

**MADISON-PLAINS**



**GOLDEN EAGLES**

**STUDENT-ATHLETE  
AND PARENT  
ATHLETIC HANDBOOK**

Revised June 2023  
Board Approved 7/18/2023



## Table of Contents

Philosophy	2
League / District Information	2
Sports Offered	3
Expectations of Athletes, Parents, and Coaches	3
Student Conduct at Athletic Events	5
Student Eligibility Requirements	8
Academic Eligibility Requirements	9
Participation Guidelines	10
Practice Guidelines	10
Athletic Program “Cut” Policy	11
Parent Meetings	11
Attendance Policy	12
Quitting Policy	12
Athletic Department Disciplinary Policy	13
Disciplinary Policy Appeal Process	14
Off-Season / Club Participation	15
Dual Participation	15
Concussion Protocol	16
District Drug Testing Policy	19
Transportation for Away Events	19
Athletic Trainer	19
Equipment Responsibilities	19
Athletic Awards	20



## PHILOSOPHY

The Madison-Plains Athletic Department understands the important role that athletics play in the school environment. Athletics bolster our students' understanding of teamwork, dedication, discipline, work habits, relationship building, and respect. We aim to build an organization of athletes who strive for excellence in all their endeavors. Administrators, coaches, and staff will work in unison, and the lessons they learn through athletic participation will prepare our athletes for life after commencement.

## LEAGUE / DISTRICT INFORMATION

Madison-Plains Junior High School and High School is a member of the Ohio High School Athletic Association (OHSAA). The rules and regulations developed by the OHSAA are designed to protect fair play and promote sportsmanship while ensuring the safety and welfare of all student-athletes. Madison-Plains Junior High and High School agree to abide by and cooperate with all rules and regulations set forth by the OHSAA.

**Nickname/Mascot:** Golden Eagles

**Colors:** Hunter Green & Athletic Gold

**League:** Ohio Heritage Conference – [www.OHCSports.com](http://www.OHCSports.com)

**South Division**

Catholic Central Irish

Cedarville Indians

Greeneview Rams

Greenon Knights

**Madison-Plains Golden Eagles**

Southeastern Trojans

**North Division**

Fairbanks Panthers

Mechanicsburg Indians

Northeastern Jets

Triad Cardinals

West Jefferson Roughriders

West Liberty-Salem Tigers

**District:** Central District

**MPLSD Superintendent** Mr. Chad Eisler

**Junior High School & High School**

*Principal* Mr. Kyle Huffman

*Director of Athletics* Mr. Zane Scheiderer

*Asst Principal* Mrs. April Sparks



## Athletics Offered

### Fall Season

Cheerleading  
Cross Country  
Football  
Boys Golf  
Girls Golf  
Boys Soccer  
Girls Soccer  
Volleyball

### Winter Season

Boys Basketball  
Girls Basketball  
Bowling  
Cheerleading  
Indoor Track & Field  
Co-Ed Wrestling  
Quick Recall

### Spring Season

Baseball  
Softball  
Boys Track & Field  
Girls Track & Field

## EXPECTATIONS OF ATHLETES, PARENTS, and COACHES

### Coaches

- Exemplify the highest moral character, behavior, integrity, sportsmanship, and leadership skills while overseeing student-athletes.
- Be a positive role model for student-athletes, parents, and fans to follow.
- Respect the judgment of officials and treat them with respect.
- Display modesty in victory and graciousness in defeat not only with student-athletes but also with the public and media.
- Teach sportsmanship to the student-athletes.
- Clearly communicate to all members (athletes/parents) in your program expectations, rules, scheduling, and communication procedures.
- Support the academic mission of the district.
- Refrain from any negative participation in social media regarding fans, student-athletes, officials, staff, coaches, administration, and community (ourselves and opponents).



## Parents

- Know your child's limitations and encourage them to make the best of their abilities. Accept her/his role on the TEAM.
- Be positive with your child even if your child isn't in the starting lineup. Motivate and encourage your child.
- Support the coaching staff. Your child will not perform to his/her fullest if they hear negative comments about the coach. The coach represents authority. Be supportive of a coach's rules, philosophies, playbook, etc.
- Treat each player as if he/she is your own.
- Be a good role model.
- Monitor your child's grades. Insist that your child study and earn good grades.
- Monitor your child's social activities - friends, hangouts, curfew, language, rules, and so on. Talk to your child about drugs, alcohol, and tobacco use. Encourage your child to make the right choices.
- Let your child play because he/she loves the game.
- Trust the coaches to maximize the potential of your child.
- Treat opposing coaches, fans, players, administrators with respect.
- Refrain from any negative participation in social media regarding fans, student-athletes, officials, staff, coaches, administration, and community (ourselves and opponents).



