuries. If the student/athlete chooses not to purchase the school accident insurance, he/she should provide evidence that they are covered under another policy. The school does provide a secondary policy for all athletes, which would pay for out of pocket expenses not covered by their primary carrier. Contact the athletic office for the appropriate forms.

RISK of INJURY

Participation on a Southeast Delco athletic team exposes an athlete to the risk of serious injury, including but not limited to, the risk of sprains, fractures and ligament and /or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of their limbs; brain damage; paralysis; or even death.

GAME SCHEDULES and BUS TIMES

<https://aphsathletics.org/>

ADMISSION CHARGE: NIGHT CONTESTS

Admission is generally charged to regular season events held at APHS. Consistent with Del-Val League policy ticket prices will be \$5 for adults and \$3 for students. Students of Academy Park High School must present their Scholarchip ID before being permitted into a contest.

All spectators should expect to pay an admission fee for a night contest held at any school.

ADMISSION CHARGE: PLAYOFF CONTESTS

When teams enter league, district, or state playoff competition an admission fee to the game is usually charged. Prices range from \$5 to \$10 per person and are set by the organization running the event. Passes usually are not accepted and everyone, from small children to senior citizens, will be required to purchase a ticket.

FOREIGN EXCHANGE & INTERNATIONAL STUDENTS

Foreign Exchange and International athletes must follow the guidelines set forth in [SEDELCO Board Policy 239](#). They then need to be cleared by PIAA District 1 to be eligible to participate in athletics. These athletes, and their guardians, must contact the Athletic Office for the paperwork necessary to grant them 1 year of eligibility.

Foreign Exchange students need to be a participant in a nationally recognized Foreign Exchange program and must have a J-1 Visa. International students must have a F-1 Visa.

HOME SCHOOLED STUDENTS

Home-schooled athletes must follow the guidelines set forth in [SEDELCO Board Policy 137.1](#). They must file paperwork with the Athletic Office, and be approved by the Principal, prior to their first contest.

Parents of home-schooled athletes must have filed the annual “Intent to Home School” affidavit with the school district, file weekly eligibility reports with the Athletic Office and agree to follow all SEDELCO and PIAA rules.

CHARTER/CYBER SCHOOLED STUDENTS

Charter/Cyber-schooled athletes may participate at APHS if the charter or cyber charter school does not provide the same extracurricular activity or interscholastic athletic program. They must follow the guidelines set forth in [SEDELCO Board Policy 140.1](#) and the PIAA.

The Athletic Office shall receive and review written verification from the charter or cyber charter school that a student has met and continues to meet the established eligibility criteria for an interscholastic athletic program.

TRANSFER STUDENTS

The PIAA does not allow athletes to transfer schools for athletic reasons. Athletes new to the district may need to file transfer paperwork to be eligible to participate. Generally, ninth grade students new to the district are not considered transfer students and students whose parents or legal guardian have moved into our district from another state or region are not considered transfer students.

If your child meets any of the conditions listed below please contact the Athletic Office to see if paperwork needs to be processed.

- Sophomore or older.
- Live in the SEDELCO school district but went to a private school in the previous year.
- Attended a neighboring district in the previous year.
- Live with a person who is not their parent or legal guardian.

ATHLETIC TRAINING SERVICE

According to the National Athletic Trainer's Association (NATA), over 1.3 million student-athletes are injured each year. Fortunately, the vast majority of these injuries are minor. With proper prevention, education, conditioning, instruction, diet and rest habits, many of the potential risks can be reduced. At APHS we are fortunate to have an Athletic Training Service Program.

An NATA Certified Athletic Trainer (ATC) directs the APHS Athletic Training Service Program. The ATC is under the medical supervision of physician (Team Physician) licensed in the Commonwealth of Pennsylvania. The types of services offered include:

- Prevention of Athletic Injuries/Illnesses
- Recognition, Evaluation and Assessment of Athletic Injuries/Illnesses
- Immediate Care for Athletic Injuries/Illnesses
- Treatment, Rehabilitation, and Reconditioning of Athletic Injuries/Illnesses
- Organization and Administration of the Program
- Professional Development and Responsibility

INJURIES AND FOLLOW-UP CARE

In the event of an injury/illness while under the supervision of the coaching staff, the student-athlete must notify the coach, and the coach will follow the Standard Operating Procedures.

If the injury/illness occurs outside of supervision of AP coaching staff (during the school day, car crash, etc.) the student-athlete must report to the coach or ATC. They may be required to get written consent from a physician concerning the extent and status of the injuries/illness prior to participation.

All visits to a physician's office shall be documented in writing as to the status of the student-athlete's ability to participate in the athletic activity.