## Student-Athletes

- Understand the policies laid out in this document are in effect at all times · Adhere to all MPLSD policies regarding both school and extracurricular activities.
- Follow team/program rules set by coach/advisor.
- Recognize participation is a privilege, not a right.
- Set challenging goals.
- Maintain high standards in the classroom, the community, and in activities.
- Be committed to team/sport/group.
- Make appropriate sacrifices for the good of the group/team.
- Develop work ethic, goal setting, leadership, and teamwork skills.
- Refrain from any negative participation in social media regarding fans, student-athletes, officials, staff, coaches, administration, and community (ourselves and opponents).

## STUDENT CONDUCT AT ATHLETIC EVENTS

Students attending contests involving Madison-Plains High School and Junior High teams are expected to follow the school's student handbook guidelines at all times. Students are encouraged to cheer for our athletic teams, not against our opponents ("Go Eagles!"). Students failing to abide by the guidelines of good sportsmanship may be asked to leave the event and run the risk of losing the privilege of attending future athletic events. In addition to possible removal, students in violation of the above may be subject to disciplinary action upon their return to school following the event where the infraction occurred.

## MADISON-PLAINS BOARD OF EDUCATION POLICY

### IGDJ – INTERSCHOLASTIC ATHLETICS

Participation by students in athletic competition is a privilege subject to Board policies and regulations. While the Board takes great pride in winning, it emphasizes and requires good sportsmanship and a positive mental attitude as prerequisites to participation.

The Superintendent and administrative staff schedule frequent conferences with all physical education instructors, coaches, and athletic directors to develop a constructive approach to physical education and athletics throughout the district and to maintain a program that is an educational activity.

Interscholastic athletic programs are subject to approval by the Board. The building principal is responsible for the administration of the interscholastic athletic program within his/her school. In discharging this responsibility, the principal consults with the athletic directors, coaches, and physical education instructors on various aspects of the interscholastic athletic program. It is the



responsibility of the principal and his/her staff to ensure the proper management of all athletic and physical education programs and the safety of students and the public.

The Board may require that students pay reasonable fees to participate in interscholastic athletics.

Coaches are required to complete all approved coursework as specified by State law, the Ohio High School Athletic Association (OHSAA), and the Ohio Department of Education in order to qualify to serve as coaches.

In the conduct of interscholastic athletic programs, the rules, regulations, and limitations outlined by the OHSAA, and State law must be followed. It is the responsibility of the district's voting delegate to OHSAA to advise the management team of all pending changes in OHSAA's regulations.

Eligibility requirements for participating in athletic programs must conform to regulations of the OHSAA. They include the requirements that a student has the written permission from his/her parent(s)/guardian(s) and shall have been determined as physically fit for the chosen sport by a licensed physician.

All students participating in interscholastic athletics must be covered by insurance. This insurance may be available for purchase through the district. If parents choose not to purchase insurance provided by the district, the parent(s) must sign a waiver ensuring that private coverage is provided.

As character building is one of the major objectives of interscholastic athletics, the athlete assumes responsibility for regulating his/her personal life in such ways as to make him/her a worthy representative of his/her school.

Any student may be suspended from an athletic team practice and competition for a period of time, designated by the principal, for infractions of school rules and regulations or for any other unacceptable conduct in or out of school.

Students in grades 9-12 are eligible for athletics for the first 50% of the maximum allowable regular-season contests in the sports the student participated in during the 12 months immediately preceding the transfer and are ineligible for the remainder of the regular season contests and ineligible to participate in OHSAA tournaments in these sports until the one-year anniversary date of enrollment in the school to which the student transferred. If the transfer takes place during the sports season in which a student has participated in a regular-season interscholastic contest, the student is ineligible for the remainder of that sport's season and the student must finish fulfilling his/her transfer consequence, for only that sport in which the midseason transfer occurred, at the commencement of the sports season during the next school year and is ineligible for all preseason and regular-season contests until the total number of regular season contests missed (including those missed during the previous season) equals 50% of the maximum allowable regular-season contests in that sport. Exceptions to the eligibility provisions are outlined in the OHSAA by-laws.



Resident students enrolled in community schools are permitted to participate in the district's interscholastic athletics program at the school to which the student would be assigned. Students must be of the appropriate age and grade level as determined by the Superintendent and must fulfill the same academic, nonacademic, and financial requirements as any other participant.

Resident students attending STEM and STEAM schools are permitted to participate in the district's interscholastic athletics program at the school to which the student would be assigned. Students must be of the appropriate age and grade level as determined by the Superintendent and must fulfill the same academic, nonacademic, and financial requirements as any other participant.

Resident students attending a nonpublic school are permitted to participate in the district's interscholastic athletic programs at the school to which the student would be assigned if the nonpublic school the student is enrolled in does not offer the activity. Students must be of the appropriate age and grade level as determined by the Superintendent and must fulfill the same academic, nonacademic, and financial requirements as any other participant.

Resident students receiving home instruction in accordance with State law are permitted to participate in the district's interscholastic athletic programs at the school to which the student would be assigned. Students must be of the appropriate age and grade level as determined by the Superintendent and must fulfill the same academic, nonacademic, and financial requirements as any other participant.

Foreign exchange students enrolled in a recognized visitor exchange program may be eligible to participate in interscholastic athletics in accordance with OHSAA by-laws.

A student receiving home instruction in accordance with State law, who is not entitled to attend school in the district, may be authorized by the superintendent to participate in interscholastic athletic programs offered by a school of the district. The activity must be one the district the student is entitled to attend does not offer.

A student attending a nonpublic school located in the district who is not entitled to attend school in the district may be authorized by the superintendent to participate in an extracurricular activity offered by a school of the district that is interscholastic athletics or interscholastic contests or competitions in music, drama or forensics when:

1. The activity is one the school the student is enrolled does not offer;
2. The student is not participating in the activity in the student's district of residence;
3. The superintendent of the student's district of residence certifies the student has not participated in any extracurricular activity that is interscholastic athletics or interscholastic contests or competitions in music, drama, or forensics in the district for that school year and
4. The superintendent and the superintendent of the student's district of residence mutually agree in writing to allow the student to participate in the activity.





## STUDENT-ATHLETE ELIGIBILITY REQUIREMENTS

1. Final Forms - Online paperwork that must be completed before participation of any kind including practices, scrimmages, and games. Final Forms is an electronic version of the required paperwork. Link to Final Forms can be found on the school website [mplsd.org](http://mplsd.org). Below is a list of all required forms.
  - Contact information
  - Health History and Medical Profile
  - Medications
  - Injuries and Hospitalizations
  - Past and Ongoing Health Conditions
  - OHSAA PPE Physician Questions
  - Emergency Medical Authorization
  - Student/Parent Handbook
  - Public Relations
  - Chromebook Agreement
  - Athletic Participation Waiver
  - Drug Testing Consent
  - OHSAA Preseason Meeting Presentation
  - OHSAA Student Athlete Eligibility
  - Concussion Acknowledgement
  - ImPACT Testing Consent
  - Sudden Cardiac Arrest Awareness
  - OHSAA Authorization
  - OHSAA PPE Physical
2. Physical Form – Official OHSAA physical form must be on file in the athletic office PRIOR to participation on the first official day of practice. Physical forms are good for one calendar year.
3. Parent Meeting - Each athlete must have a parent or guardian attend an “OHSAA Athletic Eligibility Meeting” with the Athletic Director prior to the first contest. This meeting is required once per year. The dates and times of the meetings will be communicated to the parents. Parents with more than one athlete participating, or who have multiple sport athletes are only required to attend one meeting per year.



## ACADEMIC ELIGIBILITY REQUIREMENTS

The purposes of these rules and regulations are:

1. To establish minimal scholarship expectations for student participation in extracurricular activities.
2. To provide for maximum communication between parents, students, teachers, and coaches in a “team” effort to promote academic achievement.