Follow-up care may be performed in the AP Athletic Training Room, Physician's Office, or local physical therapy offices. Continuity of care is essential for a safe and healthy return to athletic activity.

Please remember that as the parent/guardian you have the right to choose who you want to manage your son/daughter's medical care.

SEDELCO SCHOOL DISTRICT: CONCUSSION PROTOCOL

Note: To be pro-active in managing head injuries, each student-athlete shall have a “baseline” test on file. A student-athlete in grades 7, 9 and 11, or who is new to the school district, will be “Impact Tested” during the first two weeks of their sports season.

Definition: A concussion is defined as a complex pathophysiological process affecting the brain, which was induced by a traumatic biomechanical force.

Signs and Symptoms: May be observed by parent/guardian, coaches, athletic trainer, school/team physician, school nurse or physical therapist, or may be reported by the student athlete. Listed below are several commonalities that are present with a concussion:

1. A concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
2. A concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. Symptoms may include amnesia, confusion, disorientation, headache, nausea, uncoordinated hand-eye movements and, in some cases loss of consciousness.
3. A concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than structural injury.
4. A concussion results in a set of clinical syndromes that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course.
5. A concussion is typically associated with grossly normal structural neuron-imaging studies. Every athlete should be evaluated individually and not by following generalities of a grading scale.
6. Amnesia, not loss of consciousness, may be the main indicator of the severity of a concussion.
7. Concussions can be cumulative. Research has documented that prior concussions may indeed lower the threshold for subsequent concussion injury and increase symptom severity.

Concussion Management Protocol

Communication:

The APHS athletic trainer must be contacted any time a student-athlete has a potential head injury/trauma. Interscholastic coaches must summon the athletic trainer immediately if on campus and call the athletic trainer at the conclusion of their game/practice if off campus.

A parent/guardian of the student-athlete must be contacted any time a student-athlete has been evaluated for head injury/trauma. Interscholastic coaches must contact the parent/guardian if off campus and the athletic trainer must contact the parent/guardian if on campus.

Emergency situations should be handled as follows:

Emergency medical treatment (call 911) should be pursued if there is a deterioration of symptoms including seizure, altered level of consciousness, vomiting, altered pupillary findings, neck pain associated with the injury or on recommendation of the athletic trainer.

Non-emergency situations should be handled as follows:

- 1) The coach, athletic trainer, game official, licensed physician, licensed physical therapist or other official designated by the district removes the student-athlete from the contest or activity that may pose a risk for the student-athlete until the student-athlete is evaluated. Evaluation must be done by an appropriate medical professional if an athletic trainer is not present.
- 2) The athletic trainer, or other appropriate medical professional, evaluates the student-athlete by checking for signs and symptoms of a concussion or traumatic brain injury.
 - a. If it is determined through evaluation that the student-athlete can return to play, such determination will be noted in writing and no further action is necessary unless signs or symptoms present within the next 24 hours. If symptoms are present within this 24-hour period, the APHS athletic trainer will re-evaluate the student-athlete.
 - b. If it is determined through the evaluation that the student-athlete has signs or symptoms of a possible concussion, the student-athlete will be administered the Impact Concussion Test within 24 to 72 hours by the APHS athletic trainer. The student-athlete will be referred to a physician trained in the evaluation and management of concussions and the student-athlete's Impact Test results will be sent to the physician, or given to the parents, for the physician to determine if the student-athlete needs to be seen in the physician's office.
 - i. If the physician has determined that the student-athlete does not need to be seen, the athletic trainer will obtain written clearance from the physician and will monitor the athlete for signs and symptoms. If the athlete continues to be symptom free he/she may begin the Return to Play process outlined in this document.
 - ii. If the physician has determined that the student-athlete needs to be seen in the physician's office, the athletic trainer will follow the physician's plan of action. At a minimum, the athletic trainer will follow the Return to Play steps outlined in this document.

After a student-athlete has been diagnosed with a concussion:

1. School officials must make contact with the student athlete's parent/guardian and inform him/her of the suspected sports-related concussion or head injury. School officials shall provide the student athlete and his/her parent/guardian with information on the continuing care of a person with a concussion.
2. All appropriate school officials should be notified of the event, including the school physician, Athletic Trainer, Physical Therapist, Athletic Director/Principal, school nurse, school counselor, and the student's teachers.
3. The student athlete must receive written clearance from an appropriate medical professional trained in the evaluation and management of concussions that states the

student athlete is asymptomatic at rest and may begin the graduated return-to-play protocol in this document.