The Madison-Plains Local School District establishes excellence as a standard and strives to maintain an appropriate balance between academics, athletics, and extracurricular activities. It is important that students meet the following academic requirements:

### A. Regulations

1. All beginning seventh graders are eligible in so far as the scholarship by-law.
2. Student-Athletes for grades 7 through 12 must maintain a 1.5 GPA per Madison Plains Board of Education policy. Furthermore, students can not receive more than 1 F in order to remain eligible in accordance with the parent/student handbook.
3. All beginning ninth graders must have passed a minimum of five full credits of all subjects in which they enrolled the immediately preceding grading period.
4. Eligibility for each grading period is determined by grades received the preceding grading period. Semester and yearly grades have no effect on OHSAA eligibility.
5. Grades 9-12: To be eligible, a student-athlete must be currently enrolled in a member school and have received passing grades in a minimum of five one-credit courses, or the equivalent, in the immediately preceding grading period (Note: Students taking post-secondary options must comply with these standards).
6. Grades 7-8: To be eligible, a student-athlete must be currently enrolled in a member school and have received passing grades in a minimum of five of all subjects in which enrolled the immediately preceding grading period.
7. For eligibility, summer school grades may not be used to substitute for failing grades received in the final grading period of the regular school year or for lack of enough courses taken the preceding grading period.

**NOTE:** “Grading period” is defined as your school’s board-adopted calendar. Madison-Plains uses a 9 week grading period. It should also be noted, however, that interim, bi-weekly, or weekly evaluations are not considered “grading periods” and restoration of eligibility is NOT permitted after such evaluations.



## PARTICIPATION GUIDELINES

**OUT-OF-SEASON** - Coaches have a right to establish a reasonable set of scheduled activities out-of-season, including the summer (prior to the first official day of practice), for participants and to encourage participation. Furthermore, they have the right to expect some reasonable amount of participation by prospective team/organization members throughout the off-season, including summer. Students must understand that off-season practice offers an excellent opportunity for individual improvement in skill level; however, coaches/directors must recognize that students may be faced with competing time demands. Therefore, such participation shall be considered voluntary. No penalties should occur as a consequence of non-participation, but athletes should understand that non-participation in off season workouts can have negative effects on their individual success the next season. All coaches are urged to work together to coordinate schedules and limit conflicts as much as possible.

**MANDATORY PRACTICES** - Coaches/directors have the right to expect students to begin participation on the first officially scheduled day of in-season practice. Appropriate penalties may result from non-compliance. Students are expected to attend scheduled competitions/performances during holidays. Penalties shall be at the discretion of the coach and should be clearly stated in published team/organization guidelines and rules.

## PRACTICE GUIDELINES

1. No practices or competitions are to be scheduled on Sundays or on the following holidays: Thanksgiving Day, Christmas Eve, Christmas Day, Easter, or Good Friday without the permission of the athletic director. Students may observe their own religious days and holidays without penalty.
2. All practices should be concluded by 10:00 p.m.
3. Once the school year begins, any morning team practices for high school teams on school days must be approved by the administration.
4. Coaches should have a written practice plan and provide each participant with weekly or monthly calendars.
5. All athletes may take five consecutive days off before beginning practices for the next sport without facing any penalty. Exceptions to this rule may be approved by the athletic director upon affirmative consensus of the coach, parent, athlete, and trainer.
6. Snow day/early dismissal day due to weather conditions or other similar school closings and no practices or contests for students without the appropriate approval from the superintendent. Students missing practice on a snow day will not be penalized.



## ATHLETIC PROGRAM “CUT” POLICY

The following are guidelines and procedures that will be used when selecting a squad or participants in an activity:

1. It is appropriate for a coach/director to determine the size of an athletic team/performance group based on the criteria of talent and work ethic of those trying out, number of individuals trying out, and the optimum number determined by the coach/director to conduct productive practices and to ensure adequate substitutes.
2. Prior to conducting the selection of the participants, the coach/advisor must communicate the following items to the participants:
  - The length of the selection period.
  - The procedure that will be used to select the participants.
  - The criteria that will be used in the selection process.
  - The minimum and the maximum number of participants who will be selected.
  - The commitments that the participants will be obligated to perform if selected for the activity.
3. “Cut” lists should not be posted. Rather, a private conference should be held between the immediate coach and each candidate, during which the coach explains the reasons why the student did not make the team/performance group and suggests possible alternatives for improving skills or other possible activities.
4. If a player is cut from one team/program, that player MAY then join another team/program during the same season if the opportunity falls within all other rules regarding joining teams in the Madison-Plains’ Athletic Policy; however, if said player makes a team where tryouts occurred (i.e. a spot on the team was kept for this player) and then chooses to quit, he/she may not participate in another sport/program during the same season.

## PARENT MEETINGS

Parents have the right to discuss issues involving their child with a coach/advisor. This discussion should take place under the following conditions: Concerns should not be raised before, during or immediately following a contest. An appointment should be made with the coach directly. Parents should not attempt to address issues without an appointment or within 24 hours. The following is the chain of command to address an issue:

1. Head Coach (of the student-athlete’s team)
2. Athletic Director
3. Building Principal
4. Superintendent



## PARENT/ SPECTATOR EJECTIONS

Parents and Spectators are required to show positive sportsmanship during athletic events towards coaches, athletes, visiting athletes, visiting coaches, all other spectators, officials, gameday staff, administrators, and all others in attendance at games.

If a parent or spectator is asked to leave an event due to poor sportsmanship or behavior, the parent will not be permitted to be in attendance at the next two games (home and/or away).

## ATTENDANCE POLICY

Tardiness or absence from school on the day of an athletic contest may eliminate the student from participation in the next athletic game or contest. The absence may be excused for medical appointments or other extenuating circumstances. The principal and/or athletic director are authorized to approve an absence or tardy for extenuating circumstances.

- Students must be in attendance for four (4) full academic periods within a school day, even with a medical excuse to be able to participate on the **day of a game** (lunch/progress check does not count as an academic period).
- Students must be in attendance for four (4) full academic periods within a school day, even with a medical excuse to be able to participate in **practice** (lunch/progress check does not count as an academic period).

## QUITTING POLICY

1. Any athlete not completing a season for any reason upon official start of the said season (first official scrimmage or contest) will not be permitted to practice/condition with another team in that same season until the previous team the athlete quit has completed its season (final contest).
2. During the sports season, the high school and middle school team activities shall take precedence over all select, outside, or out-of-season athletic programs (dual participation agreements are excluded).
3. Students who have not completed the season due to disciplinary reasons, academic ineligibility, or quitting the squad/team will NOT receive awards, including their varsity letter, at the end of the season.
4. Any student quitting a sport is held to the same equipment responsibilities as all other student-athletes. Equipment must be returned in proper condition to the coach within one week of quitting or the student will be held financially responsible.
5. Any student quitting a sport, cannot rejoin the same athletic program in the same season.



## ATHLETIC DEPARTMENT DISCIPLINARY POLICY

The Madison-Plains Athletic Department disciplinary policy is directly in line with the current academic/district policy. All behavior codes correlate directly with the district student handbook. Coaches may have additional disciplinary measures in their sport-specific handbook (signed by the student and the student’s parents/guardians).

Behavior	Definition	Athletic Disciplinary Action
(2B) Academic Dishonesty, Cheating	Lying, giving false information, deceit, either verbally or written, copying someone else’s work.	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season
(2C) Forgery	Writing or altering the name of another person, altering times, dates, grades, passes, or permits (including signing parent’s names on permission slips)	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season
(2E) Peer Conflict	Unauthorized touching, threats, or challenges between students.	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season
(2G) Profanity or verbal/non-verbal abuse	Profanity or obscene language, written or verbal, including the use of gestures, signs, or personal slurs.	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season
(3A) Extortion	Obtaining or attempting to obtain money or property from another to act by either physical force or intimidation (Threat)	Immediate removal from the team for the season.
(3B) Fighting	Physical conflict between students, words/ actions that provoke a fight or attempt to fight during school hours.	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season
(3C) Harassment, Hazing, Menacing, Threatening the safety of self and/or others, Bullying or Cyberbullying	Interfering with, annoying, accosting, threatening, or harassing another person verbally, non-verbally, or physical hazing.	Immediate removal from the team for the season.
(3D) Sexual misconduct, inappropriate material	Any sexual harassment, unauthorized touching, verbal, non-verbal, written sexual oriented actions, cell phone pictures or videos, or other electronic or printed materials.	Immediate removal from the team for the season.
(3E) Theft or shoplifting	Stealing or attempting to steal the money or property of another, possession of stolen property. Items of higher values may result in greater penalties.	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season