The Southeast Delco School District will follow the instructions listed by the appropriate medical professional trained in the evaluation and management of concussions. Example of such instructions would be: complete physical, cognitive, emotional, and social rest while the student-athlete is experiencing symptoms and signs of a concussion/traumatic brain injury, minimizing mental exertion, limiting overstimulation, limiting cell phone or computer usage testing, video gaming, multi-tasking etc.

Return-to-Play Protocol:

As per Item 3 above, student-athletes diagnosed with a concussion need written medical clearance from an appropriate medical professional, trained in the evaluation and management of concussions, before the student-athlete may begin a graduated individualized return-to-play protocol. It is recommended that each step in the return to play protocol be, in most circumstances, separated by 24 hours. Proceeding through each step may take longer in individual circumstances. While under the supervision of an athletic trainer/licensed physical therapist, school/team physician, or physician, athletes must complete the following step-wise process prior to returning to play after being diagnosed with a concussion:

1. Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any signs or symptoms. If no return of symptoms, advance to:
2. Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity < 70% maximum predicted heart rate: no resistance training. The objective of this step is increased heart rate. If no return of symptoms, next day advance to:
3. Sport-specific exercise including skating, and/or running; no head impact activities. No helmets or equipment. The objective of this step is to add movement and continue to increase heart rate. If no return of symptoms, next day advance to:
4. Noncontact training drills (e.g., passing drills) in full equipment. The student athlete may initiate progressive resistance training. If no return of symptoms, next day advance to:
5. Participation in normal training activities. The objective of this step is to restore confidence and to assess functional skills by the coaching staff. If no return of symptoms, next day advance to:
6. Game Play.

If concussion symptoms recur during the graduated return-to-play protocol, the student-athlete will return, at a minimum, to the previous level of activity that caused no symptoms, and the attending physician should be notified. Utilization of standardized tools such as symptom checklists, and comparison of post-injury performance to preseason baseline cognitive, and balance testing are suggested.

No athlete with a concussion or suspected concussion should return to play before the brain has healed and is asymptomatic. “WHEN IN DOUBT, SIT THEM OUT”

Return-to-Classroom:

Temporary learning support assistance may be needed for student athletes with sports-related head injuries upon return to the classroom. Such assistance may include:

- Taking rest breaks as needed
- Shortened school day
- Extra time to complete tests or assignments
- Help with school work (e.g., pre-teaching, outlines, note taker)
- Reducing time on the computer, reading, and writing
- Avoidance of crowded hallways
- No standardized testing during the initial 2-4 week recovery window

The school and family should monitor the performance of the student closely for 2 weeks after the return to school.

General Provisions:

1. Each school year, a coach shall complete the concussion management certification training course offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations or another provider approved by the Pennsylvania Department of Health. A coach shall not coach an athletic activity until the coach completes the training course required under this section.
2. The school will hold an informational meeting, prior to the start of each athletic season, for all competitors regarding concussion management and how pre-season baseline assessments can aid in the evaluation, management and recovery process. These meetings may also include parents, guardians, coaches, physicians, neuropsychologists, athletic trainers and physical therapists.
3. A student desiring to participate in any athletic activity and the student's parent or guardian shall, each school year, sign and return to the school an acknowledgement of their receipt and review of concussion and traumatic brain injury information.
4. All medical personnel, authorized to make decisions on when the student athlete can return to play must complete, or have completed, training in the evaluation and management of concussion.
5. Authority is granted to game officials, the coach, athletic trainer, licensed physician, licensed physical therapist or other individual trained in the recognition of the signs and symptoms of a concussion and designed by the school, to determine that a student athlete exhibits signs or symptoms of a concussion or traumatic brain injury.
6. Any coach who violates this policy will be suspended from coaching any athletic activity for the remainder of that season. For a second violation, the coach will be suspended from coaching any athletic activity for the remainder of that season and for the next season. For a third violation, the coach will be permanently suspended from coaching any athletic activity.

**SOUTHEAST DELCO SCHOOL DISTRICT
ACADEMY PARK ATHLETIC DEPARTMENT
Student/Parent Athletic Handbook**

Sign-Off Sheet must be returned to the coach prior to the first game/scrimmage

By signing below, I/we acknowledge that I/we have read and understand the Southeast Delco School District Student/Parent Athletic Handbook, including the policies and guidelines contained, and have discussed the contents with my/our child: specifically, policy #227, Drug and Alcohol. I also acknowledge that this handbook is available on the Southeast Delco School District homepage (www.sedelco.org).

Print Student Name: _____

Sport: _____

Student Signature: _____

Parent/Guardian: _____

Signature: _____ Date: _____

Parent/Guardian: _____

Signature: _____ Date: _____