(3F) Tobacco products	Using or possessing any tobacco or vaping product, lighter, matches, or other related materials.	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season
(3G) Vandalism	Destruction or defacing of public or private property or the school, its staff, or other student's property or equipment.	First Offense: 10% of OHSAA Max Second Offense: 50% of OHSAA Max Third Offense: Removal from Team for Season
(4A) Arson	Setting fire or attempting to set fire to a school building or property located on school grounds or any property belonging to, rented by, or on loan to the school district, or property (including automobiles) of persons employed by the school or in attendance at the school.	Immediate removal from the team for the season.
(4B) Assault	Intentionally causing or attempting to cause physical harm	Immediate removal from the team for the season.
(4C) Bomb Threats & False Alarms	Making a knowingly false statement regarding the possession or location of explosive or incendiary materials or activating the fire alarm system on school property or reporting a fire where no fire exists.	Immediate removal from the team for the season.
(4D) Chemical abuse	Possession, use, sale, distribution, having the odor on the breath of alcohol, drugs, intoxicants, or other controlled substances of any kind (including OTC or prescription drugs, possessing drug paraphernalia on school property or at school activities or possession of counterfeit or "look-alike" drug paraphernalia.	Immediate removal from the team for the season.
(4E) Weapons and dangerous instruments	Possessing, handling, transmitting a knife, razor, ice pick, explosive, leaded cane, sword cane, machete, gun, or any other object that could be used as a weapon or dangerous instrument; discharge any firearm explosive, or disruptive devices but not limited to stink bombs or smoke bombs.	Immediate removal from the team for the season.

## Appeal Process

A student-athlete may appeal the disciplinary action taken by the Athletic Department. Please allow 24 hours for a reply from the Athletic Director. Please follow the steps below to appeal a decision:

1. Send an email to the Athletic Director
2. In the subject line, please put: (LAST NAME OF STUDENT-ATHLETE; APPEAL. DISCIPLINARY ACTION)



## OFF-SEASON / CLUB PARTICIPATION

Coaches and directors may not prohibit participation in outside-of-school activities, so long as their schedules do not conflict with the extra-curricular activity of the school and the participation is allowed as per OHSAA rules - "Club or recreational play is prohibited by OHSAA rules during the competitive school season in the same sport." It is permissible for a coach or director to explain the possible harmful effects of certain out-of-school activities during a season.

Coaches/advisors should support other school programs and encourage students to participate in them and not encourage students toward club activities outside of school that may deter the student from school participation.

The OHSAA has guidelines restricting the number of players from school teams that may compete together in the off-season. Refer to the OHSAA website ([www.OHSAA.org](http://www.OHSAA.org)) for more info.

## DUAL PARTICIPATION

Students may participate in activities that run concurrently during the sports seasons. A conflict occurs when two activities in which the student participates are scheduled at the same time; therefore, the following guidelines will be implemented in these situations:

1. A meeting is held with the student, parents, coach/advisors involved, and athletic director (if necessary) to discuss the situation before any activities begin.
2. All potential conflicts should be presented by the coach/advisors. All parties should try to solve conflicts amicably.
3. The student will designate the activity/sport that is her/his first priority in case of conflicts by completing the Participation Agreement Form in this policy. This designation must occur before the activity/sports season occurs and cannot be changed during the season.
4. The student and parents need to understand that designating an activity/sport as a first priority can and most likely will have an effect on their participation in their secondary selection.
5. Sports and activity competition schedules are set many months in advance and are virtually impossible to change and reschedule. Checking sports and activity schedules in advance can help alleviate potential problems.





## CONCUSSION PROTOCOL

### ***POLICY:***

It is the policy of Nationwide Children's Sports Medicine that the athletic trainer, in collaboration with the physician, when necessary, manages and determines return to play status for athletes suffering from a concussion using guidelines established by the 3rd International Conference on Concussion in Sport (Zurich), the American Academy of Pediatrics, Ohio House Bill 143 and the Ohio High School Athletic Association.

### ***PURPOSE:***

To determine a plan of care for an athlete with a concussion in such a manner consistent with guidelines established as above for the health and well-being of the athlete.

### ***PROCEDURE:***

If a concussion is suspected, immediate removal of the athlete from play and perform appropriate evaluation including but not limited to:

- Mechanism of injury
- Symptom score
- SCAT
- Neurological screen
- Determine appropriate course of treatment and follow-up plan of care:
- Emergency Department
- Significant signs/symptoms or signs/symptoms continue to worsen

### ***Physician (NCH Concussion Clinic or PCP)***

- High symptom score
- Parental or AT concerns
- History of complicated or multiple concussions

### ***Athletic Trainer***

- Mild symptom score
- No additional parental/AT concerns
- No significant concussion history



- Consider referral to a physician if:
- Symptoms not resolving as expected
- Resistance of parent or coach to AT management
- Complete the Concussion Parent Education form to educate the athlete & family about the injury and signs of deterioration that would warrant immediate follow-up as well as instructs them about the importance of physical and mental rest

### ***Return to play criteria***

- No athlete should ever return to play while still symptomatic from a concussion physically, cognitively, or behaviorally
- No athlete should ever return to play on the same day of the injury even if all symptoms have cleared per House Bill 143
- In order to be eligible to return to play the athlete must meet the following criteria
  - No concussion signs or symptoms of any kind are present at rest or during exertion
    - Neurological examination is normal
    - Neuroimaging is unremarkable if performed
    - BESS test score has returned to baseline (if available)
  - All athletes under physician care (outside of the school setting) must have written return to participation documentation

### ***Return to play progression***

Athletes must be symptom-free for a minimum of 24 hours before beginning exertional progression and must remain symptom-free during each stage to continue to advance:

1. Light aerobic activity (walking, stationary bike)
2. Sport-specific activities and training (running in soccer, skating in hockey)
3. Non-contact training drills (begin light resistance training)
4. Full-contact practice training after medical clearance by a physician or athletic trainer
5. Game Play

- *A minimum period of 24 hours is mandatory before progressing to the next level*
- *If an athlete experiences signs or symptoms of concussion during the progression, the athlete should rest until asymptomatic for at least 24 hours and then return to the last stage that did not cause symptoms. If symptoms recur, the athlete should be evaluated/reevaluated by a physician.*



### ***Injury prevention***

- Encourage coaches and athletes to report signs or symptoms of a concussion immediately
- Encourage coaches/referees to enforce rules protecting athletes from head injuries (spearing, head checking, etc.).
- Educate athletes and coaches on the use of protective equipment (mouthguards, shoulder rolls, helmets, etc.).
- The school must collect the form signed by the parent, guardian, or other person having care or charge of the student stating that the student and the parent, guardian, or other person having care or charge of the student have received the concussion and head injury information sheet required by section 3707.52 of the Revised Code. A completed form shall be submitted each school year for each sport in which the student competes in or practices (on Final Forms).



## DISTRICT DRUG TESTING POLICY

\*See the drug testing policy for more information.

## TRANSPORTATION FOR AWAY EVENTS

The district will provide transportation to and from activities outside the district whenever possible. All participants are to travel to and from away contests on transportation approved by the school district. Coaches/advisors are strongly urged to have participants return home in transportation provided by the district; however, if approved by the coach/advisor a student may return home from a contest only with a legal parent/guardian if said parent/guardian makes personal contact with the coach/advisor following the contest and signs off on the district's responsibility for the student.

## ATHLETIC TRAINER

Madison-Plains' student-athletes are fortunate in the fact that the athletic department has an athletic trainer on staff contracted through Nationwide Children's & Madison Health. When injured, our student-athletes are encouraged to visit our trainer for an evaluation and treatment of their injury. The training room is open immediately after school, and the trainer is on duty until the last contest of the day is completed. During the fall and spring, the trainer will be stationed in the Fieldhouse, and during the winter, the trainer will be stationed in the training room inside the high school gym.

## EQUIPMENT RESPONSIBILITIES

Equipment issued to students as part of an extra-curricular activity must be returned in its original condition allowing for normal wear. All equipment issued must be returned or paid for within one week following the activity's conclusion.

Unauthorized possession or failure to pay for lost equipment will result in a denial of any awards or recognition and participation in all future extra-curricular activities until payment is made or the equipment returned. Settlement to the board of education or athletic department/team responsible for equipment will be made for the replacement cost of the article.



## ATHLETIC AWARDS

1. A student-athlete must complete the season in good standing to receive her/his award(s).
2. A student-athlete who becomes injured before meeting the criteria for awards may receive the award with the approval of the head coach and the athletic director. Criteria for earning a varsity letter may vary by sport and are available in the athletic office.
3. Special awards (i.e.: league champions, state qualifier, state finalist patches, etc.) may be ordered by the athletic director at his/her discretion.
4. Student-athletes' attendance at the awards ceremony is mandatory in order to receive an award (barring extenuating circumstances such as legitimate illness, family emergency, and is at the discretion of the athletic director).